



FOOD

# Sarah PALESON

chef / food writer / blogger  
[www.foodph.com](http://www.foodph.com)



13,060



8,970



4,760

# mornings!

breakfast place + cafe

[www.eatmornings.com](http://www.eatmornings.com)



## farm fresh breakfasts

**Two Eggs Any Style with the choice of** \$9.00

Bacon, Turkey Bacon, Sausage Links,  
Chicken Sausage or Ham

**Ham & Links with Sharp Cheddar** \$9.95

Breakfast Links & Minced Honey  
Glazed Ham with Sharp Cheddar

**Breakfast Burrito** \$9.95

Wheat Tortilla, Chorizo Sausage,  
Avocado, Cilantro, Scrambled Eggs



## mornings specialties

**Fruity Pancakes** \$10.45

Creamy, smooth hotcakes with a  
generous serving of seasonal fruits

**Florence Benedict** \$10.45

English Muffin, Chopped Bacon,  
Spinach, Poached Eggs



## drinks

Fresh Squeezed Orange \$3.50

Espresso \$3.50

Brewed Coffee \$4.50

Fresh Milk \$2.00

## STARTERS

TEMPURA	\$5.99
VEGETABLE TEMPURA	\$3.99
KOROKE CHICKEN	\$5.99
KARAAGE	\$5.39
CHICKEN ZIU MAI	\$5.89
PRAWN GYOZA	\$4.99
CHICKEN GYOZA	\$5.99
SQUID RING	\$7.99

## SUSHI PACKS

MAKI	\$5.99
CALIFORNIA ROLL	\$3.99
SALMON & CALI SUSHI	\$5.99
PRAWN & CALI ROLL	\$5.39
FUTOMAKI	\$5.89
ASSORTED	\$4.99
TOBIKO SALMON	\$5.99
SASHIMI	\$7.99

## SPECIAL ROLLS

ORANGE BLOSSOM	\$5.99
SUMMER BREEZE	\$3.99
PLAYROLL GIRL	\$5.99
MANGO PARADISE	\$5.39
RED DRAGON ROLL	\$5.89
CASCADE ROLL	\$4.99
WASHINGTON ROLL	\$5.99
FIRE ENGINE ROLL	\$7.99

# SUSHI MAN

LUNCH MENU



THE FINEST CUISINE

# DELA CUCINA

PASTA AND SALAD

## SALAD

Fresh Tuna \$11

warm chargrilled chicken breast, bacon lardons, avocado, baby gem, tomatoes

Farro \$12

'hot smoked' salmon, French beans, baby gem, red onion, tomatoes, Niçoise olives

Caesar \$11

chicken breast, bacon lardons, avocado, baby gem, tomatoes and free-range egg

Potato \$14

french beans, baby gem, red onion, Niçoise olives and free-range egg

Red Beans \$13

warm chargrilled chicken breast, bacon lardons, tomatoes and free-range egg

Sesame Grain \$15

sesame, french beans, baby gem, red onion, tomatoes, Niçoise olives and free-range egg



## PASTA

Beef Ravioli \$30

baked white sauce or red sauce topped with mozzarella, additional for Alfredo sauce

Risotto Vert \$32

courgettes, petits pois, fresh basil, tomatoes and mint with lemon dressed pea shoots

Prosciutto Tortellini \$33

tortellini shells stuffed with prosciutto ham and chicken, backed in pasta sauce, mozzarella cheese

Chicken Parmigiana \$34

tender chicken breast baked in pasta sauce, mushrooms, green peppers, and mozzarella cheese on a pasta

Manicotti \$32

tubular noodles, petits pois, fresh basil, tomatoes and mint with lemon dressed pea shoots

Fettuccini Alfredo \$36

fettuccini noodles, petits pois, fresh basil, tomatoes and mint with lemon dressed butter roast

Risotto Vert \$35

courgettes, petits pois, fresh basil, tomatoes and mint with lemon dressed pea shoots

Chicken Fettuccini \$35

courgettes, petits pois, tender chicken breast, prepared with butter, dressed pea cream

Riverdale Lane, Casberdy, MA  
[delacucina.com](http://delacucina.com)





# BUENOS DÍAS

*Café para madrugadores*

## CAFÉ BÁSICO

### CAFÉ TÉ

Té envuelto

3,50 €

### CAPUCHINO

Expreso, leche al vapor, espuma

4,50 €

### EXPRESO

Café de tueste 100% arábico

4,75 €

### CAFÉ MOCHA

Expreso, crema, leche, espuma

4,75 €

### CAFÉ CHAI

Té con nuez moscada

3,50 €

## LATTE & MACCHIATO

### CAFÉ CON LECHE

Café con leche original

4,50 €

### CAFÉ CON LECHE Y VAINILLA

Café con vainilla dulce

4,25 €

### CAFÉ CON ACAI Y FRAMBUESA

Café con leche mezcla de acai y arándano

4,50 €

### MANCHADO CON MATCHA

Manchado con té verde

8,00 €

### MANCHADO CON MENTA

Manchado de menta fresca

8,00 €



# MILE HIGH

## 24 / 7 DINER



### SOUPS & SNACKS

Macaroni Soup	\$3.99	Mushroom Burger	\$3.99
Tex Mex Chili	\$3.99	Crispy Fried Chicken	\$3.99
French Fries	\$4.50	Fish & Chips	\$4.50
Calamari	\$6.00	Spaghetti & Meatballs	\$6.00
Beef Taco	\$7.50	Hotdog Sandwich	\$7.50



### MAIN DISHES



### DRINKS

Purified Water	\$3.99	Pineapple Shake	\$3.99
Sparkling Water	\$3.99	Mango Banana Shake	\$3.99
Soda In A Bottle	\$4.50	Banana Oreo Shake	\$4.50
Orange Juice	\$6.00	Classic Milk Shake	\$6.00
Fresh Lemonade	\$7.50	Strawberry Shake	\$7.50



### SHAKES



EST. 1994

# tablea

SEATTLE, WASHINGTON

## CHOCOLATE BARS

**CLASSIC** \$1.10  
Solid chocolate made with milk

**DARK** \$2.40  
Slightly bitter chocolate without added milk

**MINT** \$2.40  
Your classic + mint flavoring

**BELGIAN CHILI CHOCO** \$4.99  
Dark chocolate, cinnamon + chilies from Belgium

## BEVERAGES

**CHOCO CHILLER** \$5.10  
Chocolate milkshake with a drizzle of caramel syrup

**COCO LOCO** \$3.10  
Our classic chocolate + coconut over ice

**HAZELNUT** \$4.00  
Milk chocolate topped with bits of hazelnut

# Filo Bar

## DRINKS MENU

### GIN S

DIRTY MARTINI	\$5.99
GIN SOUR	\$3.99
GIN & TONIC	\$5.99
LIME RICKEY	\$5.39
MARTINI	\$5.89
SINGAPORE SLING	\$4.99

### COCKTAILS

BLOODY MARIA	\$5.99
FROZEN MARGARITA	\$3.99
TEQUILA SUNRISE	\$5.99
TEQUILA SUNSET	\$5.39

### TEQUILA

BLUE HAWAII	\$5.99
DAIQUIRI	\$3.99
MOJITO	\$5.99
PIÑA COLADA	\$5.39
ZOMBIE	\$5.39

### VODKA

COSMOPOLITAN	\$5.99
LEMON DROP MARTINI	\$3.99
SCREWDRIVER	\$5.99
VODKA AND TONIC	\$5.39
MUDSLIDE	\$5.39





# TOM & ALI

## WEDDING RECEPTION MENU

### SOUPS

Artichoke soup with parsnip chips & Fresh  
spinach tortellini soup

### STARTERS

Slow-roasted beetroot salad & Bhuna  
masala chicken wings

### MAINS

Grilled salmon with lemon caper sauce  
& Red wine-braised beef short rib

### DESSERT

Blackberry tartlets & Lavender-honey  
macarons

### WINE

Lieu Dit Sauvignon Blanc (white) & Odette  
Estate Cabernet Sauvignon (red)



# SARAH'S

UNDER THE SEA PARTY MENU

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## CHICKEN NUGGETS

tub of cheesy fried chicken

## DIP 'N DOTS

milk chocolate with sweet fruits and biscuits for dipping

## PASTARRIFIC

spaghetti meatballs 'n cheese

## FINGER FOOD

celery, carrots, and other vegetables with blue cheese goo