

Breakfast Served Anytime!



*EGGS

SERVED WITH HOME FRIES AND TOAST

One Egg, any style	8.75
with Bacon, Ham or Sausage	11.75
with Canadian Bacon	11.95
with Corned Beef Hash	12.45
Two Eggs, any style	9.45
with Bacon, Ham or Sausage	12.45
with Canadian Bacon	12.75
with Corned Beef Hash	13.45
Hamburger & Two Eggs	14.45
Turkey Burger & Two Eggs	15.45
Veggie Burger & Two Eggs	15.45
Bison Burger & Two Eggs	16.45
Breakfast Round Ham Steak and Two Eggs, any style	19.95
Large Ribeye Steak and Two Eggs, any style	30.95
Roumanian Steak and Two Eggs, any style	32.95

*EGG SANDWICHES

Two Eggs, Any Style on a Roll	5.35
with American Cheese	5.85
with Bacon, Ham or Sausage	6.45
with Bacon Ham And American Cheese	7.45
Western Sandwich	
with Ham, Onions, and Peppers	8.25
Two Egg-Whites, Turkey and Avocado served on Twelve Grain Toast with Fruit Salad	12.25
Four Egg-Whites and Pepper Jack Cheese served on Twelve Grain Toast	9.15
Breakfast Burrito WITH EGGS, BACON, HOMEFRIES AND AMERICAN CHEESE	9.95

*3 EGG OMELETTES

SERVE WITH HOME FRIES AND TOAST

American Cheese Omelette	11.95
Cheese Omelette Cheddar, Mozzarella or Swiss	12.15
Feta Cheese Omelette	12.15
Pepper Jack Cheese Omelette	12.15
Pepper Jack Cheese & Broccoli Omelette	13.15
Avocado, Bacon & Cheddar Omelette	14.95
Black Bean, Tomato & Cheddar Omelette	14.15
Western Omelette	13.15
Bacon or Ham Omelette	13.15
Pastrami or Corned Beef Omelette	14.15
Mushroom Omelette	12.15
Turkey Omelette & Cheese	14.95
Onion and Green Pepper Omelette	11.95
Ham and Cheese Omelette	13.45
Nova Scotia Lox Omelette with Onion	16.95
Spanish Omelette (Pico De Gallo)	12.15
Chef's Omelette, Tomato, Onion & Bacon	13.45
Greek Omelette, Spinach and Feta Cheese	13.45
Athenian Omelette, Onion, Tomato and Feta	13.45
Farmer's Omelette, Bacon, Ham and Sausage	14.15
Garden Omelette	13.15
Broccoli Omelette	12.75

*EGG WHITE OMELETTES

SERVED WITH FRESH FRUIT SALAD OR LETTUCE AND TOMATO

(Not Served with Potatoes and Toast)

FIVE EGG WHITES OMELETTE	14.45
with Burger Pattie	15.45
with Bison Burger Pattie	17.45
with Veggie Burger Pattie	16.45
with Turkey Burger Pattie	16.45
with Nova Scotia Lox & Onion	18.45
with Turkey, Broccoli & Swiss Cheese	16.45
with Avocado, Tomato, Black Bean & Cheddar Cheese	17.45



EGGS AND OMELETTE EXTRAS

with Egg Whites Only • 1.45 extra | with Meat • 3.00 extra | **Gluten Free Bread • 1.95 extra**
with Additional Egg • 1.45 extra | with Additional Item • 1.45 extra
with Lettuce and Tomato 1.45 extra | with Bagel, Muffin or Roll • 1.45 extra
with Pita Bread or English Muffin • 1.45 extra | with Twelve Grain Toast • 1.45 extra



*SPECIALTY EGG
WHITE OMELETTES

SERVED WITH FRESH FRUIT SALAD OR
LETTUCE AND TOMATO
(Not served with Potatoes and Toast)

- CRANE NECK OMELETTE** with Avocado, Roasted Red Pepper, Spinach, and Goat Cheese **16.95**
- MILL POND OMELETTE** with Zucchini, Mushroom, Broccoli, and Onion **15.95**
- OLD FIELD OMELETTE** Basil, Sun-Dried Tomatoes, Spinach and Goat Cheese . **16.95**
- SUNSHINE OMELETTE** Black Bean, Tomato, Avocado and Cheddar Cheese **15.95**
- STRONG’S NECK OMELETTE** Asparagus, Tomato, Spinach and Cheddar Cheese **15.95**
- POQUOTT OMELETTE** Turkey, Avocado, Tomato and Pepper Jack Cheese **16.95**
- SETAUKET HEALTH OMELETTE** Fresh Spinach, Mushrooms, Tomatoes and Swiss Cheese . **15.95**
- THREE VILLAGE OMELETTE** Fresh Turkey and Fresh Spinach **15.95**
- NORTH SHORE HEALTH OMELETTE** Fresh Asparagus, Mushrooms, Turkey and Avocado **16.95**
- STONY BROOK OMELETTE** with Artichokes, Fresh Mushrooms, Onions and Melted Mozzarella Cheese **16.95**



FRUIT

- Chilled Half Grapefruit** **5.25**
- Fresh Melon, in Season** **6.45**
- with Cottage Cheese** **8.95**
- Fresh Fruit Salad Boat** **8.25**
- Fresh Strawberries or Blueberries Boat** in Season **8.95**



*EGGS BENEDICT

TOPPED WITH HOLLANDAISE SAUCE AND
SERVED WITH HOME FRIES

- TRADITIONAL EGGS BENEDICT**
Two Poached Eggs, Canadian Bacon on an English Muffin **13.95**
- SALMON & AVOCADO EGGS BENEDICT**
Atlantic Salmon, Fresh Avocado
Two poached eggs on an English Muffin **17.95**
- SETAUKET EGGS BENEDICT**
Two Poached Eggs, Spinach, Tomato and Bacon on an English Muffin **14.95**
- STONY BROOK EGGS BENEDICT**
Two Poached Eggs, Thin Sliced Ham with Melted Pepper Jack Cheese on an English Muffin (No Hollandaise Sauce) **13.95**
- PHILLY EGGS BENEDICT**
Two Poached Eggs, Philadelphia Style Shaved Roast Beef on an English Muffin **14.95**
- IRISH EGGS BENEDICT**
Two Poached Eggs, Corned Beef Hash on Two Potato Skin Cups **15.95**
- NORWEGIAN EGGS BENEDICT**
Two Poached Eggs, Smoked Nova Salmon on an English Muffin **16.95**
- ITALIAN EGGS BENEDICT**
Two Poached Eggs, Split and Grilled Sausage on an English Muffin **14.95**
- VEGETARIAN EGGS BENEDICT**
Two Poached Eggs, Fresh Sliced Avocado, Spinach & Mushrooms on an English Muffin **15.95**

CEREAL

- COLD CEREALS, Assorted with Milk 4.95**
- OATMEAL Bowl 5.95 • Cup 4.95**
 - with Banana 1.50 extra**
 - with Raisins 1.50 extra**
 - with Fresh Strawberries or Blueberries 3.75 extra**

JUICES

- JUICES: Medium (8oz) 3.50 • Large (16oz) 4.50** ORANGE, TOMATO, GRAPEFRUIT, APPLE, PINEAPPLE OR CRANBERRY JUICE
- V8 JUICE: Medium (8oz) 3.75 • Large (16oz) 4.75**

*These menu items are cooked to your request. Consuming raw or undercooked meats, fish, shellfish or fresh shell eggs may increase your risk to food-bourne illness, especially if you have certain medical conditions. Before placing your order, please inform your server in a person in your party has a food allergy

BREAKFAST SPECIALS

*Breakfast Quesadilla:

Served with our Three Cheese Blend, Scrambled Eggs, Sausage, Onions and Peppers in a Whole Wheat Quesadilla

16.95

Old Fashioned Twelve Grain Egg White French Toast:

Three Slices of our thin Egg White Dipped Twelve Grain French Toast, Topped with Fresh Sliced Strawberries & Blueberries, Served with Butter Syrup

15.95

Banana, Cinnamon-Raisin French Toast:

Four Slices of Cinnamon Raisin French Toast topped with Fresh Bananas, Sprinkled with Cinnamon

12.95

*Stony Brook Eggs Benedict:

Two Poached Eggs, Thin Sliced Ham with Melted Pepper Jack Cheese on a Toasted English Muffin

13.95

*Roumanian Steak and Eggs:

Roumanian Steak Char-Broiled to Perfection, Served with Two Eggs, any style, Home Fries and Choice of Toast

31.95



*Poquott Omelette:

Egg White, Turkey, Avocado, Tomato and Pepper Jack Cheese Omelette with your Choice of Fresh Fruit or Lettuce and Tomato

16.95

Banana and Strawberry Challah French Toast:

Two Slices of Challah Bread Double-Dipped & Topped with Fresh Sliced Strawberries & Bananas

15.45

*Healthy Breakfast Sandwich:

Two Egg Whites, Turkey, Avocado, Pepper Jack Cheese on Twelve Grain Toast served with Choice of Lettuce and Tomato or Fresh Cut Fruit Salad

15.95

*Egg White Whole Wheat Wrap:

Egg Whites with Fresh Asparagus, Black Beans, Mushrooms & Melted Swiss Cheese in a Whole Wheat Wrap, served with Lettuce & Tomato or Fresh Cut Fruit Salad

15.45

*Grilled Turkey & Two Eggs:

Grilled Fresh Turkey and Two Eggs any style, served with Fresh Asparagus Spears and Twelve Grain Toast

15.95

Belgian Waffle Delight:

Belgian Waffle, Topped with Whipped Cream and Fresh Sliced Strawberries, served with Butter and Syrup

15.45

*Healthy Breakfast Platter:

Three Egg White Omelette, Two Whole Wheat Pancakes, and Fresh Cut Fruit Salad, Served with Butter and Syrup

15.95

*Western Whole Wheat Wrap:

Three Eggs, Ham, Peppers, Onions, and American Cheese in a Wrap, served with Home Fries

13.95

*Banana Pancakes:

Banana Chocolate Chip Whole Wheat Pancakes: Stuffed with Fresh Sliced Bananas and Melted Chocolate Chips, Served with Butter and Syrup

14.85

*Italian Omelette

Three Egg Omelette, with Sausage, Peppers, Onions, and Mozzarella Cheese, served with Home Fries and Toast

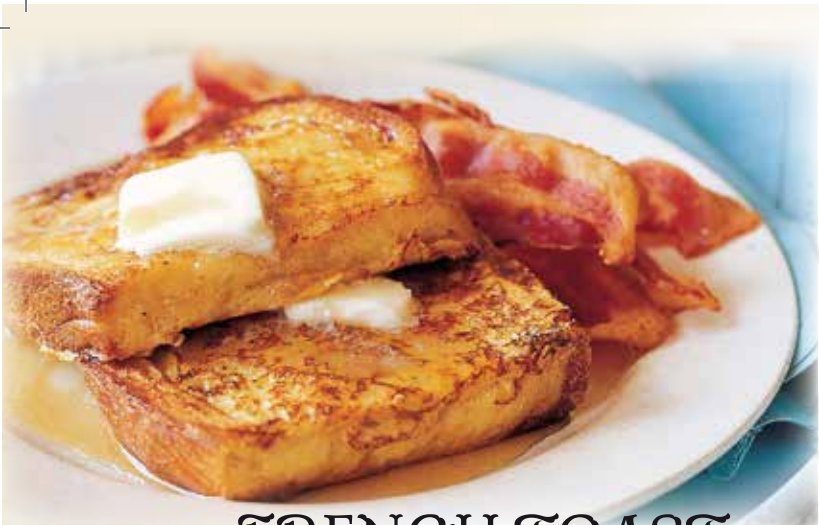
15.95

*Hungry-Man Breakfast Platter:

Three Eggs any style, Ham, Bacon, Sausage, Home Fries, and Two Pancakes, served with Butter and Syrup

15.95

Add a medium juice and hot coffee or tea to any breakfast for \$4.00



FRENCH TOAST

Old Fashioned Style French Toast	10.45
with Bacon, Ham or Sausage	12.45
with Canadian Bacon	12.95
*with Two Eggs	12.45
Challah French Toast	10.45
with Bacon, Ham or Sausage	12.45
with Canadian Bacon	12.95
*with Two Eggs	12.45
Old Fashioned Cinnamon Raisin French Toast	11.45
French Toast with Fresh Blueberries or Strawberries (In Season)	13.95
with Bacon, Ham or Sausage	15.95

***FRENCH TOAST DELUXE • 14.45**
with Bacon, Ham, Sausage & Two Eggs

PANCAKES

Golden Brown Pancakes	10.45
with Bacon, Ham or Sausage	12.45
with Canadian Bacon	12.95
*with Two Eggs	12.45
Short Stack of Pancakes	9.45
with Bacon, Ham or Sausage	11.45
Silver Dollar Pancakes	10.45
with Bacon, Ham or Sausage	12.45
Chocolate Chip Pancakes	11.45
Pancakes with Fresh Blueberries or Strawberries (In Season)	13.95
with Bacon, Ham or Sausage	15.45

***PANCAKES DELUXE • 14.45**
with Bacon, Ham, Sausage & Two Eggs

SIDE ORDERS

Ham (2 Slices) or Bacon (4 Strips)	4.95
Sausage (2 Jumbo Links)	4.95
Canadian Bacon (4 Slices)	5.25
Corned Beef Hash	5.95
Fresh Sliced Avocado	3.95
Home Fries or French Fries Small	3.45
Large	5.45
Fresh Crumbled Feta or Goat Cheese	3.95
Hollandaise Sauce	2.95



BELGIAN WAFFLES

Belgian Waffle	10.95
with Powdered Sugar, Butter and Syrup	
with Bacon, Ham or Sausage	12.95
with Canadian Bacon	13.25
*with Two Eggs	12.95
with Ice Cream	12.95
Belgian Waffle Sundae	13.95
with Ice Cream, Sprinkles & Whipped Cream	
Belgian Waffle with Fresh Blueberries or Strawberries (In Season)	14.95
with Bacon, Ham or Sausage	16.95

***BELGIAN WAFFLE DELUXE • 14.85**
Bacon, Ham, Sausage & Two Eggs



FROM THE TOASTER

Buttered Toast	2.45
Twelve Grain Toast	2.95
Buttered Roll	2.95
Large English Muffin, Toasted	2.95
Toasted Pita	2.95
Toasted Bagel	2.95
Toasted Jumbo Bagel with Cream Cheese ..	3.85
Cinnamon Toast	3.45
Cinnamon Raisin Toast	3.45
Blueberry, Corn or Bran Muffin	2.95

NOVA SCOTIA LOX

Toasted Jumbo Bagel	16.45
Lox “All the Way”	17.45
Nova Scotia Lox, Cream Cheese, Onions, Lettuce, Tomatoes and Garnish	
Nova Scotia Lox Sandwich	16.45
with Red Onion, Sliced Tomato and Cream Cheese served on Twelve Grain Toast	

*These menu items are cooked to your request. Consuming raw or undercooked meats, fish, shellfish or fresh shell eggs may increase your risk to food-borne illness, especially if you have certain medical conditions. Before placing your order, please inform your server if a person in your party has a food allergy