

BREAKFAST

Omelets & Scrambles

Omelets and scrambles served with toast, English muffin or bagel and your choice of hash browns, sliced tomatoes, cottage cheese, or fruit. (Substitute egg whites for \$1)

Border Omelet <i>Santa Fe chicken/turkey sausage, tomato, fire roasted red peppers, onion & fresh basil</i>	11.95	Santa Fe Scramble <i>Chicken/turkey sausage, bell pepper, tomato, & corn tortilla strips scrambled with eggs & topped with melted cheddar, served with fresh salsa & avocado</i>	11.95
Omelet Mexicana <i>Hot chiles, tomato, avocado, cheddar cheese, fresh salsa and sour cream</i>	11.50	Nova Lox Scramble <i>Nova lox, onions and scrambled eggs</i>	11.95
Chili Omelet Supreme <i>Filled with all meat chili, onions and cheddar cheese topped with sliced avocado</i>	11.95	Garden Scramble <i>EGG WHITES scrambled with fresh mushrooms, spinach, tomato and onions</i>	11.50
Denver Omelet <i>Ham, bell pepper and onions</i>	10.95	Turkey Sausage Scramble <i>EGG WHITES scrambled with turkey sausage and tomatoes</i>	11.50
Ham and Cheese Omelet	10.50		

Roasted Vegetable Frittata 11.95

Grilled eggplant, fire roasted red peppers, tomato, fresh basil, and sun-dried tomatoes. Served open faced, with melted provolone and aged Romano cheese

Create Your Own Omelet or Scramble

1 item...8.95 2 items...10.50 3 items...10.95 4 items...11.95

Mushroom	Tomato	Sundried Tomato	Turkey Sausage	Cheddar Cheese	Provolone Cheese
Spinach	Avocado	Green Bell Pepper	Bacon	American Cheese	Feta Cheese
Onion	Basil	Red Bell Pepper	Ham	Swiss Cheese	Hot Chiles

Egg Dishes

Served with toast, English muffin or bagel and your choice of home fried potatoes, sliced tomatoes, cottage cheese or fruit

Two Eggs, any style	7.50
<i>With Ham, Bacon or Turkey Sausage</i>	9.95
<i>With Burger Patty</i>	10.50
Homemade Corned Beef Hash & Eggs	10.95
Filet Mignon Steak and Eggs	17.95

Specialty Benedicts

Our homemade hollandaise sauce is made without egg yolks or butter and is naturally lower in cholesterol. Served till 3 p.m.

Classic Eggs Benedict with thick ham	12.50
Eggs Florentine <i>2 poached eggs on an English muffin, topped with fresh sautéed spinach & hollandaise sauce</i>	10.95
Lox Benedict, with smoked salmon	13.50

French Toast and Pancakes

Served till 3 p.m.

Westwood French Toast <i>Multi-grain whole wheat French toast served with bananas and pure maple syrup. Substitute fresh strawberries, add 1.00</i>	10.50
French Toast	8.75
French Toast Platter <i>2 slices of French toast, 2 eggs and 2 strips of bacon or turkey sausage</i>	9.75
Buttermilk Pancakes (4) <i>Add bananas for \$1 or strawberries for \$2</i>	7.95
Blueberry Pancakes	9.95
Short Stack (2)	6.75
Pancake Sandwich <i>3 pancakes, 2 eggs, 2 strips of bacon or sausage.</i>	9.95

Weekday Combos

Served M-F, 8-11 a.m.

No. 1: Two strips of bacon or sausage, 1 egg, Home fries, and choice of toast	6.95
No. 2: Two strips of bacon or sausage, 1 egg, and two pancakes.	6.95

And More

Smoked Salmon Platter <i>Served with bagel, cream cheese, onion & tomato. Capers available upon request</i> With 2 eggs any style	13.95 14.95
Breakfast Burrito <i>Scrambled eggs with bell pepper, pico de gallo, cheddar cheese, and avocado. Served with fruit. Add bacon or Sante Fe chicken/turkey sausage 1.50</i>	9.95
Breakfast Sandwich <i>Two fried eggs, bacon, cheese, tomato and avocado. Served with fruit.</i>	10.95
Super Protein <i>EGG WHITES with a side of ground turkey patty, fresh fruit, and whole grain toast</i>	9.95
Hot Oatmeal <i>Served with raisins, granola, brown sugar & milk.</i> Oatmeal with fruit and toast	5.95 8.95
Seasonal Fruit Bowl <i>The freshest seasonal fruits cut fresh daily</i>	6.50
Cold Cereal ask your server for daily selections	3.25
Blueberry Muffin	3.50
Half Fresh Grapefruit	2.95

BREWED TEA Large pot 2.95 CAPPUCINO 3.95 CAFÉ LATTE 3.95

Ask your server for a great selection of flavors of our loose leaf tea pots

FRESH ORANGE JUICE 2.50 / 3.50 FRESH SQUEEZED JUICE OF THE DAY 3.50/4.95

Sides

Bacon or Sausage	4.00	Beef Hash	6.50	Home Fries	2.75	Toast	2.50
Thick Cut Ham	4.50	One egg	2.95	Cream Cheese	.50	English muffin/Bagel	2.50
Hamburger Patty	6.00	Two eggs	3.95	Pure Maple Syrup, 3 oz	1.75	Salsa sm .50 lg 1.00	

SOUPS & CHILI

All soups and chili served with assorted crackers or French baguette

	Cup	Bowl		Cup	Bowl
Soup of the Day	3.75	4.95	M&R All-Meat Chili	4.75	6.75
			<i>Our family recipe cooked for hours with no beans</i>		
Clam Chowder, Fridays only	4.25	5.50	Chili Deluxe, served with shredded cheddar cheese and chopped onions	5.25	7.25

SALADS

Bread and butter on request.

Choice of dressings: Italian, Vinaigrette, 1000 Island, Blue Cheese, Ranch, Fat-Free Roasted Red Pepper Vinaigrette

Mixed Green Salad <i>A blend of healthy greens</i>	5 / 8	Classic Caesar Salad <i>Fresh romaine hearts and aged Romano cheese tossed with Caesar dressing and croutons</i>	7 / 10
Romaine Heart Salad <i>Topped with chopped Persian cucumbers, and tomato served with your choice of dressing</i>	7 / 10	Chicken Caesar Salad <i>Our classic Caesar topped with charbroiled skinless chicken breast. Cajun chicken upon request</i>	10 / 13
Add cheese, hard-boiled egg, avocado, fresh mushrooms 1.50 each		Cranberry Walnut Salad <i>A bed of butter lettuce topped with blue cheese crumble, dried cranberries, walnuts and served with our homemade ranch dressing</i>	7 / 10
Add artichoke hearts, turkey salad, turkey breast, sliced ham, tuna salad 3.50 each			

Capri Chopped Salad 8.00

Chopped Persian cucumbers, tomatoes and onions tossed in lemon juice and olive oil
Add Feta cheese and mixed olives 2.00

Substitute any protein with our Fresh Grilled Salmon on any salad below for \$5.00
Salads are available chopped upon request

Chopped Chicken Salad <i>Grilled skinless chicken breast, sweet corn, tomatoes, garbanzo beans, provolone cheese and Persian cucumbers chopped with mixed greens and tossed with an italian vinaigrette</i>	12.95	BBQ Chicken Salad <i>Sweet corn, black beans, fire roasted red peppers, red onions, tomatoes, and corn tortilla strips on our mixed greens and served with our homemade ranch dressing</i>	12.95
Ultimate Salad <i>Lemon marinated charbroiled chicken breast on a bed of our mixed greens with cheddar cheese, sliced avocado, tomatoes, and cucumbers</i>	12.95	Cobb Salad <i>Breast of turkey, chunky bleu cheese, crumbled bacon, tomato, cucumber, and hard-boiled egg on mixed greens</i>	12.95
Grilled Gardenburger Salad <i>Perfect for our Vegetarians. Strips of grilled gardenburger served on a bed of mixed greens, tomatoes, cucumbers, avocado, grilled eggplant</i>	12.95	Protein Power Plate <i>A generous serving of sliced herb-seasoned charbroiled skinless chicken breast with sides of grilled eggplant, cucumbers, and tomatoes</i>	12.95
Chef's Salad <i>Julienned ham, turkey, and american cheese, with cucumbers, tomatoes, and hard-boiled egg on a bed of our mixed greens</i>	12.50	Tuna or Turkey Salad Plate <i>Large scoop of tuna or turkey salad on a bed of mixed greens, with sliced tomatoes and cucumbers</i> With Avocado Add 1.50	10.95
Cajun Chicken Salad <i>Spicy seasoned chicken breast grilled to order served on top of our mixed greens with tomatoes and cucumbers</i>	11.95	Mediterranean Salad <i>Chunks of Albacore tuna, artichoke hearts, fire roasted red peppers, tomatoes, sliced red onions and black olives on our mixed greens</i>	11.95
Grilled Salmon Caesar <i>Grilled fresh filet of Salmon on our classic Caesar salad</i>	16.95	Albacore Tuna Caesar <i>Fresh chunks of all white Albacore tuna and chopped tomatoes on top of our classic Caesar</i>	12.95
Turkey Breast Plate <i>Sliced breast of turkey, cottage cheese, fresh fruit, tomatoes and cucumbers</i>	11.95	Fresh Fruit Salad <i>The tastiest selection of fresh fruits served with a scoop of frozen yogurt or cottage cheese</i>	12.50

SANDWICHES

Classic Sandwiches

Served with your choice of *Steak Fries, Cole Slaw, Fresh Fruit or Green Salad*
Sweet Potato Fries, Seasoned Waffle Fries or Onion Rings Add \$1.50

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| 1. Bistro Steak Sandwich 16.95 | 5. Sourdough Sandwich 11.95 |
| <i>Charbroiled center filet mignon with caramelized onions, tomato and a creamy Dijon spread on toasted baguette.</i> | <i>Grilled roast beef and American cheese on sourdough.</i> |
| 2. Patty Melt 11.95 | 6. Grilled Cheese Sandwich 8.50 |
| <i>Extra lean beef patty, American cheese, tomato and onion on grilled rye bread.</i> | <i>American, Cheddar, Swiss, or Provolone</i>
Add Ham or Bacon 9.95 |
| 3. Tuna Melt 11.95 | 7. Reuben 11.95 |
| <i>White albacore tuna salad, American cheese, tomato and onion on grilled rye bread.</i> | <i>Extra lean corned beef, swiss cheese, sauerkraut and 1000 Island dressing on grilled rye bread</i> |
| 4. Triple Decker Club 11.95 | 8. French Dip 11.95 |
| <i>Roast turkey breast, bacon, lettuce and tomato piled high on white toast.</i> | <i>Roast beef served on a baguette with au jus.</i> |
| Club Junior 10.95 | 9. Charbroiled Chicken Breast 10.95 |
| <i>A smaller version of the Triple Decker Club</i> | <i>Skinless, boneless chicken breast on baguette with lettuce and tomato.</i>
<i>Natural, Cajun, BBQ or Teriyaki</i> |

Specialty Sandwiches

Served with your choice of *Steak Fries, Cole Slaw, Fresh Fruit or Green Salad*
Sweet Potato Fries, Seasoned Waffle Fries or Onion Rings Add \$1.50

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| The M&R Reuben 12.95 | BBQ Pulled Pork Sandwich 10.95 |
| <i>A special twist on our classic Reuben, with layers of our homemade cole slaw and avocado piled high. A delicious must-try!</i> | <i>Succulent slow roasted pork shoulder smothered with our BBQ sauce and topped with our homemade cole slaw in a French baguette</i> |
| Ray's Chicken Classic 11.95 | Cali Salmon Burrito 11.95 |
| <i>Charbroiled cajun chicken breast with caramelized onions, avocado, melted provolone, cheese and tomato on a bun</i> | <i>Grilled baja salmon, avocado, spicy hummus, persian cucumbers, tomato, red cabbage, cilantro, alfalfa sprouts in a sun-dried tomato tortilla</i> |
| Western Melt 12.50 | Chicken Eggplant 11.95 |
| <i>Lean roast beef, cheddar and provolone cheese, avocado, grilled onions, and tomato on sourdough</i> | <i>Charbroiled chicken breast with roasted eggplant, provolone cheese, fresh basil, tomato, and caramelized onions in a baguette</i> |

Vegetarian Sandwiches

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| Grilled Eggplant Sandwich 9.95 | Spinach Melt 9.95 |
| <i>Seasoned eggplant, fire roasted red peppers, caramelized onions, melted provolone cheese and fresh basil with slaw.</i> | <i>With mushrooms, fire roasted red peppers, fresh basil tomatoes and provolone cheese with cole slaw.</i> |
| Health Treat 9.95 | Artichoke Melt 10.50 |
| <i>Avocado, alfalfa sprouts, cheddar cheese, tomato and chopped walnuts on our squaw bread with cole slaw.</i> | <i>Artichoke hearts, mushroom, melted swiss cheese and fresh basil on baguette with cole slaw.</i> |
| Feta Cheese Sandwich 8.95 | Veggie Burger Deluxe 11.95 |
| <i>With fresh basil, Roma tomatoes, and Persian cucumbers on baguette.</i> | <i>With grilled onions, fresh avocado & cole slaw.</i> |

Cold Sandwiches

All sandwiches come on your choice of bread or toast, with lettuce, carrot, pickle, and cole slaw.
Add cheese 50¢ Add tomato 50¢

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| Turkey Breast , roast turkey and mayo 9.95 | Roast Beef , medium rare with mayo 9.95 |
| Turkey Salad 9.95 | Extra Lean Corned Beef (served warm) 9.95 |
| Tuna Salad , white albacore 9.95 | B.L.T. , mayo 8.95 |
| Ham , mayo 9.50 | A.B.L. T. , avocado, bacon, lettuce, tomato, mayo 9.95 |

Steak Fries, Fresh Fruit, Add 1.75, Avocado, Add 1.50 Sweet Potato Fries or Seasoned Waffle Fries, Add 2.75
Soup or Salad Add 2.75

1/2 Sandwich Lunch Combo Specials

Served with soup or salad and fresh fruit or cole slaw.

11:30 AM to 3:00 PM

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| Tuna Salad 9.95 | Turkey Breast 9.95 | Corned Beef (warm) 9.95 |
| Turkey Salad 9.95 | Ham 9.95 | Health Treat 9.95 |

GOURMET BURGERS

*7 oz. of All Natural, Corn Fed Extra Lean Chuck
Charbroiled and served on a bun with lettuce, tomato and pickles. Raw or grilled onions on request.*

Add a fried egg or grilled mushrooms to any burger for \$1.00

Hamburger <i>All beef patty grilled and served All-American with lettuce, tomato and pickles. Add cheese .25</i>	8.75	Bacon Cheeseburger <i>two strips of bacon and your choice of cheese</i>	9.95
Turkey Burger <i>A delicious healthy alternative served with lettuce, tomato and pickles</i>	8.75	Chili Cheeseburger <i>topped with our famous all-beef chili, chopped onions and american cheese</i>	9.95
Vegetarian Garden Burger <i>A tasty non-meat option served with lettuce, tomato and pickles</i>	8.75	Supreme Burger <i>avocado, cheese, mushrooms</i>	10.75
Bar-B-Que Cheeseburger <i>Topped with our extra lean corned beef, american cheese, caramelized onions, BBQ sauce, and our homemade cole slaw</i>	11.50	Blue Cheese Burger <i>blue cheese, caramelized onions, bacon bits and alfalfa sprouts</i>	10.75

**Steak Fries, add 1.75, Cole Slaw or Avocado, add 1.50
Seasoned Waffle Fries, Sweet Potato Fries, Onion Rings, Soup or Salad add 2.75**

ENTREES

Soup or Salad with Entrees...2.75

From the Grill

Served with your choice of two of the following:

Steamed Vegetables Steamed or Sautéed Spinach	Cole Slaw Eggplant	Rice Pilaf Steak Fries	Mashed Potato Brussel Sprouts
Boneless Chicken Breast Shish Kebob <i>Marinated chicken skewered with tomatoes, mushrooms, onions, and bell peppers, served with rice pilaf and steamed vegetables</i>	13.50	Filet Mignon Steak <i>Center cut filet and cooked as you like it, but we recommend medium rare Served thick cut or butterfly</i>	19.95
Cornish Hen Kebob half 12.75 whole 15.95 <i>Our lemon marinated cornish game hen skewered and broiled to perfection, served with rice pilaf & vegetables</i>		Filet Mignon Shish Kebob <i>Filet mignon skewered with tomatoes, mushrooms, onions and bell peppers and served with rice pilaf and steamed vegetables</i>	17.95
Lemon Marinated Chicken Breast <i>Charbroiled chicken breast with our special homemade lemon marinade</i>	13.50	Charbroiled Hamburger Steak <i>Fresh extra lean ground chuck With fresh mushroom sauce, Add \$1.00</i>	13.95
Teriyaki Chicken Breast <i>Skinless chicken breast smothered with teriyaki sauce</i>	13.50	Chicken Breast Natural <i>Tender breast of chicken charbroiled to perfection</i>	12.95
BBQ St. Louis Style Ribs <i>Succulent St Louis style pork ribs charbroiled and basted with our special barbecue sauce</i>	16.95	Cajun Chicken Breast <i>Chicken seasoned with special southern spices</i>	13.50

Fresh Seafood

Served with your choice of two side dishes

Fresh Rainbow Trout <i>Moist and flaky fresh water trout.</i>	13.95	Fresh Grilled Salmon Filet <i>Fresh salmon filet naturally tender and flavorful.</i>	16.95
Cajun Rainbow Trout	13.95		
Beer Battered Cod	12.50	Fresh Mediterranean Salmon Kebob <i>Pieces of salmon marinated in herbs and saffron on a skewer with tomato and red bell pepper.</i>	15.95
Fried Jumbo Shrimp	16.95		

Open Faced Hot Sandwiches

Hot Turkey Breast Sandwich <i>With homemade mashed potatoes, gravy, fresh vegetables, and cranberry sauce</i>	13.50	Hot Roast Beef Sandwich <i>With homemade mashed potatoes, gravy and fresh vegetables</i>	13.50
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Wine By The Glass

Kunde Estate, Merlot 2001	6.95	Sterling, Cabernet Sauvignon 2003	6.95
Bonterra, Organic Chardonnay	6.95	Chateau St. Jean, Chardonnay	6.95