Breakfast Served Anytime!



*EGGS

SERVED WITH HOME FRIES AND TOA	TZF
One Egg, any style	10.75
with Bacon, Ham or Sausage	13.75
with Canadian Bacon	13.95
with Corned Beef Hash	14.45
Two Eggs, any style	11.45
with Bacon, Ham or Sausage	14.45
with Canadian Bacon	14.75
with Corned Beef Hash	15.45
Hamburger & Two Eggs	16.45
Turkey Burger & Two Eggs	17.45
Veggie Burger & Two Eggs	17.45
Breakfast Round Ham Steak and	22.05
Two Eggs, any style	22.95
Large Ribeye Steak and Two Eggs, any style	35 05
Roumanian Steak and	00.30
Two Eggs, any style	35.95

*EGG SANDWICHES

IWO Eggs, Any Style on a Roll	1.35
with American Cheese	7.85
with Bacon, Ham or Sausage	8.45
with Bacon Ham And American Cheese	9.45
Western Sandwich	
with Ham, Onions, and Peppers	9.95
Two Egg-Whites, Turkey and Avocado serv	ed
on Twelve Grain Toast with Fruit Salad	14.25
Four Egg-Whites and Pepper Jack Cheese	
served on Twelve Grain Toast	11.15
Breakfast Burrito with Eggs, Bacon, homefries	and
American cheese	11.95

*3 EGG OMELETTES

SERVE WITH HUMLE FRIES AND TOA	71
American Cheese Omelette	13.95
Cheese Omelette Cheddar, Mozzarella or Swiss	14.15
Feta Cheese Omelette	14.15
Pepper Jack Cheese Omelette	14.15
Pepper Jack Cheese & Broccoli Omelette	15.15
Avocado, Bacon & Cheddar Omelette	17.95
Black Bean, Tomato & Cheddar Omelette	16.15
Western Omelette	15.15
Bacon or Ham Omelette	15.15
Pastrami or Corned Beef Omelette	16.15
Mushroom Omelette	14.15
Turkey Omelette & Cheese	17.95
Onion and Green Pepper Omelette	13.95
Ham and Cheese Omelette	15.45
Nova Scotia Lox Omelette with Onion	19.95
Spanish Omelette (Pico De Gallo)	14.15
Chef's Omelette, Tomato, Onion & Bacon	15.45
Greek Omelette, Spinach and Feta Cheese	15.45
	15.45
Farmer's Omelette, Bacon, Ham and Sausage	
Garden Omelette	15.15

*EGG WHITE OMELETTES

Broccoli Omelette ...

SERVED WITH FRESH FRUIT SALAD OR LETTUCE AND TOMATO

(Not Served with Potatoes and Toast)

FIVE EGG WHITES OMELETTE	16.45
with Burger Pattie	17.45
with Veggie Burger Pattie	18.45
with Turkey Burger Pattie	
with Nova Scotia Lox & Onion	21.45
with Turkey, Broccoli & Swiss Cheese	18.45
with Avocado, Tomato, Black Bean	
& Cheddar Cheese	19.45



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, Roast	
Pepper, Spinach, and Goat Cheese	
MILL POND OMELETTE with Zucchini, Mushro	,
Broccoli, and Onion	17.95
OLD FIELD OMELETTE Basil, Sun-	
Dried Tomatoes, Spinach and Goat Cheese .	18.95
SUNSHINE OMELETTE Black Bean, Tomato,	
Avocado and Cheddar Cheese	17.95
STRONG'S NECK OMELETTE Asparagus,	4- 6-
Tomato, Spinach and Cheddar Cheese	17.95
POQUOTT OMELETTE Turkey, Avocado,	1
Tomato and Pepper Jack Cheese	19.95
SETAUKET HEALTH OMELETTE Fresh Spinach	
Mushrooms, Tomatoes and Swiss Cheese .	17.95
THREE VILLAGE OMELETTE Fresh Turkey	
and Fresh Spinach	18.95
NORTH SHORE HEALTH OMELETTE	
Fresh Asparagus, Mushrooms, Turkey	40.05
and Avocado	19.95
STONY BROOK OMELETTE with Artichokes,	
Fresh Mushrooms, Onions and	10 OF
Melted Mozzarella Cheese	10.90



FRUIT

Chilled Half Grapefruit	7.25
Fresh Melon, in Season	8.45
Fresh Fruit Salad Boat	10.25
Fresh Strawberries or	
Blueberries Boat in Season	10.95



*EGGS BENEDICT

TOPPED WITH HOLLANDAISE SAUCE AND SERVED WITH HOME FRIES

TRADITIONAL EGGS BENEDICT

Two Poached Eggs, Canadian Bacon on an English Muffin	15.95
Atlantic Salmon, Fresh Avocado	
Two poached eggs on an English Muffin	21.95
SETAUKET EGGS BENEDICT	
Two Poached Eggs, Spinach, Tomato and	

16.95

STONY BROOK EGGS BENEDICT

Bacon on an English Muffin

- [wo Poached Eggs, Thin Sliced Ham	
	with Melted Pepper Jack Cheese on an	
		15.95

PHILLY EGGS BENEDICT

Iwo Poached Eggs, Philadelphia Style Shaved	
Roast Beef on an English Muffin	17.95

IRISH EGGS BENEDICT

IWO Poached	Eggs, Corn	ed Beet Hash C	on two Potato
Skin Cups			17 . 95

NORWEGIAN EGGS BENEDICT

E 11 I NA (C)	
English Muffin)5

ITALIAN EGGS BENEDICT

Two Poached Eggs,	Split and Gril	led Sausage on	an
English Muffin .	j		17.95

VEGETARIAN EGGS BENEDICT

Two Poached Eggs, Fresh Sliced Avocado, Spinach & Mushrooms on an English Muffin **17.95**

CEREAL

COLD CEREALS, Assorted with Milk 6.95

OATMEAL Bowl 8.95 • Cup 6.95

with Banana 1.50 extra

with Raisins 1.50 extra

with Fresh Strawberries
or Blueberries 3.75 extra

JUICES

JUICES: Medium (8oz) 3.95 • Large (16oz) 4.95 Orange, Tomato, Grapefruit, Apple, Pineapple or Cranberry Juice V8 JUICE: Medium (8oz) 4.25 • Large (16oz) 5.25



FRENCH TOAST

Old Fashioned Style French Toast	12.45
with Bacon, Ham or Sausage	14.45
with Canadian Bacon	14.95
*with Two Eggs	14.45
Challah French Toast	12.45
with Bacon, Ham or Sausage	14.45
with Canadian Bacon	14.95
*with Two Eggs	14.45
Old Fashioned Cinnamon Raisin	
French Toast	13.45
French Toast with Fresh Blueberries or Strawb	erries
(In Season)	15.95
with Bacon, Ham or Sausage	17.95

*FRENCH TOAST DELUXE • 17.95 with Bacon, Ham, Sausage & Two Eggs

PANCAKES

Golden Brown Pancakes	12.45
with Bacon, Ham or Sausage	14.95
with Canadian Bacon	14.95
*with Two Eggs	14.45
Short Stack of Pancakes	11.45
with Bacon, Ham or Sausage	13.45
Silver Dollar Pancakes	12.45
with Bacon, Ham or Sausage	14.45
Chocolate Chip Pancakes	13.45
Pancakes with Fresh Blueberries or	
Strawberries (In Season)	15.95
with Bacon, Ham or Sausage	17.95
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*PANCAKES DELUXE • 17.95 with Bacon, Ham, Sausage & Two Eggs

SIDE ORDERS

Ham (2 Slices) or Bacon (4 Strips)	6.95
Sausage (2 Jumbo Links)	6.95
Canadian Bacon (4 Slices)	7.95
Corned Beef Hash	7.95
Fresh Sliced Avocado	5.95
Home Fries or French Fries Small 5.45	
Large 7.45	
Fresh Crumbled Feta or Goat Cheese	5.95
Hollandaise Sauce	5.95



BELGIAN WAFFLES

Belgian Waffle	12.95
with Powdered Sugar, Butter and Syrup	
with Bacon, Ham or Sausage	14.95
with Canadian Bacon	15.25
*with Two Eggs	14.95
with Ice Cream	
Belgian Waffle Sundae	
with Ice Cream, Sprinkles & Whipped Cream	
Belgian Waffle with Fresh Blueberries or	
Strawberries (In Season)	15.95
with Bacon, Ham or Sausage	

*BELGIAN WAFFLE DELUXE • 17.95 Bacon, Ham, Sausage & Two Eggs



FROM THE TOASTER

Buttered Toast	4.45
Twelve Grain Toast	4.95
Buttered Roll	4.95
Large English Muffin, Toasted	4.95
Toasted Pita	3.95
Toasted Bagel	4.95
Toasted Jumbo Bagel with Cream Cheese	5.85
Cinnamon Toast	5.45
Cinnamon Raisin Toast	5.45
Blueberry, Corn or Bran Muffin	4.95

NOVA SCOTIA LOX

Toasted Jumbo Bagel	19.95
Lox "All the Way"	21.95
Nova Scotia Lox, Cream Cheese, Onions, Le	ttuce,
Tomatoes and Garnish	
Nova Scotia Lox Sandwich	20.95
with Red Onion, Sliced Tomato and	

Cream Cheese served on Twelve Grain Toast