

COFFEE AND TEA

House Blend Regular and Decaffeinated Coffee	3.50
Tea	3.50
Chamomile, Darjeeling, Earl Gray, Green, Organic English Breakfast, Organic Assam, Decaf Ceylon, Mint Verbena	
Cappuccino	4.95
Café Latte	4.95
Café Au Lait	4.50
Moccachino	5.50
Espresso	3.75
Hot Chocolate	5.00
Add Whipped Cream to any Beverage	1.00

DESSERTS

CAKES	8.50
White Chocolate Mousse Cake	
chocolate cake with white chocolate mousse and white chocolate curls	
Chocolate Truffle Cake	
alternating layers of chocolate cake and chocolate truffle cream	
Carrot Cake	
cream cheese frosting	
Cheese Cake	
plain, marble or chocolate chip	
Peanut Butter Mousse Cake	
chocolate brownie crust	
Strawberry Shortcake	
layers of vanilla cake with fresh whipped cream and fresh strawberries	
Marjolaine (Gluten Free)	
almond hazelnut meringue, chocolate, hazelnut, and mocha butter cream	
Ribbon Cake	
layers of chocolate cake and chocolate mousse with chocolate curls	
Blackout Cake	
layers of chocolate cake with chocolate pudding and chocolate crumbs	
Shadow Cake	
alternating layers of chocolate cake, vanilla cake and chocolate mousse	
Lemon Meringue Tart	
tart and refreshing, the way it was meant to be	
Deep Dish Apple Crumb Cake	
TARTS AND PIES*	8.50
chocolate peanut butter, pecan pie	
*Please inquire of our seasonal offerings	
COOKIES	8.50
assortment of your most favorite cookies	
BIG COOKIE served with vanilla ice cream	7.00
chocolate chocolate chip, chocolate chunk, oatmeal raisin, marble or peanut butter	
BROWNIE	7.50
served with vanilla ice cream	
HOMEMADE ICE CREAM	8.50
three scoops - inquire about our daily selections	
ANY DESSERT ALA MODE -ice cream/whipped cream	3.50/2.00

BREAKFAST*

Pastry of Your Choice	5.25
sweet whipped butter and preserves	
Market Fresh Fruit Bowl	9.25
Homemade Granola Parfait	12.25
low fat yogurt and fruit	
Oatmeal Your Way	7.95
raisins, brown sugar or honey	
Smoked Salmon Tartine on Pumpernickel	16.95
herbed cream cheese, tomato, onion, dill, field greens, house vinaigrette	

EGGS

served with tomato basil salad and home fries
(eggs may be ordered egg whites only... 2.00 additional)

The Way You Like Them	10.95
sunnyside up, over easy, scrambled, poached or plain omelet	
Nova Scramble	16.25
lox, eggs, onion	
Green Poached Eggs	14.25
sautéed spinach, whole wheat toast	
Mediterranean Omelet	14.95
crumbled feta, roasted tomato, wilted spinach	
Garden Omelet	14.75
Vermont aged white cheddar, asparagus, chives	

WARM OFFERINGS

served with vermont maple syrup and fresh fruit

Challah French Toast	13.75
Golden Belgium Waffles	13.75
homemade "schlag"	
Buttermilk Pancakes	13.75
banana, strawberry or chocolate chip	

MMF KID'S

served with fresh fruit and sugar cookie

MMF Kid's (12 and under only)	11.95
choice of egg, pancake or french toast	

***served until 11:00 am**

splitting charge 6.00
any substitution and/or add on will be extra
gratuity not included - 18% gratuity will be added to parties of 6 or more


BRING SOMETHING HOME

Desserts, Breads, Soups, Quiches and Granola Are Available To Take Away
Signed Copy: My Most Favorite Dessert Company Cook Book
Signed Copy: At Oma's Table Cook Book


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LUNCH

SOUPS & STARTERS

Homemade Soup tomato basil or daily soup	9.95
Goat Cheese & Fig Flat Bread Pizza	10.95
Loaded Ahi Tuna Nachos for the Table crispy wontons, edamame, tomato, avocado, wasabi cream, soy glaze	19.95
Small Soup and Half Sandwich choice of tuna salad, egg salad or grilled cheese	13.75
Small Soup and Field Greens homemade soup and baby field green salad, house vinaigrette	13.25

SALADS

Caesar hearts of romaine, parmesan, creamy caesar, parmesan toast	15.95
Wild Grilled Salmon Caesar	21.95
Nicoise seared ahi tuna, egg, fingerling potato, haricot vert, olive, field greens, basil vinaigrette	23.95
Salmon Cobb poached salmon, egg mimosa, avocado, roasted beet, tomato, cucumber, field greens, dijon vinaigrette	21.95
MMF Spinach Salad sautéed shiitake mushrooms, tomatoes, red onion, fennel, feta, homemade croutons, shallot vinaigrette	18.95
MMF Greek feta, tomato, cucumber, onion, olive, falafel, cucumber dill sauce, oregano vinaigrette	18.95
MMF Chopped flaked tuna, egg mimosa, muenster cheese, tomato, cucumber, roasted pepper, roasted beet, ranch dressing	18.95

SANDWICHES

Tuna Melt on Baguette avocado, tomato, homemade bread & butter pickles, cole slaw, chips	15.95
Smoked Salmon Tartine on Pumpernickel herbed cream cheese, tomato, onion, dill, field greens, house vinaigrette	16.95
Grilled Ahi Tuna on Italian Bolillo roasted tomato, wilted arugula, garlic aioli, hand cut french fries	16.95
Caprese Sandwich on Baguette mozzarella, roasted tomato, arugula, pesto, balsamic, field green salad	14.95
Tuna Fish or Egg Salad on Whole Wheat lettuce, plum tomato, field green salad, house vinaigrette	14.25
Fish Tacos avocado, cabbage and mango slaw, chipotle aioli	16.95

BURGERS

Grilled Portobello on Sunflower Seed Whole Wheat Bun cheddar, chipotle aioli, frizzled onions, hand cut french fries	14.95
Veggie Burger on Whole Wheat Bun sautéed onion, avocado, cucumber sauce, ketchup, sweet potato fries	14.95
Scotch Salmon Burger on Sesame Seed Challah Bun cabbage slaw, avocado, garlic aioli, sweet potato fries	17.95

splitting charge 6.00
20.00 minimum per guest
any substitution and/or add on will be extra
gratuity not included - 18% gratuity will be added to parties of 6 or more

LUNCH PLATES

Quiche served with baby field green salad, house vinaigrette	14.95
Garden Omelet Vermont aged white cheddar, asparagus, chives, field green salad	14.75

PASTA*

Fettuccini Francais wild salmon, broccoli, parmesan infused light cream sauce	22.95
Angel Hair Alla Checca vine ripened tomatoes, basil, parmesan, garlic oil, focaccia crumbs	20.95
Gemelli Primavera asparagus, fava beans, peas, garlic oil, shaved parmesan	20.95
Homemade Macaroni & Cheese served with baby field green salad, house vinaigrette *whole wheat pasta available for substitution...additional 3.00	17.95

FISH

Alaskan Halibut tuscan ratatouille, fennel puree, basil pesto oil	36.95
Seared Striped Bass sautéed bok choy, fingerlings, sunchoke, herb salad, shallot lemon vinaigrette	33.95
Ginger Soy Chilean Sea Bass sticky rice, sautéed julienne vegetables, crispy leeks	36.95
Grilled NY Tuna Steak sautéed spinach, mushroom & onion port wine reduction, hand cut fries	34.95
Beer Batter Fish & Chips hand cut french fries, cole slaw, tartar sauce	32.95
Pan Seared Wild Salmon lentils, wilted spinach, orange brown butter, frizzled leeks	32.95

MMF KID'S

served with fresh fruit and sugar cookie

MMF Kid's Sandwich (12 and under) tuna, egg salad, pb&j, grilled cheese, potato chips	11.95
MMF Kid's Flat Bread Pizza (12 and under)	11.95
MMF Kid's Pasta (12 and under) penne pomodoro or homemade macaroni & cheese	11.95

SIDES

Cole Slaw	8.00
Hand Cut French Fries	8.00
Hand Cut Sweet Potato Fries	9.00

COLD BEVERAGES

Freshly Squeezed Orange Juice	4.50
Milk or Soy Milk	3.00
Chocolate Milk	4.95
Martinelli's Apple Juice	3.95
Freshly Brewed Iced Tea	3.75
Homemade Lemonade and Arnold Palmer	4.00
Milk Shake: inquire about our daily selections	8.50
GuS - Ginger Ale, Star Ruby Grapefruit, Pomegranate	3.75
Valencia Orange, Cranberry Lime	
Coke, Diet Coke, Sprite, Stewarts Root Beer	3.50
Pana Water and Pellegrino	Sm 3.75 Lg 8.00
Iced Cappuccino/Iced Moccachino	5.50/6.50
Iced Coffee	4.25