

**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**

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

**BREAKFAST\***

|   |       |
|---|-------|
| <b>Pastry of Your Choice</b>  | 5.25  |
| sweet whipped butter and preserves  |       |
| <b>Market Fresh Fruit Bowl</b>  | 9.25  |
| <b>Homemade Granola Parfait</b>   | 12.25 |
| low fat yogurt and fruit  |       |
| <b>Oatmeal Your Way</b>   | 7.95  |
| raisins, brown sugar or honey   |       |
| <b>Smoked Salmon Tartine on Pumpernickel</b>                              | 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)

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

**WARM OFFERINGS**

served with vermont maple syrup and fresh fruit

|  |       |
|--|-------|
| <b>Challah French Toast</b>              | 13.75 |
| <b>Golden Belgium Waffles</b>            | 13.75 |
| homemade "schlag"                        |       |
| <b>Buttermilk Pancakes</b>               | 13.75 |
| banana, strawberry or chocolate chip     |       |
| <b>MMF Kid's (12 and under only)</b>     | 11.95 |
| served with fresh fruit and sugar cookie |       |
| 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 &amp; STARTERS

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

## SALADS

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

## SANDWICHES

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

## BURGERS

|  |       |
|--|-------|
| <b>Grilled Portobello on Sunflower Seed Whole Wheat Bun</b><br>cheddar, chipotle aioli, frizzled onions, hand cut french fries | 14.95 |
| <b>Veggie Burger on Whole Wheat Bun</b><br>sautéed onion, avocado, cucumber sauce, ketchup, sweet potato fries                 | 14.95 |
| <b>Scotch Salmon Burger on Sesame Seed Challah Bun</b><br>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

|  |       |
|--|-------|
| <b>Quiche</b><br>served with baby field green salad, house vinaigrette                   | 14.95 |
| <b>Garden Omelet</b><br>Vermont aged white cheddar, asparagus, chives, field green salad | 14.75 |

## PASTA \*

|   |       |
|---|-------|
| <b>Fettuccini Francais</b><br>wild salmon, broccoli, parmesan infused light cream sauce   | 22.95 |
| <b>Angel Hair Alla Checca</b><br>vine ripened tomatoes, basil, parmesan, garlic oil, focaccia crumbs  | 20.95 |
| <b>Gemelli and Green Veggies</b><br>spinach, asparagus, feta, fire roasted tomatoes, garlic oil   | 20.95 |
| <b>Homemade Macaroni &amp; Cheese</b><br>served with baby field green salad, house vinaigrette<br>*whole wheat pasta available for substitution...additional 3.00 | 17.95 |

## FISH

|   |       |
|---|-------|
| <b>Alaskan Halibut</b><br>tuscan ratatouille, fennel puree, basil pesto oil                                   | 36.95 |
| <b>Seared Striped Bass</b><br>sautéed bok choy, fingerlings, sunchokes, herb salad, shallot lemon vinaigrette | 33.95 |
| <b>Ginger Soy Glazed Chilean Sea Bass</b><br>sticky rice, sautéed julienne vegetables, crispy leeks           | 36.95 |
| <b>Sesame Seared Ahi Tuna Steak</b><br>asian slaw, ginger rice balls, soy glaze                               | 34.95 |
| <b>Beer Batter Fish &amp; Chips</b><br>hand cut french fries, cole slaw, tartar sauce                         | 31.95 |
| <b>Orange Glazed Wild Salmon</b><br>butternut squash and currant farro, haricot verts                         | 31.95 |

## MMF KID'S

served with fresh fruit and sugar cookie

|   |       |
|---|-------|
| <b>MMF Kid's Sandwich (12 and under)</b><br>tuna, egg salad, pb&j, grilled cheese, potato chips | 10.95 |
| <b>MMF Kid's Flat Bread Pizza (12 and under)</b>  | 10.95 |
| <b>MMF Kid's Pasta (12 and under)</b><br>penne pomodoro or homemade macaroni & cheese           | 10.95 |

## SIDES

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

## COLD BEVERAGES

|   |                 |
|---|-----------------|
| Freshly Squeezed Orange Juice                       | 4.25            |
| Milk or Soy Milk                                    | 3.00            |
| Chocolate Milk                                      | 4.95            |
| Martinelli's Apple Juice                            | 3.75            |
| Freshly Brewed Iced Tea                             | 3.50            |
| Homemade Lemonade                                   | 3.95            |
| Milk Shake: inquire about our daily selections      | 8.50            |
| GuS - Ginger Ale, Star Ruby Grapefruit, Pomegranate | 3.50            |
| Valencia Orange, Cranberry Lime                     |                 |
| Coke, Diet Coke, Sprite, Stewarts Root Beer         | 3.25            |
| Pana Water and Pellegrino                           | Sm 3.75 Lg 8.00 |
| Iced Cappuccino                                     | 5.25            |
| Iced Coffee   | 4.00            |