

Breakfast: Mon.-Sat.
7:00-11:30 a.m.
Grill closes at 10:30.


Lunch: Mon.-Sat.
11:30-3:00 p.m.

Sunday Brunch:
9:30-2:00 pm

Dinner: Wed thr sat
5:30-8:30 p.m.

Hearty Fare

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|---------------------------------|------|
| scrambled tofu | 2.25 |
| one egg | 1.00 |
| two eggs | 1.25 |
| plain omelette | 2.00 |
| vegetable omelette | 2.35 |
| Second Ceres omelette | 2.35 |

.30 extra for cheese 

* all of the above served with whole wheat toast *

Buckwheat Pancakes 2.25

Blueberry Buckwheat Pancakes . 2.50

* pancakes served with dairy or soy butter and
real maple syrup *

Mexican Eggs . . a crisp tortilla with melted jack cheese
covered with two fried eggs, spicy tomato sauce, more
cheese and sour cream 3.50

Eggs Foo Yung . . sauteed bean sprouts, onions and
mushrooms in a three egg patty covered with garlic
ginger sauce 3.50

Side Orders

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| home fries | .50 |
| whole wheat toast | .40 |
| whole wheat bagel | .55 |
| w/cream cheese | .80 |
| corn muffin | .40 |
| blueberry muffin | .45 |
| hot cereal | .85 |
| granola with milk | 1.25 |
| granola with yogurt | 1.50 |

Beverages

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|----------------------------------|-----------|
| fresh squeezed orange juice . | .70/1.20 |
| fresh carrot juice | 1.25/1.75 |
| hot spiced carob | .50 |
| grain beverage | .45 |
| coffee | .45 |
| herb teas | .45 |
| Earl Grey tea | .45 |
| cashew milk for cereal | .40 |
| maple syrup for cereal | .40 |

* please check our menu board for changes and additions *