

Suburban Eats

Breakfast Specials

#1. Egg on a roll	\$1.25
#2. Egg on a roll with choice of bacon, ham, sausage or turkey.	\$1.99
#3. Two eggs & cheese on a roll with choice of bacon, ham, sausage or turkey.	\$2.49
#4. Western Omelet on a roll	\$2.99
#5. Three egg whites, turkey & alpine lace swiss on a roll.	\$2.99
#6. Breakfast Quesadilla	\$3.99
Scrambled eggs, diced bacon & shredded cheese in a grilled tortilla with salsa & sour cream.	
#7. Breakfast Pizza	\$4.99
Scrambled eggs, diced bacon & shredded cheese on an individual thin crust pizza.	
#8. Garden Omelet	\$2.99
Three egg whites, spinach, mushrooms & diced tomatoes served in a plate.	
#9. Hungryman Hero	\$4.99
3 eggs, bacon, ham, sausage & cheese on a hero.	
#10. French Toast	\$2.99; \$3.99 w/ bacon
Thick sliced texas toast with syrup & butter.	
Bakery Items	\$1.75
Apple turnovers, croissants, french cheese pastries, fruit danish, crumb cake.	
Jumbo Homemade Muffins	\$1.75; \$2.00 w/ butter
Corn, Blueberry Crunch, Cinnamon Glazed, Chocolate Chocolate Chip, Banana Chip, Cranberry Orange, Apple Bran, Carrot Cheesecake.	
Bagel Boss Bagels	\$.75 plain \$1.25 butter \$1.75 cream cheese
Yogurt Parfait	\$2.99
Vanilla yogurt topped with crunchy granola and fresh blueberries .	
Suburban Eats Premium Coffee	\$1.10/12oz. \$1.40/16oz. \$1.75/20oz.
Suburban Eats Flavored Coffee	\$1.10/12oz. \$1.40/16oz. \$1.75/20oz.
Hazelnut, Decaf Hazelnut, French Vanilla, Decaf French Vanilla, Cinnamon Crumb Cake, Seasonal Flavors	

Sandwich Classics

Ovengold Turkey Breast	\$5.25	Mesquite Smoked Turkey Breast	\$5.25
Honey Maple Turkey Breast	\$5.25	Cracked Pepper Turkey Breast	\$5.25
House Seasoned Roast Beef	\$5.25	Pastrami	\$5.95
Grilled Chicken	\$5.95	Chicken Cutlet	\$5.95
Tuna Salad	\$5.95	Low Fat Veggie Tuna Salad	\$5.95
Oven Roasted Chicken Salad	\$5.95	Boar's Head Ham	\$5.25
Boar's Head Sliced Chicken Breast	\$5.25	Black Forest Ham	\$5.25
BLT	\$4.50	Cheese Sandwich	\$3.95
Egg Salad	\$3.95	Bologna	\$3.95

Additions

Hero (.75) Wrap (.50) Low Carb Tortilla Wrap (.75) Lettuce (.25) Tomato (.25) Onion (.10) Roasted Peppers (.75) Bacon (.75)
American, Swiss, Provolone, Muenster, Jack, Cheddar, Pepper Jack, Alpine Lace Swiss (.50) Fresh Mozzarella, Brie (.75)

Suburban Eats

Panini...\$6.25

Mesa Chicken

Blackened chicken breast, pepper jack, grilled red & green peppers, lettuce & chipotle mayo.

Londonport Pub

Port wine marinated roast beef with cajun fried onions & smoked pepper cream cheese spread.

Bourbon St.

Blackened chicken breast, crisp maple bacon, monterey jack cheese, grilled red onions and sweet & spicy Bayou dressing.

I 10 Express

Smoked turkey, cappy ham, cheddar cheese, jack cheese, roasted peppers, lettuce & honey chipotle dressing.

Vermont Maple Panini

Boar's head honey maple turkey with melted brie & toasted almond honey mustard.

Chicken San Marzano

Grilled chicken, portobello mushrooms, roasted tomatoes, fresh mozzarella & balsamic vinaigrette.

Cubano Panini

Sliced smoked ham, baby swiss, sliced pickles, roasted red peppers & honey chipotle dressing.

Blackened Chicken Panini

Blackened chicken, avocado, pico de gallo & cilantro mayo.

Sicilian

Breaded eggplant, provolone cheese & roasted red peppers with spinach & artichoke spread.

JR Special

Chicken cutlet, homemade fresh mozzarella, sauteed spinach, grilled red peppers & sweet pesto dressing.

Suburban Supreme

Breaded eggplant, sauteed spinach, oven roasted tomatoes, sour cream & honey pesto dressing.

Antipasto

Genoa salami, cappy ham, pepperoni, provolone, roasted peppers & pesto.

Smokehouse

Mesquite smoked turkey, crisp maple bacon, cheddar cheese & BBQ mayo.

Bistro

Grilled marinated chicken, maple bacon, melted brie cheese, caramelized onions & pesto mayo.

Gourmet Sandwiches...\$6.25

Nantucket

Cranberry walnut chicken salad on sliced multigrain bread with leaf lettuce.

Black Forest Special

Mesquite turkey breast, muenster cheese, lettuce, tomato & russian on a black russian roll.

Baguette Special

Black forest ham, imported brie cheese, lettuce & honeycup mustard on a soft garlic onion ciabatini.

Plum Tomato & Mozzarella

Plum tomatoes, homemade fresh mozzarella, roasted red peppers, fresh basil & balsamic vinaigrette on rustic ciabatta.

Honey Turkey Special

Honey maple turkey, jack cheese, lettuce, tomato & champagne mustard on a multigrain square.

Longwood

Grilled herb chicken, fresh mozzarella, marinated sundried tomatoes, leaf lettuce & honey pesto dressing on seven grain baguette.

610 Rt. 110 Melville, NY

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Suburban Eats

Tortilla Wraps...\$6.25

Buffalo

Buffalo chicken strips, shredded carrots, lettuce & blue cheese dressing.

Chicken Satay

Teriyaki grilled chicken, sliced cucumbers, shredded carrots, lettuce & Thai peanut sauce.

Chicken Caesar

Grilled herb chicken, crisp romaine lettuce, parmigiana cheese & caesar dressing.

Turkey Wrapper

Ovengold turkey, swiss, lettuce, tomato & mayo.

Roma Wrap

Grilled chicken, homemade fresh mozzarella, roasted red peppers, leaf lettuce & pesto dressing.

Turkey BLT

Ovengold turkey breast, crisp bacon, lettuce, tomato & ranch dressing.

Cobb Salad Wrap

Sausalito turkey breast, romaine lettuce, bacon, avocado & blue cheese dressing.

Steakhouse

House seasoned beef, crumbled blue cheese, caramelized onions, lettuce & horseradish dressing.

Roast Beef Wrapper

Roast beef, swiss cheese, lettuce, tomato & mayo.

Low Carb Wrapper ... \$6.50

Arosta sliced chicken breast, fresh spinach, alpine lace swiss, & sundried tomato pesto.

Homemade Salads

Potato, Macaroni or Cole Slaw \$2.49 1/2#

Sesame Chicken & Pasta \$3.49 1/2#

Penne Caesar Salad with Blackened Chicken \$3.49 1/2#

Stringbean Salad with Red Wine Vinaigrette \$3.49 1/2#

Cucumber-Feta Salad \$3.49 1/2#

Oven Roasted Veggies \$3.49 1/2#

Choose from carrots, brussels sprouts, cauliflower, broccoli or mixed veggies.

Suburban Pasta \$2.99 1/2#

Radatore pasta, sundried tomatoes, roasted garlic, basil & parmigiana cheese.

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Suburban Tossed Salad Bar

Step #1 Choose Your Salad Base

Romaine Lettuce	\$2.95 small	\$3.95 large
Mixed Greens	\$2.95 small	\$3.95 large
Mesculin Greens	\$3.50 (one size only)	
Fresh California Spinach	\$3.50 (one size only)	

Step #2 Choose Your Add-ins (Croutons are free)

.50 Cent Add-ins

carrots - cucumbers - red onions - chopped tomatoes - cherry tomatoes - corn - red beans - peppers - sprouts -
beets - broccoli - black olives - chick peas - celery

.75 Cent Add-ins

bacon - marinated artichokes - sliced egg - roasted red peppers - asparagus - sundried tomatoes - feta - shredded
cheese - blue cheese - mandarin oranges - dried cranberries - mushrooms - green olives - chinese noodles - almonds -
peanuts - raisins

\$1.50 Add-ins

grilled herb chicken - chicken cutlet - thai chicken - chipotle BBQ chicken - blackened chicken - fresh tuna - sliced
turkey - avocado - portobello mushrooms - candied walnuts - fresh mozzarella - goat cheese

Step #3 Choose Your Dressing

Balsamic Vinaigrette, Red Wine Vinaigrette, Ceasar, Honey Mustard, Parmigiana Peppercorn, Blue Cheese, Ranch, Sesame
Ginger, Chipotle Ranch, French, Russian, Low Fat Italian, Fat Free Balsamic, Fat Free Honey Lime Chipotle, Fat Free
Ranch, Fat Free Tomato Basil, Fat Free Raspberry Vinaigrette

Grab and Go Prepared Salads

Tossed Salad	\$3.95
Mixed greens, tomatoes, peppers, carrots & cucumbers with choice of dressing.	
Grilled Chicken over Tossed Salad	\$6.50
Tossed salad with sliced grilled herb chicken.	
Grilled Chicken over Caesar Salad	\$6.50
Romaine lettuce, grilled chicken, homemade croutons, parmigiana cheese & caesar dressing on the side.	
Spinach & Strawberry Salad	\$6.95
Fresh California spinach, blackened chicken, strawberries, sliced almonds & sesame ginger vinaigrette.	
Oklahoma Ranch Salad	\$6.95
BBQ grilled chicken, shredded cheddar, roasted red peppers, black beans & tortilla strips with chipotle ranch dressing.	
Chopped Blue Cheese Salad	\$6.50
Mixed greens, crumbled blue cheese, candied walnuts, diced red onions, tomatoes & red wine vinaigrette.	
Oriental Chicken Salad	\$6.95
Mixed greens, teriyaki chicken, mandarin oranges, dried cranberries, sliced almonds, chinese noodles & sesame ginger dressing.	
Cobb Salad	\$6.95
Romaine lettuce, grilled chicken, avocado, bacon, egg & crumbled blue cheese.	
Greek Salad Plate	\$5.95; \$7.50 w/ grilled chicken
Romaine lettuce, feta cheese, cucumbers, olives, peppers, red onions & red wine vinaigrette.	
Panzanella Salad Plate	\$5.95; \$7.50 w/ grilled chicken
Organic mesculin greens, fresh mozzarella, diced red onions, sundried tomatoes, peppers & croutons with balsamic vinaigrette.	

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Brick Oven Pizza

Neopolatin	\$1.95 slice;	\$11.50 whole
Round 18" (8 slices) with mozzarella cheese & tomato sauce.		
Sicilian	\$2.25 slice;	\$13.50 whole
Square thick crust (9 slices) with mozzarella cheese & tomato sauce.		
Thin Crust	\$2.25 slice;	\$13.50 whole
A crisp square pizza crust (9 slices) with tomato sauce & homemade mozzarella cheese.		

Pizza Toppings

Chicken Cutlet	\$4.00	Meatball	\$3.00
Pepperoni	\$3.00	Italian Sausage	\$3.00
Mushrooms	\$3.00	Onions	\$2.00
Peppers	\$2.00	Eggplant	\$3.00
Extra Cheese	\$3.00	Spinach	\$3.00
Olives	\$2.00	Anchovies	\$3.00

Specialty Pies

Pizza Bianca...\$16.50 Mozzarella, ricotta and parmigiana cheese with fresh garlic & parsley.	Carne Amore...\$19.00 A hearty combination of sausage, meatballs and pepperoni with mozzarella & tomato sauce.
Margarita...\$16.50 Oven roasted tomatoes, fresh roma tomatoes, fresh mozzarella, minced garlic & parmigiana cheese.	Chicken Fajita...\$19.00 Sauteed picante chicken breast, peppers, onions, monterey jack, cheddar & fresh tomato salsa.
Melanzanne...\$16.50 Breaded eggplant, ricotta cheese, mozzarella cheese, fresh basil & tomato sauce.	Bruschetta...\$16.50 Fresh chopped plum tomatoes, diced red onions, fresh basil, fresh garlic, parmigiana cheese and olive oil on a sicilian pizza crust.
Chicken & Broccoli...\$19.00 Grilled chicken breast, sauteed broccoli, mozzarella, parmigiana & tomato sauce.	Veggie Delight...\$16.50 A mixed of diced peppers, onions, carrots, squash, zucchini, mushrooms & spinach with mozzarella & tomato sauce.
Florentina...\$19.00 Chicken cutlet, fresh spinach, sauteed mushrooms, mozzarella & tomato sauce.	Pesto Thin Crust...\$19.00 Fresh mozzarella, marinated sundried tomatoes, parmigiana cheese & fresh pesto.
Greek Salad Pizza...16.50 Chopped romaine salad, feta cheese, olives, peppers, onions & red wine vinaigrette.	Buffalo Chicken... \$19.00 Buffalo chicken strips, crumbled blue cheese, mozzarella & Frank's Red Hot Sauce
Chicken Ranch Salad... \$19.00 Chicken cutlet, shredded cheese, diced tomatoes, romaine lettuce & ranch dressing.	

Stuffed Breads & Calzones

Steak Teriyaki Roll	\$6.25	Meatball Parmigiana Roll	\$6.25
Spinach & Cheese Roll	\$6.25	Eggplant Parmigiana Roll	\$6.25
Chicken Parmigiana Roll	\$6.25	Pesto Garlic Knots	\$1.00
Italian Meat Stromboli	\$6.25	4 per order	
Chicken Griller	\$6.50	Stuffed Garlic Knot	\$2.99
Grilled chicken, fresh mozzarella, lettuce & tomato on a brick oven pesto roll.		A jumbo garlic knot stuffed with proscuitto, fresh mozzarella, roma tomatoes & basil.	

Suburban Eats

From the Grill

Half Pound Black Angus Burger	\$6.50
A hand formed, chargrilled burger served on an sweet onion brioche roll with lettuce, tomato, onion, pickle and choice of french fries or cole slaw.	
Extras...	
American, Cheddar, Swiss (.50) Mushrooms, Caramelized Onions (.50) Bacon (.75)	
Cowboy Burger	\$6.95
Bacon, cheddar & BBQ sauce.	
Bistro Burger	\$7.50
Melted brie cheese, caramelized onions & bacon.	
Southwestern Burger	\$7.50
Pico de gallo, avocado & jack cheese with chile spice rub.	
Old English Burger	\$7.50
Cheddar & bacon on a toasted english muffin.	
Cheddar Mushroom Burger	\$6.95
Sauteed mushrooms & melted cheddar.	
Turkey Burger	\$6.50
A homemade freshly ground turkey burger.	
Chicken Gyro	\$6.50
Sliced herb grilled chicken with lettuce, tomato, onions & homemade yogurt sauce on a grilled pita.	
Chicken Fingers & Fries	\$6.95
Buffalo Wings	\$6.95
8 per order served with celery, carrots & blue cheese.	
Marinated Flank Steak	\$9.95
A 10oz sliced steak platter with choice of steamed veggies or rice pilaf.	
Steak Tidbits	\$6.95
5oz sliced skirt steak with melted mozzarella on an onion broiche roll.	
Roast Beef Supreme	\$6.95
Grilled roast beef, bacon & melted mozzarella on a toasted garlic hero.	
Philly Cheesesteak Hero	\$6.95
Grilled steak, sauteed peppers & onions, melted provolone & steak seasoning on a toasted hero.	
Seasoned French Fries	\$1.99

Sweets

"Obnoxious" Brownie	\$1.99	David's Fresh Baked Cookies	\$.99 for 2
A chocolate ganache brownie with David's chocolate chip cookies baked on top.		Chocolate chip, peanut butter, oatmeal & sugar.	
Rice Pudding	\$1.99	Chocolate Pudding	\$1.99
Homemade Chocolate Mousse	\$1.99	Fresh Fruit	\$3.50
Jr.'s Cheesecake	\$3.49 slice	Carrot Cake	\$2.49 slice
Rainbow Cookies	\$1.00 for 4	Low Fat Jumbo Cookies	\$1.99
Fat Free Brownies or Blondies	\$1.99	Chocolate Mousse Cake	\$3.49

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