

Breakfast

WINNER TAKES ALL Our famous homemade low fat scones, muffins, croissants and bagels with cream cheese, butter & preserves, sliced fruit, fresh squeezed orange juice, and freshly brewed coffee.....\$7.95 pp

READY, SET, GO! A selection of homemade scones, muffins, croissants & bagels with cream cheese, butter & preserves, fresh squeezed orange juice and our excellent coffee.....\$5.95 pp

INDIVIDUAL ITEMS

Low fat Scones.....\$1.95
Bagels with cream cheese & preserves.....\$1.75
Plain Croissants.....\$1.75
Almond or Chocolate Croissants.....\$2.25
Pecan Sticky Buns.....\$2.50
Muffins.....\$1.75
Fresh fruit salad.....\$2.50
Whole fruit.....\$.95
Yogurt.....\$1.50
Coffee (Carafe serves 8-10 people).....\$12.00

Appetizers

The following platters serve approximately 10-12 people:

FRESH FRUIT & CHEESE PLATTER Imported & domestic cheeses with crisp crackers, garnished with a beautiful array of seasonal fruits.....\$49.50

CHEESE PLATTER Imported & domestic cheeses served with crackers.....\$37.50

FRESH FRUIT PLATTER Fantastic array of ripe seasonal fruits..\$32.50

VEGETABLE CRUDITES Crunchy, colorful veggies served with delicious hommuss dip.....\$37.50

MIDDLE EASTERN PLATTER Delicious and fun assortment of hommuss (chickpea/sesame puree), baba ghanoush (roasted eggplant/ sesame puree), tabbouli (bulgur salad), grape leaves, Kalamata olives & pita triangles.....\$57.50

MINI-ROLLUPS Roast beef & boursin, ham & Swiss, turkey & avocado, tuna & Brie rollups in pita or lavash flatbread, cut maki-style!.....\$12.00/dozen

Lunch Combinations

THREE FOR ME An assortment of Bean & Leaf's super sandwiches served on healthy, homemade breads, with lettuce, tomatoes, sprouts, mayo and honey mustard, and an assortment of chips and beverages.....\$8.95 pp

QUICK & LIGHT Your choice of Rollup: Chicken, Tunafish or Turkey with a piece of fruit or pretzels and Poland Spring sparkling water.....\$8.95 pp

FABULOUS FOUR Assorted sandwiches, chips, beverages & sweets (our cookies and espresso fudge brownies).....\$10.45 pp

FILLING FIVE An assortment of our delicious sandwiches, garden or pasta salad, chips, beverages and dessert (cookies & brownies).....\$12.45 pp

Sandwiches

MIXED PLATTER Chicken Curry, Chicken Tarragon, Ham & Swiss, Tuna & Brie, Turkey & Avocado, Roast Beef & Boursin and other specialty and classic sandwiches served on healthy homemade breads (multigrain, sourdough country white or whole wheat, Onion Focaccia, baguette & pita rollups) with lettuce, tomato, sprouts, honey mustard & mayonnaise. Veggie sandwiches available upon request...\$6.50 pp

VEGETARIAN PLATTER A selection of our popular veggie sandwiches: Baba Ghanoush, Falafel, Hommus, Grape Leaf and Veggie rollups, Roasted Zucchini & Summer Squash and Roasted Eggplant (24 hour notice).....\$6.25 pp

DELI PLATTER An assortment of premium sliced roast beef, smoked ham, smoked turkey, Swiss cheese and Brie with lettuce, tomatoes, sprouts, pickles, condiments and assorted breads.....\$6.50 pp

Hot Entrees

(Please try to give us 24-hour notice for all hot entrees.)

All chicken and meat entrees are served with choice of white rice or roasted potatoes. Veggie Lasagna is served with garden salad and choice of dressing.

VEGGIE LASAGNA Our delicious lasagna is made with fresh garden vegetables, ricotta and mozzarella cheeses and topped with our homemade sauce\$9.00 pp

HERB CHICKEN Seasoned chicken topped with our mushroom and herb sauce.....\$9.50 pp

CHICKEN CURRY This popular dish is made with a variety of curry spices and fresh vegetables.....\$9.50 pp

HAWAIIAN CHICKEN Made with fresh herbs and vegetables then topped with tangy pineapples.....\$9.50 pp

MARYANNE'S GINGER PEANUT CHICKEN A crowd favorite this dish is made with seasoned chicken and vegetables then topped with a delicious ginger peanut sauce.....\$9.50 pp

CAJUN CHICKEN Chicken and vegetables mixed with our homemade spicy Cajun sauce.....\$9.50 pp

KOUFTAH KABAB Seasoned beef or lamb topped with roasted vegetables. Beef.....\$9.50 pp Lamb.....\$10.50 pp

Soups/Salads/Specials

HOMEMADE SOUPS 10-Star Veggie Chili, French Onion with croutons & Swiss cheese, and our Soup of the Day (Hungarian Mushroom, Lovely Lentil, Spicy Tomato & others.....S \$2.95 / L \$3.75

GARDEN OR GREEK SALAD Fresh salad greens with tomatoes, cucumbers, red onions (Greek salads add olives & feta cheese), and choice of dressing: Greek White Wine, Honey Poppyseed, Low fat Italian or our Signature Ginger-Carrot!

Garden.....Small Side \$2.25 / M \$4.25 / L \$5.50
Greek.....Small Side \$2.75 / M \$4.75 / L \$6.00

SALAD TOPPER Top any of the above salads with a scoop of Tuna, Chicken Curry or Chicken Tarragon, or slices of lean chicken breast or turkey.....\$2.25

PASTA SALADS Call for our fresh salad selection (try Herb Tuna Shells, Thai Noodles, Caribbean Sweet Potato, Harvest Tortellini).....\$4.50 pp

SPECIAL ENTREE Call for our homemade daily special. Favorites include: Florentine, Curry, Cajun, Herb or Hawaiian Chicken.....Plate \$8.60 / Wrap \$6.95

Desserts

COOKIE & BROWNIE PLATTER

A mix of our famous homemade brownies and cookies.....\$1.75 pp
Cookies (Chocolate Chip, Peanut Butter).....\$1.50
Espresso Fudge Brownies.....\$1.95
Biscotti (Almond or Chocolate Dipped).....\$1.50

Beverages

Soda.....\$1.25
Poland Spring Sparkling Waters, Snapple Drinks, Root Beer.....\$1.75
Spring Water.....\$1.50
Orangina.....S \$1.50 / L \$1.75
Nantucket Nectar.....\$1.90
Assorted Beverages (all of the above).....\$1.50
Orange Juice.....\$1.50
Fresh Samantha Juices (assorted flavors).....\$3.25