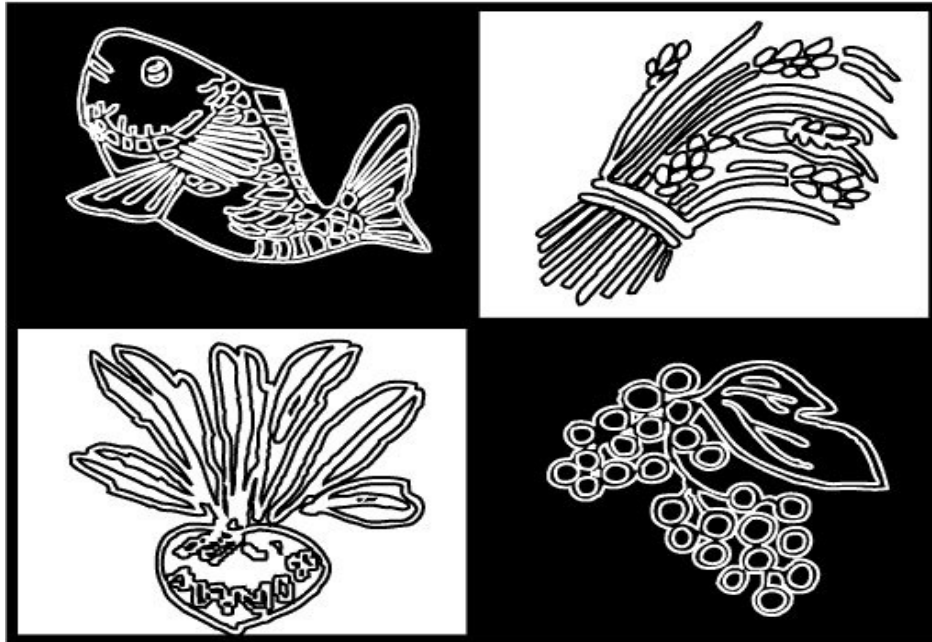


The Little



Food Cafe

WE DELIVER!

PHONE: 201.436.6800

FAX: 201.243.6014

Freshly Prepared Breakfast, Lunch, & Dinner
Homemade Goodness with a Healthy Flair!

SUNDAY BREAKFAST

- Social & Corporate Catering Services Available on or off premises •
- Catering Menu Available • Prices Subject to Change •

• Mon - Fri 6am - 8pm • Sat 7am - 4 pm • Sunday Breakfast Only: 8am - 2pm •

• 330 Kennedy Blvd Bayonne, NJ 07002 •

• www.thelittlefoodcafe.com •

BREAKFAST

Hours: Monday-Friday: 6am-11am Saturday: ALL DAY! Sunday: 8am-2pm

ON A ROLL

- TWO EGGS ANY STYLE.....\$2.50
- ADD BACON, HAM, OR TAYLOR HAM \$3.50
- ADD SAUSAGE\$3.75
- ADD TURKEY BACON\$3.50
- ADD TURKEY SAUSAGE\$3.75
- ADD CHEESE\$.50

THE BEST BREAKFAST SANDWICH...\$4.75
 1 Egg Over Easy, American Cheese, Bacon, Sliced Avocado, Shredded Lettuce, A little mayo, & fresh salsa on a toasted roll

AM FAJITAS

sub eggwhites....\$.50

- #1**• Two Scrambled Eggs, Jack Cheese, Peppers, & Onions in a soft tortilla.....\$3.75
- #2**• Two Scrambled Eggs, Bacon, Jack Cheese in a soft tortilla.....\$4.25
- #3**• Three Scrambled Egg Whites, Sauteed Spinach, & Swiss Cheese in a soft tortilla.....\$4.25
- #4**• Three Scrambled Egg Whites, Roasted Turkey, & Tomatoes in a soft tortilla.....\$4.25
- #5**• Two Scrambled Eggs, Jack Cheese, & Sausage in a soft tortilla\$4.25
- #6**• Two Scrambled Eggs, Potatoes, Onions, & Peppers in a soft tortilla.....\$3.95
- #7**• Two Scrambled Eggs, Steak, & Cheddar Cheese in a soft tortilla.....\$4.25
- #8**• Three Egg Whites, Cheddar, Avocado, & Fresh Salsa in a whole wheat tortilla wrap\$4.25

TREATS

- BROWNIES.....\$1.75
- CHOCOLATE CHIP COOKIES.....\$1.00
- OATMEAL RAISIN COOKIES.....\$1.00
- RICE KRISPY TREATS\$1.75

Sylvie's Sweets

• daily cupcakes, bars, & confections •
 call for today's selection of freshly prepared

OMELETTE SHOP

served with your choice of regular or sweet potato homefries & toast

- BASIC OMELETTE.....\$4.95
- EGG WHITE OMELETTE.....\$5.25

- Add Ins\$.50
 - Fried Onions • Spinach • Olives
 - Tomatoes • Red Onion • Peppers
 - Mushrooms •

- Add Ins\$.75
 - Swiss • Provolone • Feta
 - Cheddar • American • Mozzarella

- Add Ins\$1.00
 - Bacon • Turkey Bacon • Ham
 - Taylor Ham • Sausage • Turkey Sausage
 - Turkey • Grilled Chicken • Avocado

PLATTERS

- TWO EGGS ANY STYLE.....\$4.50
- FRENCH TOAST\$4.95
- WHITE OR MULTIGRAIN BREAD •
- HOMEMADE PANCAKES
- LITTLE STACK.....\$3.95
- BIG STACK.....\$5.95
- SIDE OF HOME FRIES.....\$2.00
- MEAT SIDE.....\$2.50
 - Bacon • Turkey Bacon • Ham
 - Taylor Ham • Sausage • Turkey Sausage
 - Turkey • Grilled Chicken

MUFFINS BAGELS ROLLS

- BAGEL WITH BUTTER\$1.35
- BAGEL WITH CREAM CHEESE\$1.75
- ROLL WITH BUTTER.....\$1.75
- HOMEMADE MUFFIN.....\$1.95
- ADD BUTTER...\$.50 ADD JELLY..\$.25

BEVERAGES

- Fountain Soda • Fresh Brewed Ice tea
- Iced Coffee • Hot Coffee/Tea • Hot Cocoa
- Bottled Water • Juice • Seasonal Smoothies

U P I N M Y G R I L L

- HOT PASTRAMI & SWISS.....\$7.25**
On grilled rye with spicy brown mustard
- BLT.....\$5.00**
Bacon, Lettuce, & Tomato with mayo on white toast
- GRILLED CHEESE.....\$4.25**
- ADD BACON OR HAM.....\$5.95**
- GRILLED HAM TURKEY & CHEESE...\$6.25**
- ZOE SPECIAL.....\$5.00**

Half a grilled cheese, one chicken finger, & handful of french fries

- PHILLY CHEESE STEAK.....\$7.50**
Shaved Sirloin steak smothered in peppers, onions, & melted American cheese
- PIZZA STEAK PARM.....\$7.50**
Shaved Steak smothered with Mozzarella, Peppers, Onions, & Marinara on toasted Italian Roll

TUNA MELT.....\$7.50
Our homemade tuna salad, melted american cheese, and tomato served on grilled rye bread open face style

CHICKEN FINGERS & FRIES\$6.00
CHICKEN & CHEESE QUESADILLA

Grilled Chicken & Cheddar Cheese in a grilled tortilla served WITH SALSA & SOUR CREAM.....\$7.00

WITH GUACAMOLE.....\$7.75
EGGPLANT OR CHICKEN PARM.....\$7.75



- 100% BLACK ANGUS BURGER.....\$6.25**
- HOMEMADE TURKEY BURGER.....\$6.25**

BUILD YOUR OWN

CHEESE.....\$.75	TAYLOR HAM.....\$2.00
SPECIALTY CHEESE . . \$1.00	FRIED EGG\$1.00
FRIED ONIONS.....\$.75	AVOCADO.....\$1.00
BACON.....\$1.00	PICO DE GALLO.....\$.75
MUSHROOMS.....\$.75	GUACAMOLE.....\$.75
ONION RING.....\$.75	



- FRENCH FRIES\$3.00**
- WITH CHEESE OR GRAVY.....\$3.75**
- WITH CHEESE & GRAVY.....\$4.25**
- CURLY FRIES\$3.50**
- SWEET POTATO FRIES\$3.50**
- HOMEMADE ONION RINGS\$4.00**
- MOZZARELLA STICKS (6).....\$4.50**
- BONELESS BUFFALO BITES\$5.25**
- MACARONI SALAD\$2.00**
- COLESLAW\$2.00**
- POTATO SALAD\$2.50**
- PASTA SALAD OF THE DAY.....\$3.50**
- FRESH VEGETABLE OF THE DAY.....\$3.00**
- FRUIT SALAD.....\$3.00**

G R E E N S

TOSSED SALAD.....\$5.75
Romaine Lettuce loaded with freshly chopped garden veggies & your choice of dressing

CAESER SALAD.....\$5.95
Romaine Lettuce, Romano & Parmesan Cheeses, Hand-cut Croutons & Our Balsamic Based Egg less Caesar Dressing

ALL AMERICAN SALAD.....\$8.25
Breaded Chicken Cutlet, Cheddar Cheese, Bacon Crumbles, Red Onion, & Croutons with Ranch or Blue Cheese Dressing

ORIENTAL SALAD.....\$7.25
Romaine, Shredded Carrots, Honey Roasted Walnuts, & Mandarin Oranges served with our LOW-CAL Citrus Dressing

REALLY BIG CHEF SALAD.....\$8.95
Rolled Roast Beef, Turkey, & Swiss over Romaine with garden veggies, hard boiled egg, & olives served with our Balsamic Dressing

ANTIPASTO SALAD.....\$8.95
Rolled Ham, Salami, & Provolone over Romaine with garden veggies, hard boiled eggs, & olives served with our Balsamic Dressing

COBB SALAD.....\$8.95
Cubed Roasted Turkey & Swiss Cheese with Avocado, Crumbled Bacon, Tomato, & Red Onion over Romaine & served with our Balsamic Dressing

TACO SALAD.....\$8.25
Seasoned Ground Turkey, Cheddar, Tomato, & Red Onion over Romaine garnished with Avocado & Tortilla Strips served with our homemade Buttermilk Ranch Dressing

BUFFALO CHICKEN SALAD.....\$8.25
Boneless Chicken Breast in a Spicy Buffalo Sauce with celery, tomato, & crumbled blue cheese over romaine & garnished with crispy tortilla strips served with Ranch Dressing

ITALIAN SALAD.....\$8.25
Bite Size Eggplant, Romaine Lettuce, Provolone Cheese with tomato, red onion, & avocado served with our Balsamic Vinaigrette

TEX MEX SALAD.....\$7.95
Chicken Cutlet, Cheddar Cheese, Tomato, Black Olives & Red Onion over Romaine with Tortilla Chips & our Ranch Dressing

FRESH SALAD PLATTER.....\$8.75
A sampling of our tuna salad, potato salad, & coleslaw over greens & fresh veggies served with our Balsamic Vinaigrette

WINTER SALAD.....\$8.25
Mixed Baby Greens topped with crumbled feta cheese, dried cranberries, mandarin oranges, & honey roasted walnuts served with our balsamic vinaigrette

GREEK SALAD\$8.75
Grilled Chicken, Crumbled Feta, Tomato, Red Onion, & Kalamata Olives served over Romaine with our Homemade Lemon Vinaigrette

SPINACH SALAD.....\$7.50
Fresh Baby Spinach, Shredded Carrots, Hard Boiled Eggs, & Crumbled Bacon served with our Homemade Balsamic Vinaigrette

SPRING SALAD.....\$8.75
Grilled Chicken, Fresh Mozzarella, Mixed Baby Greens, Tomato, & Red Onion served with Balsamic Vinaigrette

• OUR FRESHLY PREPARED HOMEMADE SALADS & VEGETABLES ARE ALSO AVAILABLE BY THE LB. •

ADD TO YOUR SANDWICH OR SALAD:

- GRILLED CHICKEN...\$2.00**
- TUNA...\$2.00**
- AVOCADO...\$1.00**
- EXTRA DRESSING...\$.50**

IN A WRAP OR ON A ROLL

- #1• Grilled Marinated Chicken, Roasted Vegetables, Fresh Mozzarella, & Our Balsamic Vinaigrette\$7.75
- #2• Grilled Marinated Chicken, Sun dried Tomato, Fresh Mozzarella, Romaine, & our Balsamic Vinaigrette.....\$7.75
- #3• Our Own Roast Beef with homemade Horseradish Cream, lettuce, & tomato.....\$7.50
- #4• **HOT GRILLED CLUB**-Oven Fresh Turkey, ham, Swiss, lettuce, tomato, & Russian Dressing...\$7.50
- #5• Baby Spinach, Fresh Mozzarella, Tomato, & our homemade Cucumber Yogurt Dressing.....\$7.25
- #6• Baked Breaded Eggplant with Fresh Mozzarella, Homemade Italian Style Peppers, & our own Pesto.....\$7.75
- #7• **BUFFALO WRAP (JAKE'S FAVORITE!)** Chicken Breast in a spicy Buffalo Sauce with lettuce, tomato, & blue cheese dressing\$7.50
- #8• **THE PASTRAMI SPECIAL**- Grilled lean Pastrami, homemade Coleslaw, Swiss Cheese, & Spicy Brown mustard in a toasted wrap or grilled Rye.....\$7.50
- #9• **-SMOKEY CHICKEN** Grilled Chicken in BBQ sauce smothered with melted provolone, smokey bacon, & sliced pickles pressed in flat-bread\$7.50
- #10• **THANKSGIVING WRAP (10 YEARS OF POPULAR DEMAND!)**
Oven Roasted Turkey, Traditional Bread Stuffing, Cranberry Sauce, & homemade gravy served in a toasted wrap...\$7.50
- #11• **ULTIMATE MEATLOAF SANDWICH**
Our homemade meatloaf, melted cheddar cheese, with our TOP SECRET condiment served on grilled texas toast...\$7.75

IN THE CLUB

• Members Only! •

- SOUTHWEST CLUB**.....\$8.25
Grilled Chicken, Pepperjack Cheese, Crumbled Bacon, Sliced Avocado, lettuce, & tomato with our homemade Chipotle Mayo served on your choice of bread
- TURKEY BACON SWISS**.....\$8.25
Oven Roasted Turkey, Bacon, Swiss, Lettuce, & Tomato with Mayo on toasted white bread
- "THE BAYONNE BOMBER"**.....\$8.25
Oven fresh Roast Beef & Turkey with Swiss cheese, ham, homemade coleslaw, & Russian dressing piled on rye
- PORTOBELLO CLUB**.....\$8.25
Marinated Portobello Mushrooms, Roasted Peppers, lettuce, tomato, & garlic basil mayo served on our hearty multigrain toast
- SONOMA CHICKEN SALAD CLUB**.....\$8.50
Pulled Chicken Salad with pecans, grapes, minced celery, & onions served on our multigrain toast
- EGGSALAD CLUB**.....\$8.25
Our homemade Eggsalad, Baby Spinach, & Crumbled Bacon with Sliced Tomato served on our hearty multigrain toast

- AVOCADO CLUB WRAP**.....\$7.50
Avocado, Bacon, Lettuce, Tomato, & Mayo served in a Tomato Basil Wrap
- BBQ CHICKEN WRAP**.....\$7.25
BBQ Grilled Chicken, Cheddar Cheese, Lett, & Tomato
- CALIFORNIA WRAP**.....\$7.50
Fresh Turkey, Crumbled Bacon, Lettuce, & Tomato with our homemade Buttermilk Ranch Dressing
- CHICKEN RANCH WRAP**.....\$7.25
Breaded Chicken Cutlet, Lettuce, Tomato, & Crumbled Bacon with our homemade Buttermilk Ranch Dressing
- CHICKEN CAESAR SALAD WRAP**.....\$7.25
Grilled Chicken, Romaine Lettuce, Parmesan Cheese, & our homemade Balsamic Based Caesar Dressing
- CHICKEN TOSSED SALAD WRAP**.....\$7.25
Grilled Chicken, Romaine Lettuce, & Garden Vegetables with our Balsamic Vinaigrette
- CHICKEN OR STEAK FAJITA**.....\$7.50
Monterey Jack Cheese, Sautéed Onions, & Peppers in a toasted wrap. Served with Sour cream & Salsa on the side
- TUNA WRAP**.....\$7.25
White Albacore Tuna with lettuce, tomato, & onion
- TURKEY TACO WRAP**.....\$7.50
Seasoned Ground Turkey, Lettuce, Tomato, & Cheddar
- TURKEY PESTO WRAP**.....\$7.50
Our Oven Baked Turkey, Fresh Mozzarella, Homemade Roasted Peppers, & our own Pesto Mayo
- PORTOBELLO CHICKEN WRAP**.....\$7.50
Marinated Grilled Chicken, Portobello Mushrooms, Fresh Mozzarella, Tomato, & our Balsamic Dressing
- ITALIAN WRAP**.....\$7.25
Ham, Salami, Provolone w. lettuce, tomato, onion, oil & vinegar

PRESSED SANDWICHES

- GRILLED VEGETABLE PRESS**.....\$7.75
Eggplant, Zucchini, Squash, Portobello Mushrooms, & Bell Peppers with Mozzarella Cheese & Homemade Pesto
- CHICKEN PESTO PRESS**.....\$7.95
Grilled Chicken, Fresh Mozzarella, & Homemade Pesto Mayo
- BBQ TURKEY BURGER**.....\$7.75
Homemade Turkey Burger with melted cheddar cheese, sliced avocado, & BBQ sauce
- CHIPOTLE CHEESEBURGER**.....\$7.95
Angus Burger with melted cheddar, tomato, & red onion with our own Chipotle Mayo

• OUR ROAST BEEF & TURKEY BREAST ARE COOKED DAILY IN HOUSE •
• OUR DRESSINGS ARE ALL HOMEMADE FOR EXTRA DRESSING THERE WILL BE A \$.50 CHARGE •