

BREAKFAST

We serve breakfast until 11am Mon - Fri, 1pm Sat & Sun

BREAKFAST OF CHAMPIONS 23

STEAK, HOME FRIES, 2 EGGS SUNNY SIDE UP, AVOCADO

J CAFE BREAKFAST 15

2 EGGS ANY STYLE, BACON, SAUSAGE, HOME FRIES & TOAST

BREAKFAST BURRITO 12

EGGS, CHEDDAR, PEPPERS, ONIONS, & BACON OR SAUSAGE

THE DAD'S OF PELHAM BREAKFAST BURRITO 14

EGGS, MELTED CHEDDAR, PEPPERS, ONIONS, BACON, SAUSAGE & HAM IN A TORTILLA

THE MOM'S OF PELHAM BREAKFAST BURRITO 12

EGG WHITES, AVOCADO, ONIONS, PEPPERS

THE DOSA BREAKFAST 16

EGG WHITES, ONIONS, PEPPERS, MELTED JACK MUSHROOMS & TOMATO, ADD BACON OR SAUSAGE +3

WOLFS LANE BAGEL BREAKFAST 17

SMOKED SALMON, CREAM CHEESE, TOMATO, ONION & CAPERS

CRUNCHY FRENCH TOAST STICKS 13

CRUSTED THICK CHALLAH BREAD WITH SYRUP

OLD FASHIONED FRENCH TOAST 13

WITH SYRUP | ADD SAUSAGE OR BACON +3

ADD STRAWBERRY, BLUEBERRY, BANANA +1

PANCAKES WITH SWEET BUTTER & SYRUP 13

ADD BACON OR SAUSAGE +3

ADD STRAWBERRY, BLUEBERRY, BANANA, OR CHOCOLATE CHIPS +1

CROISSANT WITH NUTELLA 8

STRAWBERRIES & BANANA

HAM, BACON OR SAUSAGE, EGG & CHEESE 8.50

2 EGGS ON A KNOTTED ROLL 6.50

SIDES \$8

COUNTRY BACON | HAM | TURKEY OR PORK SAUSAGE
TURKEY BACON | HOME FRIES | REGULAR FRIES

PAN MADE OMELETS

ALL OMELETS INCLUDE TOAST | CHOOSE HOME FRIES OR SALAD

INCLUDES 3 EGGS | SUBSTITUTE EGG WHITE +1.50

THREE CHEESE 15

CHEDDAR, JACK & SWISS

LOX 18

SMOKED SALMON
SCALLION & GOAT CHEESE

GREEK 17

ONION, SPINACH,
RED PEPPERS & FETA

MEXICAN 17

ONION, GREEN PEPPERS,
TOMATO, JALAPEÑO, CORN,
BLACK BEANS & PEPPER JACK

WESTERN 17

CHEDDAR, HAM, ONION,
& GREEN PEPPERS

SHROOM 17

MUSHROOM, SPINACH,
TOMATO, ONION & SWISS

MEAT 17

BACON, HAM, SAUSAGE, ONION,
GREEN PEPPERS & SWISS

COFFEE

FRESH BREWED PREMIUM COFFEE SELECTION

COFFEE OF THE DAY

MEDIUM DARK ROAST

| MD | LG |
|------|------|
| 3.00 | 3.50 |

ESPRESSO

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|--------------------------------------|------|------|
| ESPRESSO | 3.50 | 4.30 |
| AMERICANO | 4.10 | 4.50 |
| CAPPUCCINO | 4.60 | 4.90 |
| CAFFE LATTE | 4.60 | 4.90 |
| VANILLA, CARAMEL OR PEPPERMINT LATTE | 5.30 | 5.50 |
| CARAMEL MACCHIATO | 5.30 | 5.50 |
| CAFFE MOCHA | 5.30 | 5.50 |
| PEPPERMINT MOCHA | 5.50 | 6.30 |

CUSTOMIZE YOUR DRINK

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|-------------------------------------|-------|
| ADD ALMOND OR OAT MILK | +1.00 |
| ADD FLAVORED SYRUP OR ESPRESSO SHOT | +1.00 |

Ask about our different syrups for extra added deliciousness to your coffee or iced drinks!

ICED DRINKS

| | | |
|----------------------------------|------|------|
| COLD BREW ICED COFFEE | 3.80 | 4.30 |
| ICED AMERICANO | 4.80 | 5.30 |
| ICED LATTE | 4.80 | 5.30 |
| ICED VANILLA OR PEPPERMINT LATTE | 5.60 | 5.90 |
| ICED CARAMEL MACCHIATO | 5.60 | 5.90 |
| ICED MOCHA | 5.60 | 5.90 |
| ICED PEPPERMINT MOCHA | 5.90 | 6.30 |
| ICED SHAKEN ESPRESSO w/OAT MILK | 5.60 | 5.90 |

ICED TEA & LEMONADE

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|---|------|------|
| BLACK OR HERBAL ICED TEA | 3.50 | 4.00 |
| LEMONADE PLAIN, ARNOLD PALMER, BLACKBERRY, MANGO, STRAWBERRY | 4.00 | 4.50 |
| ICED MACHA GREEN TEA LATTE | 6.00 | 6.50 |
| ICED CHAI LATTE | 6.00 | 6.50 |
| ICED TUMERIC LATTE w/ALMOND MILK | 6.00 | 6.50 |

MIGHTY LEAF

| | | |
|------------------------------|------|------|
| HOT TEA BLACK, GREEN, HERBAL | 3.10 | 3.40 |
| MATCHA GREEN TEA LATTE | 5.00 | 5.50 |
| CHAI LATTE | 5.00 | 5.50 |
| TUMERIC LATTE w/ALMOND MILK | 6.00 | 6.30 |
| HOT COCOA | 3.70 | 4.10 |

SMOOTHIES, SHAKES & JUICES

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| SMOOTHIES TRIPLE BERRY, ACAI/BANANA, GREEN, SUPER, DRAGON, STRAWBERRY/BANANA, MIXED FRUIT | 10.00 |
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| SHAKES VANILLA, CHOCOLATE, STRAWBERRY | 10.00 |
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COLD-PRESSED FRESH JUICES (PRICES VARY)

BEETACULAR DELIGHT, ZINGY ORANGE, GREEN REFRESH,
ORANGE JUICE, LEMON GINGER SHOT, TURMERIC SHOT

FRESH SALADS

ADD CRISPY/GRILLED CHICKEN +8, GRILLED SHRIMP +9, TUNA SALAD +7.50
GRILLED STEAK +13, PAN SAUTÉED SALMON +13, CHICKEN SALAD +7.50, QUINOA +3

THAI CHICKEN 19

BABY SPINACH, ROASTED PEPPERS, CUCUMBER, CARROTS, PEANUTS, SCALLIONS & THAI VINAIGRETTE

GREEK 16

ROMAINE, FETA, KALAMATA OLIVES, CUCUMBER, TOMATO, ONION, PEPPERS, OREGANO VINAIGRETTE

STEAK SALAD 23

ARUGULA, BLUE CHEESE, CARROTS, TOMATO, ONION & HOUSE DRESSING

CAESAR 14

ROMAINE, PARMESAN, CROUTONS & CREAMY CAESAR DRESSING

SAUTEED SALMON OVER SPINACH 27

SPINACH, TOMATO, CUCUMBER, ONIONS, FETA CHEESE, OLIVES, CHICKPEAS, OREGANO DRESSING

WALDORF 19

ROMAINE, CHICKEN, APPLE, SPICY WALNUTS, ONION & HONEY MUSTARD DRESSING

NOLA 19

FIELD GREENS, CAJUN CHICKEN, CORN, CARAMELIZED ONIONS, AVOCADO, VINAIGRETTE

CRISPY CHICKEN 19

GREENS, ROASTED PEPPERS, FRESH MOZZARELLA, VINAIGRETTE

QUINOA FALAFEL 22

MIXED GREENS, GUACAMOLE, HUMMUS, CHERRY TOMATOES, RED ONIONS, SPICY CHICKPEAS, SCALLIONS, GOAT CHEESE

ROASTED BEET 16

ARUGULA, GOAT CHEESE, SPICY WALNUTS, VINAIGRETTE

PAN SAUTEED SALMON SALAD 27

ARUGULA, CUCUMBERS, TOMATO, AVOCADO, GOAT CHEESE & LEMON OLIVE OIL DRESSING

QUINOA SALADS

MEDITERRANEAN QUINOA 16

QUINOA, RED PEPPER, CUCUMBER, RED ONIONS, OLIVES, PESTO, CHICKPEAS, SUNDRIED TOMATO, FETA, OREGANO DRESSING

ASIAN QUINOA 16

QUINOA, SPINACH, DRIED CRANBERRIES, MANDARIN ORANGES, SCALLIONS, CILANTRO, PEANUTS, TOASTED SESAME SEEDS

MEXICAN QUINOA 16

QUINOA, BLACK BEANS, CORN, TOMATO, RED ONIONS, JALAPEÑOS, LIME JUICE/ZEST, OLIVE OIL, CILANTRO

BROCCOLI QUINOA 16

QUINOA, BROCCOLI, CRANBERRIES, SPICY CHICKPEAS, WALNUTS, BASIL, PARMESAN, LEMON DRESSING

GRILLED SHRIMP 21

ARUGULA, QUINOA, CORN, CUCUMBER, BROCCOLI, AVOCADO, CHERRY TOMATOES, CITRUS DRESSING

Ask about our Build-Your-Own-Salad menu!

BURGERS

INCLUDES FRIES OR HOUSE SALAD

CLASSIC BURGER 20

CHEESE +1,
BACON OR AVOCADO +2
PORTOBELLO MUSHROOMS +2

SALMON BURGER 24

ONIONS, TOMATO, AVOCADO,
ARUGULA, GOAT CHEESE,
SPICY WALNUTS & BEETS

SANDWICHES

CHOICE OF BAGUETTE, COUNTRY WHITE, MULTIGRAIN, RYE, BRIOCHE,
SOURDOUGH, KNOTTED ROLL, WRAP OR GLUTEN FREE BAGUETTE

INCLUDES CHIPS OR HOUSE SALAD

GRILLED GREEK CHICKEN 15

FETA, CUCUMBER, ONION
& HONEY DIJON

PROSCIUTTO & FRESH MOZZARELLA 16

ARUGULA ROASTED PEPPERS,
TOMATOES & BALSAMIC

PROSCIUTTO & GOAT CHEESE 17

ARUGULA, TRUFFLE BALSAMIC
GLAZE & POACHED PEARS

HAM & BRIE 15

ROMAINE, PEAR & HONEY DIJON

CRISPY BUFFALO 16

BUFFALO CHICKEN, EGG,
AMERICAN CHEESE, PICKLES

CHICKEN SALAD 15

APPLES, WALNUTS & RAISINS

TUNA SALAD 15

TOMATO, ROMAINE & MAYO

STEAK SANDWICH 22

BRUSSELS SPROUTS,
CARAMELIZED ONION,
MONTEREY JACK
SPICY MAYO & BBQ SAUCE

AVOCADO TOAST 13

ADD LOX OR SHRIMP +9
(chips or salad not included)

CRISPY ITALIAN CHICKEN 15

FRESH MOZZARELLA, ROASTED
PEPPERS & BALSAMIC

GRILLED CHICKEN & JACK 15

ROASTED PEPPERS, ONIONS
& CHIPOTLE MAYO

GRILLED CHICKEN & BRIE 15

TOMATO, ONION & HONEY DIJON

ROAST TURKEY 16

CRANBERRY RELISH,
ROMAINE & MAYO

MOZZARELLA & TOMATO 14

PESTO & BALSAMIC VINAIGRETTE

GRILLED NOLA CHICKEN 15

ONIONS, CORN, AVOCADO
CAJUN CHICKEN & HONEY DIJON

TURKEY & GOAT CHEESE 17

APPLE, ARUGULA
& HONEY DIJON

GRILLED SHRIMP 18

GOAT CHEESE, ARUGULA,
TOMATO & BASIL PESTO

SALMON SANDWICH 23

TOMATO, ARUGULA, SPICY
TRUFFLE MAYO W/ CHIA SEEDS

CLASSIC BLT 14

KIDS MENU

INCLUDES FRIES, SMALL SALAD, OR FRUIT CUP

CHEESE QUESADILLA 9

CHICKEN FINGERS 13

HAMBURGER 13

ADD CHEESE +1

GRILLED CHEESE 9

PANCAKES 9

MAC & CHEESE 10

(no side included)

HOT BOWLS

ADD CRISPY/GRILLED CHICKEN +8, GRILLED SHRIMP +9, TUNA SALAD +7.50
GRILLED STEAK +13, PAN SAUTÉED SALMON +13, CHICKEN SALAD +7.50, QUINOA +3

SPICY THAI BOWL 21

CHICKEN, RICE, TOMATO,
SCALLIONS, BEANS,
CARROTS, ONION, CELERY

SALMON QUINOA BOWL 27

BROILED SALMON,
QUINOA, LENTIL, AVOCADO,
CHERRY TOMATOES

LENTIL LUNCH SPECIAL 17

LENTIL, SCALLIONS, AVOCADO,
ROASTED CHICKPEAS, FETA CHEESE,
CHERRY TOMATOES, GLUTEN FREE

QUINOA SPECIAL 17

QUINOA, GOAT CHEESE,
CHERRY TOMATOES,
CORN, AVOCADO, LIME

TERIYAKI SALMON 27

RICE, CHERRY TOMATOES, RED ROASTED PEPPERS,
BROCCOLI, SCALLIONS

WRAPS

WRAP CHOICE OF WHITE, WHOLE WHEAT OR SPINACH
INCLUDES CHIPS OR HOUSE SALAD

BUFFALO WRAP 15

CRISPY OR GRILLED CHICKEN,
ROMAINE, CARROTS
& BLEU CHEESE DRESSING

CAESAR WRAP 15

CRISPY OR GRILLED CHICKEN,
ROMAINE, PARMESAN
& CREAMY CAESAR

MEDITERRANEAN WRAP 16

GRILLED CHICKEN, HUMMUS,
AVOCADO, TOMATO, CUCUMBER,
BROCCOLI & OREGANO DRESSING

PELHAM VEGGIE WRAP 15

AVOCADO, ARUGULA,
BABY SPINACH, TOMATOES,
CARROTS & HONEY MUSTARD

CRISPY CHICKEN WRAP 16

CRISPY CHICKEN, BACON,
CHEDDAR, GUACAMOLE, ROMAINE,
RED ONION & RANCH DRESSING

THAI CHICKEN WRAP 16

SPINACH, ROASTED PEPPERS,
CUCUMBER, CARROTS,
SCALLIONS & THAI DRESSING

FALAFEL WRAP 16

HUMMUS, PICKLE, ONION,
TOMATO, CUCUMBER,
OREGANO DRESSING & FETA

ROASTED PORTOBELLA 16

FRESH MOZZARELLA,
RED PEPPERS &
SUN DRIED TOMATO PESTO

HAM & BRIE 15

ARUGULA & HONEY DIJON
ON CHALLAH BREAD

THE CUBAN 17

GRILLED HAM, PORK LOIN,
SWISS, PICKLES &
YELLOW MUSTARD

GRILLED CHICKEN PESTO 16

SUN DRIED TOMATOES,
ROASTED PEPPERS &
FRESH MOZZARELLA

CHICKEN & BACON 16

WITH CHEDDAR & BBQ

THE DOSA 16

LENTIL/RICE WRAP,
ARUGULA, AVOCADO,
MONTEREY JACK & TOMATO

ADD GRILLED/CRISPY CHICKEN +8
SHRIMP +9 LOX +9
(chips or salad not included)

SOUP OF THE DAY

What is today's soup? Please ask us!