



BREAKFAST

EGGS, GRANOLA, AND SWEET BREAKFAST SERVED UNTIL 3:30PM

FRUITY BEGINNINGS

Four Flowers Juice 6.50

house made orange, fresh pineapple, banana and pomegranate juice

Freshly Squeezed Orange or Grapefruit Juice 6

Morning Fruit Bowl 8.50

grapefruit and orange sections, sliced banana and strawberries

CEREALS

OATMEAL SERVED UNTIL 11AM

SARABETH'S HOT PORRIDGE 'THREE BEARS STYLE'

Baby Bear

hot porridge, milk, honey

Mama Bear

hot porridge, fresh cream, raisins, honey

Papa Bear

hot porridge, strawberries, bananas, fresh cream, raisins, honey

Big Bad Wolf

hot porridge, wheatberries, fresh cream, butter, brown sugar

Morning Crunch

freshly roasted granola, strawberries, bananas, raisins, honey, choice of milk or yogurt

EXTRAORDINARY EGGS & OMELETTES

ALL EGGS SERVED WITH CHOICE OF MUFFIN (ENGLISH, CORN, BRAN, BANANA, PUMPKIN, BERRY CORN) CROISSANT, SCONE OR TOAST (SEVEN GRAIN OR SOURDOUGH) AND PRESERVES

* INDICATES NO ADDITIONAL MUFFIN AS IT IS PAIRED WITH ONE OF OUR ENGLISH MUFFINS ALREADY

Green and White

scrambled eggs, scallions, cream cheese

Goldie Lox

scrambled eggs, smoked salmon, cream cheese

Classic Eggs Benedict*

Canadian smoked ham, hollandaise sauce, peppers, chives

Salmon Eggs Benedict*

Irish smoked salmon, hollandaise sauce, peppers, chives

Popeye Eggs*

scrambled eggs on an english muffin, black forest ham, sautéed spinach

The Red Omelette

chunky red pepper and tomato sauce, cheddar cheese, dollop of sour cream, chives

Garden Omelette

broccoli, corn, sun-dried tomatoes, carrots, Vermont cheddar cheese

Farmer's Omelette

leeks, bacon, chunks of potato, gruyère cheese

Spinach and Goat Cheese Omelette

Cheese Omelette with Gruyère or White Cheddar Cheese 11.50

Sunnyside Up, Coddled, Scrambled Eggs, Plain Omelette 10.50

EGGS AND OMELETTES MAY BE ORDERED EGG WHITES ONLY +2.00

Sarabeth's Serves All-Natural Eggs from Paul Sauder's Pennsylvania Farm

SIDES

Three-Pepper Home Fried Potatoes

5.50

Country Bacon Strips

6.50

Fresh Chicken Apple Breakfast Sausage

7

Holland Pork and Apricot Sausage

7

Basket of Sarabeth's Muffins and Legendary Preserves

12

SWEET BREAKFAST 15

SERVED WITH WARM ORGANIC MAPLE SYRUP FROM DOERFLER'S FARM

Fat and Fluffy French Toast with fresh Strawberries, Bananas

Lemon and Ricotta Pancakes with Fresh Berries

Pumpkin Waffle Topped with Sour Cream, Raisins, Pumpkin Seeds and Honey

Buttermilk Pancakes with Fresh Strawberries and Bananas

Cheese Blintzes with Sour Cream and Apple Butter

LUNCH

SERVED FROM 11AM UNTIL 3:30PM, MONDAY THROUGH FRIDAY

STARTERS & SIDE DISHES

Sara's Famous **Velvety Cream of Tomato Soup** and Scrumptious **Market Soups** made daily from scratch 9

Autumn Salad 7.50

mizuna, frisée, arugula, lettuce, radicchio, kalamata olives, cucumber, roasted red beets, sherry shallot vinaigrette

Caesar Salad 8.50

parmesan crisp, garlic croutons

Guacamole and Homemade Chips 9.50

avocado, cilantro, lime juice, tomato, jalapeno peppers

French Fries 5.50

Grilled Maine Diver Sea Scallops 21

belgian endive and spinach salad, warm goat cheese crustini, navel oranges, cherry tomatoes and citrus vinaigrette

Grilled Shrimp Salad 19

avocado, haricot verts, fresh mozzarella, red peppers, sweet corn, chili-lime vinaigrette

Maine Lobster Roll 22

garden salad, homemade chips, coleslaw

Mezzi Rigatoni with Green Peas and Italian Sausage 18

smoked fresh mozzarella, tomato sauce

KNK Farm Free-Range Chicken Salad 17.50

baby carrots, haricot verts, fingerling potatoes, button mushrooms, peppers, three greens, sherry-shallot vinaigrette

Seafood Cobb Salad 23.50

Maine lobster, blue crabmeat, Panama shrimp, romaine, confetti tomatoes, egg, avocado, bacon, red onion, maytag bleu cheese

Grilled N.Y. Strip Steak 22

sautéed spinach, french fries, sauce bordelaise

Free-Range Chicken Pot Pie 17.50

pearl onions, baby carrots, potatoes, peas, puff pastry top

Chicken Ciabatta Sandwich 16.50

fresh mozzarella, arugula, avocado, tomatoes, grilled red onions, maple-mustard mayonnaise, french fries

One Great Burger 14

freshly ground **turkey** or **sirloin**, tomato, avocado, brioche bun, french fries, coleslaw

Open Faced Jumbo Lump Crab Cake Sandwich 19

french fries, tartar sauce, watercress apple salad

Lemon-Zested Tuna Salad Open Face Sandwich 16.50

grilled sourdough, Kalamata olives, mixed greens, tomatoes marinated in extra virgin olive oil, balsamic vinegar, basil

New Classic Club Sandwich 16.50

turkey breast, Vermont cheddar, Virginia ham, lettuce, tomato, maple-mustard mayonnaise, homemade potato chips

FOR PRIVATE PARTIES PLEASE CONTACT US AT 212.496.6280 OR VISIT WWW.SARABETHSWEST.COM

18% GRATUITY ADDED TO PARTIES OF FIVE OR MORE