

STARTERS and SALADS

Fried Green Tomato Salad* – \$7.5

Tomatoes, fresh Mozzarella and basil over a bed of greens

Israeli Chopped Salad*- \$7

Chopped peppers, cucumbers, tomatoes, red onions and romaine with a red wine vinaigrette

Darren Salad – \$8

Grilled chicken, plum tomatoes, cucumbers, roasted red peppers, and grilled asparagus served over a bed of greens

Brussels Sprout Salad* – \$7.5

Brussels sprout leaves, diced apples, capers, and walnuts topped with shaved Parmesan

Pierogie of the day* - \$7.5

Catfish Fingers - \$8

Cheeseball Salad* - \$8

Goat Cheese combined with parmesan and cheddar, rolled in walnuts and pecans served over fresh spinach with strawberries.

Quesadilla – \$8

Chicken - Shredded chipotle chicken and cheese

Mushroom* -Portabella, roasted peppers and cheese

Spinach and Black Bread Salad* – \$7

Grilled carrots, tomatoes, and pumpnickel served over a bed of spinach and topped with white beans

Cobb Salad - \$8.5

Chicken, bacon, avocado, tomatoes, scallions, hard boiled egg, blue cheese

Vegan Mac n' Cheese* - \$5

Blend of three homemade vegan cheeses (contains nuts)

SANDWICHES

Chicken Salad Sandwich with red grapes - \$7

Crab Cake Sandwich - \$8

Served with a tangy remoulade sauce

Spinach and Black Bean Burger* - \$7

Served with honey mustard

Sun Burger* - \$7

Crushed sunflower seeds, wheat germ and chopped veggies

Cheese Burger - \$7.5

Riblet Sandwich* - \$7

Vegetarian pulled pork with southern slaw

Ben's Way - Add cheese and onions (\$1)

Open Faced ALT Melt* - \$8

Avocado, lettuce, tomato and melted Smoked Gouda

Tuna Melt - \$8

Turkey Club - \$7

Thick slices of oven roasted turkey with lettuce, bacon and fried sweet potato on toasted whole wheat bread with cranberry mayo

Pulled Pork - \$7

Served on top of southern slaw

Monster Wrap* - \$7

Seasonal veggies, mixed greens, black beans and cheese with a spicy dressing, in a whole wheat tortilla. Add chicken or veggie burger (\$1)

Fried Egg BLT - \$6.5

Two fried eggs, turkey bacon, lettuce, tomato and mayo

Catfish Po' Boy - \$8

Served on a long roll with lettuce, pickles and remoulade sauce

Open Faced Grilled Cheese - \$7

A blend of four cheeses with green apples and honey

Veggie Burger* - \$7

BIG PLATES

Fried Chicken over a Belgium Waffle - \$11

Drizzled with BBQ syrup

Slow Cooked BBQ Ribs - \$13

Crab Cake Entree - \$12

Two crab cakes topped with a tangy remoulade sauce

Greek Platter - \$11 / \$13.5

Choice of chicken, falafel, or both with grilled flatbread, hummus, tzatziki sauce, Tabouli, hot sauce, Feta, lettuce, tomatoes, onion and cucumber

Root Vegetable Ratatouille - \$11

Choice of Tilapia or tofu in a traditional ratatouille stew with the addition of root vegetables

Jambalaya - \$12

Traditional with shrimp, sausage, chicken and long grain rice

Entrée Mac n' Cheese* - \$11

Served with stewed tomatoes and hot sauce

Chicken Divan Kabobs - \$11

Three chicken and broccoli kabobs served over rice with a cheesy divan sauce.

Mexican lasagna* - \$11

Layers of tortillas, beans, rice, spinach, cheese and sauce

Open Faced Meatloaf - \$11

Old fashioned style over toasted bread

LIB' PLATES* All Sides \$3.5

Mac n' Cheese – made with multi-grain pasta
Quinoa Tabouli
Stewed Tomatoes
Brussels sprouts au gratin
Fried Okra
Fried pickles
French fries – hand cut white and sweet potatoes

Braised cabbage with poblano peppers and white beans
Southern slaw
Steamed Broccoli
Roasted Beets
Hush Puppies
Ethel M's Green Beans
Collards with sherry mushrooms

Serving Baker E desserts

Ask your server for today's selections

* Vegetarian (ask your server about Vegan options)