



# East Lake Caf 

[www.theEastLakeCafe.com](http://www.theEastLakeCafe.com)

*"An Old Fashion Neighborhood Family Restaurant"*

3430 East Lake Road

Palm Harbor FL 34685

## \* Breakfast & Lunch (BRUNCH)

Served Daily 7:00am - 3:00pm

## \* Catering

- \* Early Bird Breakfast Selections
- \* Patio Seating for Smokers & Pet Lovers
- \* Space available for Private Functions
- \* Gift Certificates
- \* We Deliver to Businesses & Schools
- \* Take-Out & Limited Delivery Area
- \* WIFI Hotspot

*Our entire staff works together as a team!  
You may call upon any of us to assist you!*

*"The Best Full Service Breakfast & Lunch  
Restaurant in the East Lake Area"*

(727) 772-0707



### Breakfast Combos

The Café Southern Special	eggs, biscuit & gravy, grits, sausage patties	\$7.95
Biscuits (2) & Sausage Gravy	(half order (1) biscuit, \$4.50)	\$5.50
Eggs (2) any style with home fries <u>or</u> sliced tomatoes & toast	\$5.50..add meat	\$6.50
2+2+2 - eggs (any style), pancakes & smoked bacon <u>or</u> ham <u>or</u> sausage		\$6.50
Country Fried Steak (6 oz.) & Eggs with gravy, home fries & toast		\$8.95
Rib-Eye Steak & Eggs with our home fries		\$10.95

### Eggs Benedict ("to die for!")

(All selections have delicately poached eggs placed on an English muffin & topped w/ hollandaise sauce)

Traditional - with Canadian bacon	\$8.50
Florentine - with spinach and grilled tomato	\$8.50
California Eggs with grilled garlic tomatoes, fresh avocado slices	\$8.50
Crab Meat - seasoned lump crab meat, topped with a dill hollandaise	\$9.50
Scottish Smoked Salmon- spinach, onion, capers & red pepper dill hollandaise	\$9.50
Southern- poached, sausage patties and biscuit, topped with biscuit gravy	\$8.50

### Omelet Favorites

Substitute Our Real egg whites or egg beaters add \$.95

Mediterranean Egg Whites -grilled eggplant, spinach, onion, sun-dried tomato, jalapeño, hummus, ricotta, fresh mozzarella & olive oil grilled pita	\$10.50
Garden Variety - asparagus, spinach, mushrooms, tomatoes, and red onion	\$8.50
Western - (or Denver with ham) bacon, green peppers, onions and tomatoes	\$8.50
Italian - Italian sausage, sun-dried tomatoes, onions, peppers, basil & mozzarella	\$8.50
Greek - sautéed spinach & tomato with Greek feta cheese	\$8.50
Signature - smoked Scottish salmon with capers, red onion and cream cheese	\$9.50
Florentine - fresh spinach, mushrooms and grilled tomatoes & mushroom mornay	\$8.50
Frittata - egg whites, sautéed mushrooms & onions topped with grilled garlic tomatoes, shredded parmesan & fresh basil	\$8.95

### **"Design Your Own Favorite Omelet"**

Your choice of two items- ham, smoked bacon, breakfast sausage, Peter's chili, mushrooms, onions, roasted red or green peppers, salsa, asparagus, spinach, leeks, jalapenos, American, feta, cheddar, provolone, goat, mozzarella, Swiss, brie, avocado, etc. \$6.95 each additional item add .75

### Breakfast Wraps and Sandwiches

Southwestern Wrap -eggs, sausage, cheese, tomato, onion, cilantro & jalapeños.	\$7.95
Veggie Wrap - eggs, spinach, mushrooms, tomatoes, onions & cheese	\$7.50
Italian Breakfast Wrap- Eggs with fresh basil, tomato, garlic & mozzarella	\$7.50
Croissant, Cuban, Kaiser or Bagel -eggs with bacon or ham or sausage and cheese	\$7.50
N.Y. Style Bagel & Lox - with capers, red onions, sliced tomatoes and cream cheese	\$9.50
Crepes with bacon, eggs, goat cheese, leeks, & tomatoes topped with mushroom mornay	\$8.50

\*Omelets, Benedicts & Egg Sandwiches & Wraps are served w/home fries or grits or tomatoes or cottage cheese at no extra charge!

### Breakfast Griddle Pancakes

(original or multigrain)

(Stack of three, all served with honey butter, powdered sugar & syrup)

Golden Pancakes – fresh homemade & served golden brown	\$5.95
Healthy Multi-Grain Pancakes—granola, raisins, bananas, cinnamon	\$6.95
Banana Nut—a delightful combination of bananas and walnuts or pecans	\$6.95
Fruit Cakes- choice of seasonal berries, pineapple, peaches, mango or coconut	\$6.95
Chocolate Lovers- nutella -creamy chocolate w/hazelnuts & chocolate chips	\$6.95
One Plain Pancake- \$2.50	One Specialty Pancake \$2.95

### Texas French Toast

(Batter seasoned with scrambled eggs, vanilla, cream, orange juice and cinnamon)

Golden Toast – Two thick slices grilled and topped with powdered sugar	\$5.95
<b>House Specialty- Two thick slices stuffed with a delicate fruity cream cheese And cooked till golden brown in our special batter</b>	<b>\$6.95</b>
Banana & Peanut Butter & Nutella – a happy French toast sandwich	\$6.95

(original or multigrain) Belgian Waffle (w/ powdered sugar)

Belgian Waffle – Golden brown & served with a dollop of whipped cream	\$5.95
Fruitopia – Choice or blend of bananas, blueberries and/or strawberries	\$6.95
Chocolate Lovers – Topped with chocolate chips & whipped cream	\$6.50

### Bakery & Fruit

Freshly Baked Muffin	\$2.25	English Muffin	\$1.50
Croissant	\$2.25	Toast-White, Wheat, Rye, Marble	\$1.00
Bagel with Cream Cheese	\$2.95	Cuban Toast	\$1.95
		with Cheese	\$2.50
Fresh Fruit Bowl w/ honey yogurt...\$5.25;		w/cottage cheese <u>or</u> muffin	\$6.95
Fresh Fruit Parfait-Fat free yogurt, low fat granola, raisins, seasonal fruit & house made muffin <u>or</u> UBR			\$6.50
Quiche (house made) Ham, Swiss & Onion <u>or</u> Veggie, served with fresh cut fruit <u>or</u> side garden salad and homemade muffin			\$8.50
Crepes stuffed with a warmed blueberry cream cheese (blintz) <u>or</u> low fat vanilla yogurt & berries then topped with a raspberry sauce & whipped cream ; served with cut fruit			\$7.95
Crepes- stuffed with nutella and bananas: served with fresh cut fruit			\$6.95

\*Substitutions: English muffin, baked muffin or bagel for toast add \$.95; fresh cut fruit for potatoes, sliced tomatoes, grits or cottage cheese add \$1.50; our real egg whites or egg beaters for whole eggs add \$.95

A \$2.00 Split Charge applies to all Selections

## Luncheon Salad Creations

(most salads are made with a mélange of baby spring lettuces and served with a fresh baked muffin of the day.)

<b>Chicken Salad</b> – Chicken breast mixed w/honey mustard & almonds with mushrooms, tomatoes & onion	\$8.50
<b>Seattle Chef</b> – Turkey breast, cheddar, walnuts, raisins, egg and tomato	\$8.50
<b>Greek Salad</b> – Feta cheese, pepperoncini, black olives, tomato and red onion w/potato salad –balsamic vinaigrette	\$8.50
<b>Chicken Caesar Salad</b> – Crisp romaine, homemade croutons and freshly grated parmesan cheese	\$9.50
<b>Caprese</b> – Sliced tomato layered with fresh mozzarella, basil and roasted red peppers & balsamic vinaigrette	\$8.50
<b>Spinach Salad</b> – Fresh baby spinach, mushrooms, bacon, eggs, red onions, tomatoes and olives. Hot bacon vinaigrette dressing	\$8.50
<b>++Mediterranean Salad</b> – Shrimp, lump crab meat, chick peas, red onion and roasted red peppers over mixed baby lettuces	\$10.50
<b>++E.L. Chicken Cobb</b> – avocado, bacon, feta, red onion, tomatoes, sprouts & egg. Mango Chardonnay	\$10.50
<b>++*International</b> –Fresh hummus, ricotta, avocado, sun dried tomatoes, cucumbers, basil, tomatoes and grilled pita	\$9.50
<b>++*Cashew Poppy Chicken</b> – Grilled chicken breast, fresh seasonal fruit & vegetables, placed over a bed of lettuce spring mix and tortilla chips, topped with cashews & poppy seed dressing	\$10.50

++May not combined with the ½ & ½ soup & salad; \*muffin not included

\*\*Add grilled, cajun or blackened - chicken breast or fish filet \$3.95; shrimp (4) or lump crab \$4.95 to any salad

## Specialty Sandwiches & Wraps Selection

*or BUILD YOUR FAVORITE TRADITIONAL SANDWICHES & MELTS... just ask!!*

All sandwiches are served with your choice of one- East Lake's potato salad, pasta salad, pineapple raisin coleslaw cottage cheese or, seasoned waffle fries, substitute fruit for \$1.50;

<b>L.A. Style Pastrami</b> melt with a spread of Russian, cole slaw & Swiss on grilled rustic rye	\$9.50
<b>B LT Classic</b> with bacon, lettuce, tomato and mayo, on your choice of triple decker bread	\$8.50
<b>Blackened Filet of Fish</b> (also grilled) served with lettuce, tomato & tartar sauce on a Kaiser	\$8.95
<b>Tuna (Albacore) Melt</b> can add sprouts, onion & tomato and your choice of cheese	\$8.50
<b>Black Angus Burger</b> (8oz) with caramelized onions, Swiss cheese and mushrooms on a toasted Kaiser	\$8.95
<b>Turkey Burger</b> E.L. special seasoned turkey breast topped with brie on a whole wheat Kaiser	\$8.50
<b>French Dip</b> roast beef on a toasted Panini, pressed with melted provolone and served with au jus---to dip!	\$8.95
<b>Philly Cheese</b> sliced prime rib (or grilled chicken) with sautéed onions & peppers and melted provolone	\$9.50
<b>Veggie Pita</b> with sautéed spinach, mushrooms, red onion, tomato, mozzarella & provolone	\$7.95
<b>Classic Club</b> turkey, ham (or roast beef), bacon, cheddar & Swiss cheese with L, T & M on a triple	\$8.50
<b>Muffalata</b> ham, salami, pepperoni, roasted red peppers, provolone & olive spread on focaccia or wrap	\$8.50
<b>Pressed Cuban</b> with roast pork, ham, salami, Swiss cheese, mustard and pickles on Cuban bread	\$7.95
<b>Chicken Salad Croissant</b> a delicious combination of honey, mustard, alfalfa sprouts and almonds	\$7.95
<b>Grilled Chicken on Pita Bread</b> with cheddar, lettuce, tomato and a ranch spread	\$8.50
<b>Texas Grilled Cheese</b> with provolone, Swiss, cheddar & American grilled on parmesan Texas toast	\$7.95
<b>Ciabatta Panini</b> - grilled chicken breast, roasted red peppers, spinach, provolone & balsamic vinaigrette	\$8.50
<b>Grilled Spicy Chicken Wrap</b> with Swiss cheese, bleu cheese spread, mixed lettuces & tomatoes.	\$8.95
<b>Roast Turkey Wrap</b> brie, sautéed spinach, cranberries, avocado, tomato & stone ground mustard	\$8.95

### Lunch Entrees

side choices: rice pilaf, seasoned fries, vegetables, garden salad,  
pineapple slaw, cottage cheese, potato or pasta salad) Incl. bread & butter

Country Fried Steak w/Gravy—the best country fried you'll ever have. (2-sides)	\$8.95
Fish & Chips – fried beer battered Cod with seasoned waffle fries, Malt vinegar.	\$9.50
Grilled Chicken Breast (6oz.) grilled, blackened or Cajun—with 2 sides	\$8.95
Jumbo Gulf Shrimp – Grilled, blackened, Cajun <u>or</u> fried. Served with 2-sides	\$11.95
Today's Catch you may have it prepared grilled, blackened or Cajun -(2-sides)	\$9.95
Chicken Tenders(3) –with our popular seasoned fries, Honey mustard or BBQ	\$8.95
Grilled Prime Rib the 9oz. tender boneless portion served with 2-sides	\$11.95

### 1/2 & 1/2 Selections

1) 1/2 Sandwich (on slice bread or Cuban) and Cup of Soup (sub chili add \$1)	\$7.95
2) House Salad & Cup of Soup (chili \$1 extra)	\$7.50 (with 1/2 Salad Creation) \$8.95
3) House Salad & 1/2 Sandwich	\$7.50 (with 1/2 Salad Creation) \$8.95

\*Our bread choices include white, we wheat, marble rye or rye.

### Soups, Sides, etc....

Italian Wedding	cup 3.50; bowl \$4.50
The Bistro's French Onion Soup	cup 3.50; bowl \$4.50
Peter's Famous Chili	cup 3.95; bowl \$4.95
House Garden Salad (spring mix, mushrooms & tomatoes)	\$4.50
Grits <u>or</u> Cottage cheese	sm. \$1.95; lg.\$2.50
Cheese Grits	sm.\$2.25; lg.\$2.75
Fruit Cup	\$2.95
Side of Hollandaise <u>or</u> Biscuit Gravy	\$1.50

Oatmeal \$2.95

Additional sides \$2.95 each

Bacon	Pasta or Potato Salad	Sausage (links/patties/turkey)	Ham
Corned Beef Hash	Canadian Bacon	Seasoned waffle fries	Sliced Avocado
Home fries	Slaw	Sliced tomatoes	Veg of the Day or Rice

"All of our selections are made to order with the finest ingredients & the greatest of care &  
TRANS FAT FREE - Your patience is greatly appreciated!"

A \$2.00 Split Charge applies to all Selections

Consumer Advisory sends a reminder that the consumption of raw or undercooked meats, poultry,  
seafood, shellfish or eggs may increase the consumer's risk of food borne illness.

**We Cater.... All Occasions!**

## Beverages

Barnie's Coffee	Regular, Decaf, Santa's White Christmas, Flavors of the Day	\$1.95
Espresso (ground to order)		\$1.50
Cappuccino, Latte, Mochacino & other coffee Specialties		\$2.25
Hot Tea Gourmet China Mist Selections		\$1.95
China Mist Iced Tea Unsweetened, Sweetened, or Flavored		\$1.95
Fresh Fruit Smoothie		\$4.25
Fresh Squeezed Orange or Grapefruit juice	sm. \$1.95; lg. \$2.50	
Juices- apple, tomato, cranberry	sm. \$1.95; lg. \$2.50	
Milk or Chocolate Milk	\$1.95	Hot Chocolate \$2.25
Pepsi Fountain (Pepsi, Diet, Mt. Dew, Dr. Pepper & Sierra Mist)		\$1.95

### Sutter Home Wines

*Pinot Grigio, Chardonnay, Cabernet Sauvignon, Merlot... by the glass \$4.50*

#### "MIMOSA"

*a whole split of sparkling wine mixed with our fresh squeezed OJ \$5.95*

#### Beer

*Budweiser Selections \$3.00 Corona Imported Beer \$3.25*

#### Irish Coffee

*with Vanilla Cappuccino & Murphy's Irish Cream \$4.50*

#### Bottled Spring Water

*Evian, Perrier or... \$2.25*

## "Cakes by Nomeda"

### Chocolate Cake

*A giant mouthful of chocolate pudding sandwiched between two layers of dark moist chocolate drenched chocolate cake \$3.95*

### Nomeda's Signature Cake

*An unimaginable blend of delicious perfection (contains nuts) \$3.95*

### Carrot Cake

*From an old family recipe-dark, fruity and moist (contains nuts) \$3.95*

### New York Style Cheese Cake

*A silken smooth cheesecake; Hand fired and glazed in simple elegance \$4.50*

### Big Apple Pie

*Mounds and mounds of tart, fresh, crisp apples, saucy with cinnamon and apple cider \$3.95*