



We are a locally owned cafe where you will find foods made with high-quality, simple all natural ingredients.

So all the goodness you taste is real food, simply delicious.

Open Monday - Friday from 8a until 2p • Catering Available!

199 Ave. B NW Ste. 100a • Winter Haven FL 33881  
(Verizon Building Lobby) • p. 294.2325 • f. 294.2360

## breakfast goodness

Bagels - 1.55

Enjoy a fresh multi-grain, plain, everything or cinnamon raisin bagel with plain or strawberry cream cheese or butter & fruit preserves.

Breakfast Sandwiches - 2.45

Choose a bagel or croissant with egg and choice of provolone, Swiss, cheddar or American cheese. with smoked apple-wood bacon or ham - 3.95

Sausage Roll - 1.95

English sausage wrapped in flakey puff pastry!

Deep-dish Quiche - 6.95

**Lorraine:** Signature hand-crafted cream cheese crust & perfectly seasoned custard with bacon, ham, onion and cheese.

**Veggie:** Mild and creamy artichoke, hearty spinach and sweet roasted red bell pepper combine with our tender, cream cheese crust.

Cinnamon Rolls - 2.25

right out of our ovens every morning at 8am!

## Beverages

Coke • Diet Coke • Sprite • Sprite Zero  
Coke Zero • Minute Maid Lemonade  
Barqs Rootbeer • Fanta Orange - 1.75

8oz Aluminum Bottles - 1.50  
Coke • Diet Coke • Sprite

Nestea Sweet Tea or  
Red Pomegranate Passion Fruit tea - 1.80

Honest Organic  
Half Tea & Half Lemonade - 2.25

Chocolate or White Milk - 1.45

Monster Regular: 2.95 • Monster Java: 3.50

Smart Water - 1.95 Dasani Water - 1.45

V8 Vegetable juice - 2.25

Freshly made  
Organic Fruit & Vegetable Juice!  
small: 2.95 or large: 4.95

# fresh salads & quiche

Enjoy our freshly made soup of the day -3.50

**Add juillene of turkey and ham or Chicken breast - 1.95**

**Caesar - 6.55**

Romaine, freshly made croutons & parmesan cheese.

**Ultimate Garden - 6.55**

Romaine & baby greens, mushrooms, tomatoes, green peppers, cucumber, black olives, red onion & cheddar.

**Greek - 6.55**

Romaine, green pepper, calamata olives, red onion, cucumber, tomato & feta cheese.

**Arugula & Strawberry - 6.95**

Fresh arugula, spinach & baby greens with strawberries, glazed walnuts and feta cheese.

**Pasta Salad Bowl - 5.65**

Tri-colored rotini tossed with olives, sundried tomatoes, red onion, green pepper & basil pesto.

**Deep-dish Quiche - 6.95**

*served with fresh fruit or salad garnish*

**Lorraine**

Signature hand-crafted cream cheese crust and perfectly seasoned custard with bacon, ham, onion and cheese.

**Veggie**

Mild & creamy artichoke, hearty spinach & sweet roasted red bell pepper combine with our tender, cream cheese crust.

**dressings**

Ranch • Italian • Greek • Bleu Cheese • Caesar  
Balsamic Vinaigrette  
Lite Italian & Fat-free Raspberry

# fresh sandwiches

Our sandwiches are created on your choice of a  
French demi baguette • Multigrain ciabatta roll • Croissant • Wrap

**Turkey Club - 6.50**

Turkey breast, smoked ham, bacon, lettuce, tomato, provolone and mayo.

**Turkey & Sharp Cheddar - 6.50**

Turkey breast & sharp cheddar with lettuce, tomato and mayo topped with our apple & cranberry chutney.

**Turkey Breast - 6.50**

Turkey breast with mayo, dijon mustard, lettuce & tomato. Choose American, Swiss or provolone.

**Ham - 6.50**

Ham with mayo, dijon mustard, lettuce & tomato. Choose American, Swiss or provolone.

**Chicken Caesar - 6.50**

Chicken breast, romaine, parmesan cheese & Caesar dressing.

**Plaza Veggie - 6.50**

Lettuce, spinach, tomatoes, green peppers, black olives, cucumbers, feta cheese & raspberry vinaigrette.

**The Plaza Grilled Cheese - 6.50**

Goat cheese, arugula, basil, fresh strawberries & red pepper jelly then pressed.

**Tuna Salad - 6.50**

Our freshly made tuna salad, lettuce, tomato and red onion.

**Chicken Salad - 6.50**

Our freshly made chicken salad, with tarragon & chopped walnuts, lettuce & tomato.

**Egg Salad - 5.95**

Our freshly made egg salad with lettuce and tomato.

**Pressed Olive tapanade - 6.95**

A yummy mixture of chopped olives & seasonings with goat cheese, Swiss & balsamic reduction.

**Italian - 6.50**

Ham, salami, pepperoni, lettuce, tomato, red onion, provolone with mayo & Italian dressing.

**Add a fresh side**

Soup • Fresh fruit • Small garden or caesar salad - 1.95

freshly made coleslaw or potato salad - 1.50