

235 Rock Road Glen Rock, NJ 07452  
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Text your order to 201-639-1770



Tuesday - Friday 7:00 am - 6:30 pm  
Saturday - Sunday 8:00 am - 3:00 pm  
Monday: Closed

### Breakfast Sandwiches / Wraps

- ✓ BUTTER ROLL \$ 2.45
- ✓ TOASTED ROLL W/ CREAM CHEESE & TOMATO \$ 3.75
- ✓ ONION, PEPPER, EGG & CHEESE ON ROLL / WRAP \$ 4.75
- HAM, EGG & CHEESE ON A ROLL / WRAP \$ 5.25
- ✓ EGG & CHEESE ON A ROLL / WRAP \$ 4.25
- ✓ TOASTED ROLL WITH CREAM CHEESE \$ 3.25
- (TURKEY) BACON, EGG & CHEESE ON ROLL / WRAP \$ 5.25
- ✓ EGG WHITES AND AVOCADO ON WHOLE WHEAT BREAD \$ 6.25

Fresh Out of Oven

BOUREK \$ 4.25

✓ APPLE TURNOVER \$ 2.75

### Simit (pronounced as Smith)

- ✓ PLAIN SIMIT (SMITH) \$ 3.00
- ✓ SIMIT WITH CREAM CHEESE \$ 3.95
- ✓ SIMIT WITH FETA CHEESE AND TOMATO \$ 4.25
- SIMIT WITH BEEF SAUSAGE AND MELTED MOZZARELLA \$ 6.75

### Croissants

- ✓ PLAIN BUTTER CROISSANT \$ 2.75
- ✓ CHOCOLATE CROISSANT \$ 2.75
- ✓ EGG & CHEESE ON A CROISSANT \$ 5.25
- BACON, EGG & CHEESE ON A CROISSANT \$ 6.25
- HAM & CHEESE ON A CROISSANT \$ 6.25
- ✓ ONION, PEPPER, EGG & CHEESE ON CROISSANT \$ 5.75

### Fit Options

- ✓ WARM OATMEAL \$ 5.75  
Oatmeal, banana, cinnamon with skim milk (est. 5 points)
- Gf ✓ YOGURT WITH CHIA SEEDS AND FRESH FRUIT \$ 5.75  
(est. 4 points)

### Break a Few Eggs

- ✓ GOOD MORNING SUNSHINE \$ 6.25  
Two Scrambled or Sunny side up eggs with whole wheat toast, butter, homemade jam, olives and home fries

### Omelettes

\* 3 eggs, whole wheat toast, butter, homemade jam, olives and home fries \*

- ✓ THE PLAIN \$ 6.95
- ✓ THE CHEESY \$ 7.95  
Mozarella, Feta, Cheddar
- ✓ THE DELICIOSO \$ 7.95  
Potato, Onion, Pepper
- ✓ THE SNOW WHITE \$ 9.75  
Egg whites, mushroom, mozzarella
- ✓ THE MEDITERRANEAN \$ 7.95  
Feta Cheese, Tomato, Green Peppers
- ✓ THE POPEYE \$ 7.95  
Spinach and Mozzarella
- THE SEUSS \$ 7.95  
Ham and Cheese
- THE BALBOA OMELETTE \$ 9.75  
Beef Sausage and Melted Mozzarella

### Shakshuka

- SHAKSHUKA IN PITA \$ 7.95  
Scrambled eggs in our tomato stew with onions and peppers, served in a pita bread
- SHAKSHUKA PLATE \$ 8.95  
Sunny side up eggs in our homemade tomato stew with onions and peppers served with toasted bread
- SHAKSHUKA WITH FETA \$ 9.25
- SHAKSHUKA WITH BEEF SAUSAGE \$ 9.75

### Pancakes

- ✓ STACKED PANCAKES \$ 8.95  
Tower of four pancakes with maple syrup and butter
- ✓ CHOCOLATE CHIP PANCAKES \$ 9.95
- ✓ APRICOT AND FIG PANCAKE \$ 9.95
- THE NEWYORKER \$ 10.95  
2 pancakes, 2 scrambled eggs and 3 slices of bacon OR turkey bacon
- ✓ MEDITERRANEAN BREAKFAST \$ 14.95  
Fried egg in toast, tomato, cucumber, peppers, butter, homemade jam, Kashkaval & feta cheese, olives, dried figs and apricots

**SOUP OF THE DAY**

**\$ 4.25**

**HOME-MADE EMPANADAS! BEEF, CHICKEN TACO, VEGETABLE OR PIZZA. \$3.50 EACH OR 3 FOR \$10**  
Sauces: Chimichurri, Pink Sauce Or Extra Spicy Red Sauce

**Republic of Grilled Cheese**

- Ⓥ GRILLED CHEESE \$ 4.25
- HAM AND GRILLED CHEESE \$ 6.95
- Ⓥ CAPRESE GRILLED CHEESE \$ 6.25  
Fresh Mozzarella / Tomato / Basil

- Ⓥ LIGHT WEIGHT TOAST \$ 5.25  
Feta cheese, tomato, oregano & olive oil drizzle
- TURKEY BACON & AVOCADO GRILLED CHEESE \$ 6.95
- Ⓥ GRILLED CHEESE W / TOMATO \$ 4.75

**Quinoa Bowls**

- ⓐ Ⓥ MEDITERRANEAN QUINOA BOWL \$ 10.75  
Quinoa, babaganush, roasted red peppers, hummus, corn, falafel (est. 8 points)
- ⓐ CHICK'S QUINOA BOWL \$ 10.75  
Quinoa, grilled chicken, spinach, corn, grilled veggies (est. 7 points)
- ⓐ Ⓥ BREAKFAST FOREVER QUINOA BOWL \$ 10.75  
Quinoa, two eggs (any style), tomatoes, spinach, roasted peppers, avocado (est. 7 points)

- ⓐ Ⓥ VEGETERIAN QUINOA BOWL \$ 10.75  
Quinoa, grilled "green-orange-red" peppers, zucchini, mushrooms, chickpeas, avocado with shredded mozzarella (est. 8 points)
- MEATBALL LOVER'S QUINOA BOWL \$ 10.75  
Quinoa, grilled Turkish meatballs, tomatoes, cucumber, lettuce, yogurt (est. 12 points)
- ⓐ TUNA SALAD QUINOA BOWL \$ 10.75  
Tuna, quinoa, corn, tomato, avocado, lettuce (est. 7 points)

**Sandwiches**

\*Please pick your bread: Hero, Kaiser Roll, Pita or Wrap\*

- CLASSIC TUNA SANDWICH \$ 6.25  
Classic deliciousness with mayo, salt and pepper on a roll! You can add lettuce, tomato, avocado, bacon, etc.. optional. Just sayin' :)
- Ⓥ AVOCADO LOVE \$ 8.95  
Avocado, spinach, tomato, fresh mozzarella, basil vinaigrette
- CHEESY CHICKEN SANDWICH \$ 8.95  
Grilled chicken (dark meat - just because it tastes better) with melted cheese, lettuce, tomato
- PASTRAMI SANDWICH \$ 8.95  
Perfection of grilled pastrami with melted mozzarella

- BLT ON A ROLL \$ 5.75  
Bacon or turkey bacon, lettuce, tomato on a roll. Plain and simple, yet delicious.
- Ⓥ FALAFEL SANDWICH \$ 8.95  
Falafel, lettuce, tomato, basil, sun dried tomato, hummus, tahini and tzatziki sauce
- MEATBALL SANDWICH \$ 9.25  
Turkish meatballs with lettuce, tomato and mayo
- Ⓥ GRILLED VEGGIE SANDWICH \$ 8.95  
Fresh grilled veggies with babaganush spread, lettuce, tomato

**Salads**

- ⓐ Ⓥ MEDITERRANEAN SALAD \$ 9.75  
Feta cheese, tomato, cucumber, pepper, basil, olives, roasted red peppers, oregano. Sauce: Olive oil, balsamic, & pomegranate sauce. (est.3 points)
- ⓐ Ⓥ HALLOUMI SALAD \$ 9.75  
Grilled halloumi cheese, tomatoes, sun dried tomatoes, dried figs & apricots. Sauce: Olive oil & balsamic (est. 10 points)

- ⓐ Ⓥ FALAFEL SALAD \$ 9.75  
Tomato, sun dried tomato, basil, Gluten Free falafels, olives, hummus. Sauce: Tahini & tzatziki sauce (est. 12 points)
- ⓐ Ⓥ "SUPER" SALAD \$ 9.75  
Avocado, quinoa, corn, tomatoes, chickpeas, shredded mozzarella. Sauce: Pesto vinaigrette. (est 5 points)

- ⓐ "CHICK FROM THE SOUTHWEST" \$ 9.75  
Grilled chicken (dark meat - just because it tastes better), avocado, corn, black beans, shredded cheddar cheese. Mustard-lemon dressing (est. 6 points)
- ⓐ Ⓥ WINTER SALAD \$ 9.75  
Spinach, romaine lettuce, roasted beets, orange, walnut, cranberries, feta cheese with balsamic vinegar and olive oil (est. 7 points)

**Kiddos**

- Ⓥ GRILLED CHEESE \$ 4.25
- Ⓥ ONE EGG AND A TOAST \$ 3.75

\* Meal + juice \*

- Ⓥ TWO PANCAKES \$ 4.95
- Ⓥ MAC & CHEESE \$ 5.95

**Heart Warmers**

TURKISH COFFEE \$2.50 / \$4.95	CAPPUCINO \$3.25 / \$4.25	CAFÉ LATTE \$3.25 / \$4.25
FILTER COFFEE 12 OZ \$1.87/\$1.00 R	FILTER COFFEE 16 OZ \$2.25/\$1.25 R	SPECIALTY TEA \$2.25 / \$2.75
MATCHA LATTE \$4.25 / \$5.25	CARAMEL MACCHIATO \$ 3.95 / 4.95	MOCHA \$3.95 / \$4.95
AMERICANO \$3.25 / \$4.25	HOT CHOCOLATE \$3.25 / \$4.25	ESPRESSO \$2.75 / \$3.75

**Ice Cold**

COLD BREW ICED TEA \$3.25 / \$3.75	COLD BREW COFFEE \$3.95 / \$4.75	ICED LATTE \$3.95
ICED AMERICANO \$3.75	HOMEMADE LEMONADE \$3.25 / \$3.75	WATER \$ 1.50

**NEW**

**BUBBLE TEA \$4.50 / \$5.00**  
Black Milk, Honeydew, Taro, Vanilla, Blueberry, Strawberry, PassionFruit, Caramel, Lavender, Lychee  
Which one is your Bubble? Popping or Tapioca?