

Fruits, Cereals, & Bakery Specials

Assortment of Fresh Fruit

Sliced fresh seasonal fruit with
strawberry or plain yogurt sauce
\$9

Assorted Cold Cereal Selection

Special K, Raisin Bran, Frosted Flakes, Rice Krispies,
Granola, Shredded Wheat, Cheerios, and Froot Loops
\$3

Add banana or berries \$1.50

From Our Bakery

Your choice of muffins, fruit Danish, croissants
or cinnamon buns
\$3

Hot Cereal

Oatmeal or grits, served with butter, brown sugar,
and raisins
\$5

Yogurt and Berries with Granola

Seasonal ripe berries and granola, with your choice
of plain or strawberry yogurt
\$7

Nova Salmon Platter

Cream cheese and your choice of bagel
\$14

Breakfast Specialties

“Hard Rock” Steak and Eggs

7 oz New York strip, three farm fresh eggs,
cooked to your liking
\$16

Blue Plate Three Egg Omelet

Your choice of any three items, ham, bacon,
mushrooms, spinach, peppers, onions, tomatoes,
jalapenos, salsa, American, cheddar,
Swiss, feta, jack or mozzarella
\$10

“New Jersey” Style Breakfast Sandwich

Taylor ham, two fried eggs and American cheese,
served on a toasted kaiser roll
\$9

Breakfast Croissant Sandwich

Scrambled eggs with American cheese, and
your choice of bacon, sausage, or ham
\$9

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Two eggs, two pancakes, two strips of bacon, and two sausage links
\$9

Two Eggs Cooked Any Style

Your choice of ham, bacon, sausage,
or Canadian bacon
\$8

Classic Eggs Benedict

Two farm fresh poached eggs set atop an
English muffin and Canadian bacon, with
hollandaise sauce
\$11

Substitute smoked salmon for \$3

N.E.O. Salmon

Nova salmon sautéed with onions and scrambled with
three farm fresh eggs
\$12

Corn Beef Hash

Fresh shredded corn beef hash, topped
with two eggs any style
\$9

From the Griddle

Pancakes

Three fluffy pancakes, served with whipped
butter and maple syrup
\$9

Choice of blueberries, chocolate chips, bananas or walnuts
\$1

French Toast

Made with challah bread, served with
whipped butter and maple syrup
\$9

Blintzes

Served with blueberry, cherry compote
and sour cream
\$9

Belgium Waffle

Made with a malted batter, served with whipped
butter and maple syrup
\$9

On The Side

One Egg Any Style	\$2	Home Fries	\$3
Bagel & Cream Cheese	\$3	Side of Pancake	\$3
Toast or English Muffin	\$2	Side of Fruit	\$4

Ham, Bacon, Sausage, Canadian Bacon, or Corn Beef **\$3**

Starters

World Famous Chicken Wings

Buffalo wings, served with celery sticks and chunky bleu cheese dressing

\$9

Chicken Tenders

Served with choice of honey mustard or BBQ sauce

\$9

Chicken Quesadilla

Corn, black beans, peppers and onions, served with chipotle sauce and guacamole

\$10

Empanadas

Seasoned ground beef wrapped in flaky pastry

\$8

Asian Spring Roll

Stuffed with vegetables, deep fried to a golden brown and served with a sweet chili sauce

\$8

Cajun Crab Cake

Blackened crab meat, pan seared with creole remoulade

\$12

Asian Ribs

Sweet chili glazed ribs grilled and served with cold citrus noodles

\$11

Shrimp Cocktail

Fresh jumbo gulf shrimp, served with cocktail sauce and lemon

\$15

Fried Calamari

Lightly breaded and served with spicy marinara

\$11

Soups

Matzo Ball Soup

Cup \$3 Bowl \$5

Soup of the Day

Cup \$3 Bowl \$5

French Onion Soup

Classic version with crouton, melted gruyère, and provolone cheeses

\$8

Salads

Cobb Salad

Baby mixed greens with tomato, bacon, avocado, hard boiled egg, bleu cheese crumble, and chicken tossed with ranch dressing

\$13

Asian Salad

Grilled chicken, mixed greens, mandarin oranges, green onions and coconut, tossed in a sesame dressing

\$13

Southwestern Chicken Salad

Romaine lettuce, tomato, corn, black beans, peppers, and onions, tossed in chipotle dressing and served with tortilla strips

\$13

Garden Salad

Mixed greens with tomato, cucumber, and your choice of dressing

\$5

Greek Salad

Romaine and iceberg lettuce, cucumber, tomato, red onion, kalamata olives, pepperoncini, and feta cheese, tossed with red balsamic wine vinaigrette, served with pita bread

\$12

Caesar Salad

Romaine lettuce tossed with Caesar dressing, topped with freshly shaved parmesan cheese, toasted garlic and herb croutons

\$10

Add Chicken \$3 or Add Shrimp \$6

Spinach Grilled Salmon Salad

Spinach, raspberry onions, bleu cheese and toasted almonds, topped with raspberry vinaigrette

\$15

Blue Plate proudly features Coca Cola products

Cold Sandwiches

Served with Chips and a Pickle

Chicken Salad in a Pita Pocket

Homemade chicken salad, served with lettuce and tomato

\$9

Club Sandwich

Ham, roasted turkey, Swiss and American cheeses, tomato, bacon, and leaf lettuce on your choice of bread

\$11

BLT Sandwich

Crisp bacon, tomato, and leaf lettuce on your choice of bread

\$8

Tuna Sandwich

Albacore tuna salad with lettuce, and tomato, served on rye bread

\$9

Grilled Chicken Wrap

Sliced grilled chicken, cucumber, and cheddar cheese, tossed in a spicy ranch sauce, served in a flour tortilla wrap

\$10

Turkey Wrap

Turkey, lettuce, and tomato served in a spinach tortilla wrap

\$10

Italian Beef Sandwich

Fresh roasted beef, balsamic onions, spinach and provolone cheese, topped with pesto mayo

\$11

Hot Sandwiches

Served with Fries and a Pickle

Build Your Own Burger

Charbroiled, choice of one topping: cheddar, Swiss, mozzarella, American, bleu cheese, bacon, mushrooms, sautéed onions, and jalapenos

\$10

Each additional topping \$1

New York Style Reuben

Fresh corned beef with sauerkraut, Swiss cheese, and thousand island dressing on grilled rye

\$12

Crusted Tilapia Sandwich

Golden fried tilapia with lettuce, tomato and onions, topped with sun dried mayo

\$10

Meatloaf Sandwich

Meatloaf topped with fried onions, melted cheddar, and served on Texas toast

\$10

Fried Chicken Sandwich

Fried chicken with hickory smoked bacon, topped with a spicy bleu cheese dressing

\$11

Philly Cheese Steak

Thinly sliced ribeye, sautéed peppers, onions, and mushrooms with cheddar cheese sauce on a toasted hoagie roll

\$12

Grilled Chicken Sandwich

Boneless chicken breast topped with mushrooms, monterey jack cheese, and avocado salsa served on the side

\$11

Open Face Turkey Sandwich

Oven roasted turkey with mashed potatoes, peas and carrots, gravy, and cranberry sauce

\$13

Turkey Burger

Spicy charbroiled turkey burger served on a whole wheat kaiser

\$10

Grilled Cheese

Crisp bacon, tomatoes, and American cheese with your choice of bread

\$8

French Fries

\$4

Cheese Fries

\$5

Baked Potato (4pm-12am)

\$4

Garlic Bread

\$2

Cole Slaw

\$2

Onion Rings

\$5

All Items Prepared with Zero Trans Fat Oil
18% Gratuity will be added to parties of six or more

Entrees

12 oz N.Y. Strip Steak

Topped with demi glaze and served with mashed potatoes and seasonal vegetables

\$24

Ribs

Full rack of ribs glazed in homemade BBQ sauce, served with cole slaw and fries

\$19

Orange Beef

Sautéed filet tips, broccoli, and peppers, served over jasmine rice

\$14

Seafood Pasta

Sautéed shrimp, clams, and mussels, served over linguini in a sweet marinara sauce

\$18

Salmon

Pan seared salmon, served on mashed potatoes, topped with tomato caper sauce

\$18

Sweet and Sour Shrimp

Panko crusted shrimp served with sweet and sour sauce, and jasmine rice

\$18

Pan Seared Dual Chicken Breast

Served atop mushroom polenta, sautéed spinach and finished in a rich demi glaze

\$15

Baked Lasagna

Layered with herbed ricotta cheese, sweet Italian sausage, and meatball, topped with mozzarella, and served with garlic bread

\$14

8 oz Filet Mignon

Topped with demi glaze and served with mashed potatoes and seasonal vegetables with a side of béarnaise sauce

\$28

Pork Chops

Fried dual pork chops with mashed potatoes, seasonal vegetables, and finished with a dijon cream

\$14

Sheppard's Pie

Ground beef, sautéed onions, peas and carrots, topped with mashed potatoes and cooked till a golden brown

\$14

Shrimp Fettuccini

Five jumbo shrimp and basil tossed in a rich lobster sauce on a bed of fettuccini

\$18

Catch of the Day

Blackened, sautéed or baked, served with jasmine rice and seasonal vegetables

\$18

Chicken Parmesan

Breaded chicken breast, topped with mozzarella and parmesan cheeses, atop a bed of linguini with roasted garlic and basil marinara, served with garlic bread

\$16

Home Style Chicken Pot Pie

Chicken mixed with garden vegetables, topped with flaky puff pastry in a covered crock

\$14

Vegetarian Ravioli

Spinach, artichoke, and smoked mozzarella ravioli, served with roasted garlic primavera sauce

\$14

Blue Plate Meat Loaf Special

Served with garlic mashed potatoes, corn on the cob, and gravy

\$14

Desserts

Milk Shakes

\$7

(Vanilla, Chocolate, and Strawberry)

Root Beer Floats

\$7

Scoop of Ice Cream

\$3

NY Style Cheese Cake

\$9

Chocolate Crunch Cake

\$9

Apple Crumble

\$9

Key Lime Dream

\$8

Brownie Sundaes

Brownie topped with your choice of chocolate, vanilla or strawberry ice cream with hot fudge

\$9