

☀ Welcome to the Greenhouse Café ☀

♥ L.B.I.'s Eclectic Dining Alternative ♥

We use only the finest products available: whole-grain breads and flours; imported pastas; choice meats; trans-fat-free cooking oils low in saturated fats; the freshest dairy, produce, fish and seafood. We are proud to offer many heart-healthy selections in addition to our traditional and eclectic dining fare. We combine these items with other high quality ingredients and prepare your meal to order.

Enjoy

Open Daily Year 'Round

Breakfast ☀ Lunch ☀ Dinner ☀ Takeout

☀ OUR SPECIAL OFFERINGS ☀

Many of our menu items are already Heart-Smart, Low-Sodium, Trans-Fat-Free and Gluten-Free without us changing a thing. Some Gluten-Free examples: Most of our Egg, Fruit and Yogurt Dishes and Breakfast Meats, Oriental Chicken or Shrimp Appetizer, Mussels, Antipasta, Salads, Manhattan Clam Chowder, Grilled Eggplant, Grilled Pork Chops, Strip Steaks, Atkins' Burger or Chicken, Broiled Seafood, etc. In addition, many of our regular menu entrees can be prepared flourless. For example Grilled Chicken or Eggplant Parmesan, Chicken or Veal Piccata/Fresca, etc.

We have Gluten-Free Pancakes and Waffles, Crackers, Rolls (similar to a round sandwich roll) and Pizza Crust. We offer Udon Rice Noodles (similar to Fettuccine), Whole Wheat Linguine and House-made Vegetarian Brown Rice Pilaf both as side dishes and as substitutions for our Semolina Pasta Entrees. Gluten-Free sides are also available such as our Baked and Mashed Potatoes, Rice, Vegetable of the Day, Broccoli, Tomato, Cole Slaw, Salads, Applesauce and other Fruits.

Some of our Dessert selections include Gluten-Free Chocolate Brownies and Chocolate Chip Cookies, Low-Carb (2 gram) Sugar-Free Marble Truffle Cheesecake (both offered with Sugar-Free Raspberry Syrup and/or Ice or Whipped Cream), Fresh Fruit Salad, Low-Fat Yogurt Parfaits with Fresh Fruit and All-Natural Granola, Rice Pudding, Crème Brulee, Vanilla Ice Cream and Vanilla Frozen Yogurt.

Please remember that we only use Trans-Fat-Free Cooking Oils so while we can't guarantee that there are no Trans-Fats in prepared products, we can assure you we are not adding any to items we prepare here. We also try to use meatless broths and stocks wherever possible to increase our offerings to vegetarians. Our goal is to provide an extraordinary experience for all and to always try to do what's Best for our Guest.

☀ **Thank You for Joining Us** ☀

☀ COLD BEVERAGES ☀

Fountain Soda (*Barq's Root Beer, Coke, Diet Coke, Diet Sprite, Sprite*) \$2

Fountain Nestea Unsweetened Tea or Nestea Sweetened Raspberry Tea \$2

Cherry or Vanilla Coke/Root Beer/Sprite \$3 **Diet Raspberry Coke or Sprite** \$3

Spree Splash Nestea (*raspberry or unsweetened*) mixed with **Sprite** (*Diet or Regular*) \$2

Arizona Sweet Lemon Tea or Arizona Sweet Green Tea w/Ginseng & Honey \$2.50

Nantucket Nectar Real Lemonade \$3 **Fresh Orange Juice** \$2/small \$3/large

Fresh Orange Cooler *iced fresh orange juice and club soda w/cherry syrup and lemon* \$3

Juice (*apple, cranberry, grapefruit, orange, tomato*) \$1.50/small \$2.50/large

Root Beer Float (*with vanilla ice cream or fat-free vanilla frozen yogurt*) \$5

Milk or Yogurt Shake \$4 **Egg Cream** (*caramel, cherry, chocolate or vanilla*) \$3

Milk \$1.50/small \$2.50/large **Cherry, Chocolate or Vanilla Milk** \$1.75/small \$3/large

Iced Café Latte *espresso blended with 2% milk* \$4 ☀ *with flavored syrup (caramel, cherry, chocolate, hazelnut, Irish cream, vanilla)* \$5 ♥ **Yogurt-Fruit Smoothie** \$5

Bottled Waters *17 ounce Still Spring* \$2 *or 11 ounce Carbonated* \$3

☀ HOT BEVERAGES ☀

Hot Coffee *freshly brewed bottomless mug - regular or decaffeinated* \$1.75

Hot Tea *bottomless mug - regular or decaffeinated* \$1.75 **Tazo Hot Herbal Tea** \$2 each

Hot Chocolate \$2 **Hot Mocha** (*hot chocolate and coffee*) \$3 **Chai Tea Latte** \$2

Espresso \$2/single \$3.50/double **Cappuccino** \$3.50 **Latte** \$4

☀ **CARAMEL, CHERRY, CHOCOLATE, HAZELNUT, IRISH CREAM, SUGAR-FREE RASPBERRY AND VANILLA FLAVORING SYRUPS AVAILABLE UPON REQUEST** \$1

☀ DESSERTS ☀

Vanilla Ice Cream or Fat-Free Frozen Yogurt \$1/scoop \$2/cup \$3/bowl

Assorted Specialty Desserts *our server will present and describe today's selections*

♥ **Low-Fat Yogurt** (*Fruit or Vanilla*) \$2 ☀ *w/banana* \$3 ☀ *w/berries or fruit salad* \$5

♥ **Atkin's Marble Chocolate Truffle** (*S.F., 2G. Carbs*) \$4 **Rice Pudding** \$2/cup \$4/bowl

Ice Cream Sundae *with chocolate syrup, wet walnuts, whipped cream and a cherry* \$6

♥ **Fruit Parfait** *choice of fresh fruit salad, banana, blueberries or strawberries over fat-free vanilla frozen yogurt* \$7 ♥ **Fresh Fruit Salad** \$3/cup \$6/bowl

☀ CHILDREN'S MENU ☀

EXCLUSIVELY FOR OUR GUESTS AGE 12 AND UNDER

1. Egg, Meat, Toast & Potatoes

1 egg any style w/2 bacon strips or 1 pork sausage link, a slice of toast and French Fries \$4

2. French Toast, Egg & Meat

1 piece of our unique French Toast, 1 egg any style and 2 bacon strips or 1 pork sausage link \$3.50

3. Pancake, Egg & Meat

1 cake, 1 egg any style and 2 bacon strips or 1 pork sausage link \$3.50/Buttermilk \$4.50/Whole Wheat

4. ♥ Smart Start ♥

2 small whole wheat pancakes w/melon slice and choice of side: applesauce, grapes or strawberries \$5

♥ **SUBSTITUTE EGG BEATERS OR EGG WHITES FOR WHOLE EGGS FOR .50**

☀ **ADD CHOCOLATE OR PEANUT BUTTER CHIPS AND WHIPPED CREAM FOR .50**

☀ BREAKFAST SANDWICHES ☀

One Egg Any Style

offered on choice of bread, toast (seedless rye, whole wheat, white) or seedless round roll \$2

Meat Only

bacon strips, smoked ham, pork roll, pork sausage links, turkey sausage patties or scrapple \$3

Egg & Meat \$3.50

☀ *add cheese (American, Mozzarella, Swiss) .50*

☀ *add cheese (Alpine Lace Swiss, Bleu, Cheddar, Feta, Fontinella, Romano) \$1*

☀ *substitute a large English Muffin or Bagel (everything, honey-wheat or plain) for .50*

☀ **A SINGLE EXTRA WHOLE EGG MAY BE ADDED FOR .50**

♥ **AN EGG BEATER OR WHITE MAY BE SUBSTITUTED FOR AN ADDITIONAL .50 each** ♥

☀ SUBS & WRAPS ☀

American Egg Sub

three scrambled fresh eggs grilled with diced smoked ham, fried onions and Yukon gold potatoes on a toasted seedless long roll with melted white American cheese \$5.75

Greek Egg Sub

three eggs scrambled and grilled with ripe black olives, sun-dried tomatoes, crumbled feta cheese and imported oregano on a seedless long roll with extra virgin organic olive oil \$6

Italian Egg Sub

three fresh eggs scrambled with fried green bell pepper and diced Yukon Gold potatoes on a seedless long roll with imported Romano and melted mozzarella cheese \$5.50

Western Egg Sub

diced smoked deli ham tossed with grilled white onion, green bell pepper and scrambled fresh eggs on a seedless long roll with Monterey Jack cheese \$5.75

Supreme Egg Wrap

scrambled fresh eggs with chopped crisp bacon, sweet Italian sausage and white American cheese rolled inside a warm whole wheat flour tortilla \$5.25

Pork Roll & Egg Wrap

three scrambled eggs rolled inside a warm whole wheat flour tortilla with slices of grilled Taylor ham and melted white American cheese \$5.25

♥ Egg & Vegetable Wrap ♥

fried mushroom, onion and green bell pepper with broccoli and seasoned chopped spinach rolled inside a warm spinach flour tortilla with Egg Beaters and Alpine Lace Swiss cheese \$6.50

♥ **SUBSTITUTE EGG BEATERS OR EGG WHITES ON A SUB OR WRAP FOR \$1.50** ♥

☀ GREENHOUSE CAFÉ'S EARLY BIRD DINNER DEALS ☀

OFFERED TO OUR GUESTS MONDAY THROUGH FRIDAY WHEN SEATED FOR DINNER BEFORE 6 PM

☀ YOUR CHOICE OF TWO GREAT OFFERS ☀

CHOICE ONE = DISCOUNT

15% OFF OF YOUR ENTIRE DINNER CHECK

CHOICE TWO = A COMPLETE MEAL

ORDER ANY DINNER MENU ENTRÉE OR NIGHTLY DINNER ADDITION

DURING EARLY DINING HOURS AND RECEIVE A COMPLIMENTARY DESSERT

AND BOTTOMLESS FOUNTAIN DRINKS, REGULAR OR DECAF HOT TEA AND/OR COFFEE

☀ FRESH WHOLE EGGS ☀

ALL EGG AND OMELETTES PLATTERS INCLUDE OUR YUKON GOLD HOME FRIES
AND TWO SLICES OF BUTTERED TOAST

One Egg Any Style \$4 Two Eggs \$4.50 Three Eggs \$5 Four Eggs \$5.50

Lox & Eggs

three blended eggs mixed with grilled white onion and smoked salmon \$11

Hash & Eggs

three eggs any style served on top of crispy lean corned beef hash \$9

Steak & Eggs

three eggs any style paired with a grilled 8 ounce N.Y. Strip sirloin steak \$15

Country Egg Scramble

three eggs scrambled w/chopped bacon, bell pepper, onion, pork sausage and Yukon Gold potatoes \$8

Greenhouse Eggs & Ham

three eggs any style served on top of a grilled lean smoked ham steak \$8

☀ THREE EGG OMELETTES ☀

Plain: *made from fresh whole eggs whipped-to-order \$5*

Cheese: *add one of our cheese selections below \$5.50/6 Extra Cheese \$.50/1 each*

Single Vegetable: *choose one of our offerings listed below \$5.50/6/6.50 Extra \$.50/1/2*

Vegetable Combo: *bell pepper, broccoli, mushroom, onion, roasted garlic, chopped spinach \$8*

Oscar: *asparagus, House crab meat blend (backfin, claw, lump), mozzarella, Hollandaise sauce \$11*

Meat: *bacon, pork roll, sausage, scrapple or smoked ham \$7 ☀ any two \$8 ☀ any three \$9*

Florentine: *seasoned chopped spinach blend, roasted garlic, Romano, Fontinella \$7*

Western: *chopped bell pepper, white onion and smoked ham \$8*

Italian: *mozzarella, ricotta and Romano cheese \$7*

Lorraine: *bacon, onion and Swiss cheese \$7*

☀ **A SINGLE EXTRA WHOLE EGG MAY BE ADDED FOR .50** ☀ **WHOLE HARD BOILED EGG .75**

♥ **EGG BEATERS OR EGG WHITES MAY BE SUBSTITUTED FOR AN ADDITIONAL .50 per egg** ♥

☀ OMELLETTE & SCRAMBLED EGG PLATTER ADDITIONS ☀

☀ *broccoli, button mushrooms, cheese (American, mozzarella, ricotta, Romano or Swiss), roasted garlic, ripe olives, raw onion, green bell pepper, hot pepper, potato, fresh tomato add .50 each*

☀ *artichoke hearts, asparagus, cheese (Alpine Lace Swiss, blue, Cheddar, cream, cottage, feta, fontinella), chopped spinach, sautéed onion or pepper, sun-dried tomatoes add \$1 each*

☀ *chicken, mozzarella-prosciutto ham pinwheels, roasted peppers, portabella mushroom, bacon, meatballs, pepperoni, pork roll, sausage (breakfast or Italian), scrapple, smoked ham add \$2 each*

Quiche du Jour

a warm wedge of today's special Greenhouse-made cheese and egg custard pie served with our Yukon Gold home fries and a slice of fresh cantaloupe \$7

☀ PANCAKES & WAFFLES ☀

Buttermilk Pancakes

our grilled-to-order buttermilk batter cakes dusted with powdered sugar

Short Stack (2) \$4 Tall Stack (3) \$6

♥ **Wheat Pancakes** ♥

whole grain cake batter grilled-to-order and sprinkled with powdered Splenda

Short Stack (2) \$5 Tall Stack (3) \$7

Apple-Walnut Pancakes

buttermilk cakes topped with warm chunky apple sauce and toasted chopped walnuts

Short Stack \$6 Tall Stack \$8 ♥ substitute our wheat pancakes \$7/9

♥ **Wheat & Granola Pancakes** ♥

whole grain wheat batter blended and grilled with all-natural, cholesterol-free, multi-grain granola mixed inside Short Stack (2) \$7 Tall Stack (3) \$9

Breakfast Sundae

a grilled buttermilk pancake topped with vanilla ice cream or fat-free vanilla frozen yogurt, wet walnuts, chocolate syrup, whipped cream and a cherry \$8 ☀ with banana \$9 ☀ with berries \$11

☀ substitute a malt Belgian waffle or wheat pancake for \$1, a wheat Belgian waffle for \$2

Grid-Iron Duo

a buttermilk pancake off the griddle and a classic malted Belgian waffle out of the iron \$8

♥ **Double-Wheat Duo** ♥

a freshly made whole wheat batter Belgian waffle paired with a grilled wheat batter pancake \$9

Malted Belgian Waffle

traditional golden malted waffle batter grilled-to-order and dusted with powdered sugar \$6

♥ **Wheat Belgian Waffle** ♥

whole grain waffle batter grilled fresh-to-order and sprinkled with powdered Splenda \$7

Waffle Trio

a malted Belgian waffle, one egg any style and your choice of breakfast meat (bacon strips, pork roll, pork sausage links, scrapple or turkey sausage patties) \$8.50 ☀ extra egg .50 each

♥ **Health Waffle** ♥

our grilled Belgian wheat batter topped with fresh cottage cheese or yogurt and your choice of sliced warm apples, banana, blueberries, fruit salad, granola, nuts or strawberries \$10

Almond Joy Waffle

traditional malted Belgian batter with shredded coconut and chocolate chips grilled inside, buttered toasted sliced almonds and powdered sugar on top \$8

☀ ANY OF THE FOLLOWING MAY BE ADDED TO THE PANCAKES OR WAFFLES ABOVE ☀

☀ applesauce, banana, chocolate chips, coconut, peanut butter chips, raisins \$1 each

☀ almonds, cottage cheese, granola, vanilla ice cream/frozen yogurt, walnuts (wet or dry) \$2 each

☀ apples, blueberries, fresh fruit salad, macadamias, pecans, strawberries, low-fat yogurt \$3 each

♥ **SUGAR-FREE LOW-SODIUM SYRUP, GLUTEN-FREE PANCAKES AND GLUTEN-FREE BELGIAN WAFFLES ARE AVAILABLE UPON REQUEST**

SPECIAL DAILY MENU ADDITIONS ARE POSTED ON OUR MENU BOARDS. YOUR SERVER WILL DESCRIBE TODAY'S SELECTIONS.

☀ LONG BEACH ISLAND FAVORITES ☀

Greenhouse French Toast

our famous thick-cut egg bread wedges soaked in cinnamon-vanilla-egg batter and deep-fried in trans-fat-free oil, dusted with powdered sugar 2 Pieces \$4 3 Pieces \$6 4 Pieces \$8

Ship Bottom Combo

three eggs any style, two buttermilk pancakes, our Yukon Gold home fries and choice of toast \$8
☀ substitute wheat pancakes or French toast for \$1

Surf Sampler

two eggs any style, two buttermilk pancakes, two French toast wedges, two bacon strips and two pork sausage links \$11 ☀ substitute wheat pancakes for \$1

Eggs Barnegat

toasted English muffin halves topped with fresh tomato, American cheese, our seared House-blend triple crab meat patties (backfin, claw, jumbo lump) and two eggs any style \$11

Bay Beach Benedict

two poached-to-order whole eggs served open-faced on top of toasted English muffin halves with lean smoked ham and Hollandaise sauce \$8

Loveladies Bagel & Lox

a toasted bagel (everything, honey-wheat or plain) and sliced smoked salmon served with cream cheese, butter, lettuce, tomato, red onion, lemon, capers and our House-made cole slaw \$11

Cedars Park Chipped Beef

rich and creamy, served over toasted English muffin halves with our Yukon Gold home fries \$7
☀ over buttermilk pancake \$8 ☀ over wheat pancake or Belgian waffle \$9 ☀ over wheat waffle \$10

♥ **Holgate Heart Haven** ♥

three Egg Beaters or whites, two of our wheat batter pancakes, two slices of whole wheat toast, a slice of fresh cantaloupe and grapes \$8

♥ **Dunes Yogurt Delight** ♥

low-fat yogurt (blueberry, strawberry or vanilla) topped with all-natural, cholesterol-free, multi-grain granola, served with toast and choice of fruit ☀ w/banana \$7 w/berries or fresh fruit salad \$9

♥ **High Bar Energy Booster** ♥

one half cantaloupe filled with cottage cheese or low-fat yogurt (blueberry, strawberry or vanilla) and topped with all-natural, cholesterol-free, multi-grain granola, served with a bagel or muffin \$9

☀ **ANY OF THE FOLLOWING MAY BE ADDED TO THE PANCAKES OR WAFFLES ABOVE**

☀ *applesauce, banana, chocolate chips, coconut, peanut butter chips, raisins* \$1 each

☀ *almonds, cottage cheese, granola, vanilla ice cream, walnuts (wet or dry)* \$2 each

☀ *apples, blueberries, fresh fruit salad, macadamia nuts, pecans, strawberries, yogurt* \$3 each

♥ **SUGAR-FREE LOW-SODIUM SYRUP, GLUTEN-FREE PANCAKES
AND GLUTEN-FREE BELGIAN WAFFLES ARE AVAILABLE UPON REQUEST**

♥ **SUBSTITUTE EGG BEATERS OR EGG WHITES FOR WHOLE EGGS .50 each**

~ **THANK YOU FOR JOINING US** ~

♥ FRUIT & YOGURT ♥

One Half Fresh Cantaloupe \$3

filled with cottage cheese or low-fat yogurt \$6

Banana, Blueberries or Strawberries

with choice of 2% milk, half & half, whipped or heavy cream Banana \$3 Berries \$4 Both \$5

Fresh Fruit Salad

honeydew, cantaloupe, orange, pineapple and grapes in natural juices \$3/Cup \$6/Bowl

☀ with low-fat yogurt and toast add \$4

Low-Fat Yogurt (blueberry, strawberry or vanilla) \$3

☀ topped with banana or cereal \$4 with berries or granola \$6 with both \$7

☀ BREAD, CEREAL & PUDDING ☀

House-baked Muffin (Banana-Oat Bran, Blueberry or Corn) \$2

Fresh Bread or Toast (two slices, seedless Rye, White, Whole Wheat) \$1

Kaiser Roll or English Muffin \$1.50 Bagel (Everything, Honey-Wheat or Plain) \$2.50

☀ all of the above include your choice of butter, margarine, jelly, honey or cream cheese

Cold Cereal or Hot Oatmeal \$2 topped w/Banana, Nuts or Raisins \$4 topped w/Berries \$5

All Natural, Cholesterol-Free, Honey-Sweetened, Multi-Grain Granola with 2% Milk \$4

House-made Bread Pudding warm w/Whipped Cream \$5 topped w/Vanilla Ice Cream \$6

House-made Crème Brulee \$5 Rice Pudding \$2/Cup \$4/Bowl

☀ SIDE ORDERS & SUCH ☀

Single Egg .50 Egg Beater or White \$1 Single Pancake \$2/Buttermilk \$3/Whole Wheat

Yukon Gold Home Fries \$3 French or Steak Fries \$3 Sweet Potato Fries \$4/Bowl \$8/Basket

Small Caesar or Garden Salad \$5 House-made Cole Slaw \$3 Lox \$6 Hard Boiled Egg .75

Cottage Cheese \$2/Cup \$4/Bowl Red Seedless Grapes, Whole Banana, Whole Orange \$1

Bacon Strips, Pork Roll, Pork Sausage Links, Scrapple, Turkey Sausage Patties \$3

Corned Beef Hash, Creamed Chipped Beef or Smoked Ham Steak \$4

☀ BREAKFAST COMBO VALUE MEALS ☀

FOR OUR GUESTS AGE 55 AND WISER AND THOSE WITH LESSER APPETITES

1. Egg, Meat, Toast & Potatoes

1 egg any style w/2 bacon strips or 1 pork sausage link, slice of toast and Yukon Gold Home Fries \$4

2. French Toast, Egg & Meat

1 piece of our unique French Toast, 1 egg any style and 2 bacon strips or 1 pork sausage link \$3.75

3. Pancake, Egg & Meat

1 cake, 1 egg any style, 2 bacon strips or 1 pork sausage link \$3.75/Buttermilk \$5/Whole Wheat

4. Healthy Choice

2 scrambled Egg Beaters or whites, 2 whole wheat pancakes, a slice of melon and grapes \$5

**♥ SUGAR-FREE LOW-SODIUM SYRUP, GLUTEN-FREE PANCAKES
AND GLUTEN-FREE BELGIAN WAFFLES ARE AVAILABLE UPON REQUEST**

♥ SUBSTITUTE EGG BEATERS OR EGG WHITES FOR WHOLE EGGS .50 each