

BREAKFAST OMETTES

Served with Home Fries & Toast

English Muffin or Bagel - 75¢ extra, Egg Whites - 1.00 extra, Sub Fruit for Potatoes - 2.25 extra

Sweet Kiss 7.95
Garlic, onions & cream cheese

Italian 8.95
Sweet italian sausage, provolone, onion, sweet pepper, oregano & pepper.

Mediterranean 8.95
Spinach, black olives, feta & tomatoes.

Polish 8.95
Kielbasa & American cheese

Classic Western 8.25
Ham, sweet peppers & onions

Baked Potato 8.95
Bacon, broccoli, cheddar cheese, potatoes, sour cream & chives

Pierre 8.95
Brie, fresh mushrooms & garlic

Country 8.95
Bacon, potatoes & American cheese

Pickled Pig 8.25
Bacon & port wine cheddar cheese.

Tex Mex 8.95
Ham, jack cheese, jalapenos, salsa & sour cream.

Three Little Pigs 8.95
Ham, bacon & sausage

Veggie 8.95
Seasonal fresh vegetables

Spicy Flamenco 8.95
Chorizo, jalapenos, onions, tomato, avocado, cilantro, pepper jack, w/sour cream & salsa

Florentine 7.95
Fresh spinach & feta

CREATE YOUR OWN OMELETTE

PLAIN OMELETTE \$6.75 EGG WHITES OMELETTE \$7.45

MEATS 1.50 each
Bacon, Ham, Sausage, Italian Sausage, Kielbasa Turkey Sausage, or Pork Roll

VEGGIES 1.25 each
Avocado, Peppers, Spinach, Onions, Olives, Tomatoes, Broccoli, Potatoes or Mushrooms

CHEESE 1.00 each
American, Swiss, Jack, Cheddar, Provolone or Port Wine
GOURMET CHEESE... 1.75ea
Mozzarella, Blue, Feta, Brie

EGGS SERVED ANYSTYLE

One Egg 4.95
Two Eggs 5.95
Three Eggs 6.95
Scrambled Egg Whites 6.95

BREAKFAST SANDWICHES

Egg & Cheese (your choice of bread) 5.95
With Ham, Bacon, Sausage or Pork Roll 7.45

YOGURT BOWLS

Pina Colada Bowl 8.95
Vanilla Greek Yogurt, Fresh Pineapple, Toasted Coconut
Blueberry Superpower 8.95
Vanilla Greek Yogurt, Fresh Blueberries, Granola and Honey
Strawberry Kiwi Bowl 8.95
Vanilla Greek Yogurt, Fresh Strawberries, Kiwi

BREAKFAST WRAPS

Egg White Veggie Wrap 8.45
With broccoli, spinach, mushrooms, american cheese & onions
Western Wrap 7.45
Eggs, Ham, Sweet Peppers & Onions
Squan Wrap 7.95
Eggs, cheddar cheese, avocado, sweet peppers & onions

PREMIUM OFFERINGS

Avocado Toast 9.95
Toasted Multi Grain, Sliced Tomatoes, Sliced Avocado, Cracked Pepper, Drizzled with E.V.O.O. Served with Fresh Fruit
The Power Breakfast 9.95
Marinated Grilled Chicken breast, Scrambled Egg Whites, Sautéed Spinach w/ Slice of Avocado Toast
Breakfast Tacos 9.95
Warm Tortillas, Scrambled Eggs, Spiced Chorizo, Cilantro, Blend of Cheeses w/Salsa, Sour Cream and Home Fries

TIME FOR LUNCH

*Served with Served with Potato Salad or Coleslaw
Sub French Fries or Onion Rings for \$1.00 extra*

WRAPS

*Served with Potato Salad or Coleslaw
(Sub French Fries or Onion Rings for \$1.00 extra)*

Greek	7.25
<i>Spinach, feta, olives, tomato, onions, peppers, cucumbers, lemon, olive oil & oregano</i>	
Chicken	7.95
<i>Broccoli, bacon, cheddar, mixed greens, tomato & ranch dressing</i>	
Sesame Chicken	8.25
<i>Mandarin oranges, broccoli, almonds, sesame dressing & mixed greens</i>	
Roast Beef	8.25
<i>Bleu cheese, mixed greens, tomato, onions & ranch dressing</i>	
Waldorf	7.95
<i>Chicken salad, sliced apples, grapes, walnuts & mixed greens</i>	
Granny Spinach.	7.95
<i>Chicken, bleu cheese, raisins, red onion, mixed greens & raspberry vinaigrette</i>	

ALL TIME FAVORITE SANDWICHES

*Your choice of bread.
Served with homemade Potato Salad or Coleslaw
(Sub French Fries or Onion Rings for \$1.00 extra)*

Fresh Roasted Breast of Turkey	7.95
Fresh Roast Beef	7.95
Country Ham	7.95
Corned Beef.	8.95
Egg Salad	6.45
Solid White Tuna	7.95
BLT	6.95
Chicken Salad	7.95

TRIPLE DECKER CLUB SANDWICHES

*Lettuce, Tomato & Mayo on your choice of bread
with homemade Potato Salad or Coleslaw
(Sub French Fries or Onion Rings for \$1.00 extra)*

Turkey BLT Club	9.25
Roast Beef & Provolone Club	9.25
Ham & Swiss Club	9.25
Tuna & Hard Boiled Eggs Club	9.25

SALADS

Add to any Salad: Grilled Chicken, Tuna, Chicken or Egg Salad ... 3.00

Spinach Salad	8.95	The Café Salad.	8.95
<i>Crumbled Bleu Cheese, chopped Bacon, Tomatoes, Hard Boiled Eggs & Onion Crisps served with a sweet Sesame Dressing</i>		<i>Greens, chopped Bacon, Crumbled Bleu Cheese, Sliced Apples, Grapes, Walnuts & Mandarin Oranges served with Raspberry vinaigrette dressing</i>	
Grilled Chicken Salad	8.95	Oriental Chicken Salad	8.95
<i>Boneless breast of Chicken on top of mixed field greens, Cucumbers, Tomatoes, Red Onions, Black Olives & Peppers (Choice of Dressing)</i>		<i>Grilled Chicken marinated in soy sauce, Broccoli, sliced Almonds, Mandarin Oranges & crispy noodles on greens served with a sweet Sesame dressing</i>	
The Big Salad.	7.95	Chef Salad	9.95
<i>Extra large house salad with assorted seasonal veggies & hard boiled Eggs (Choice of Dressing)</i>		<i>Ham, Turkey, Swiss, Provolone & Cheddar on The Big Salad (Choice of Dressing)</i>	
Greek Salad	\$8.95	Fresh Fruit Platter.	9.95
<i>Feta, Black Olives, Cucumbers, Tomatoes, Red Onions & Green Peppers tossed in Olive Oil, Oregano & Lemon on a bed of greens</i>		<i>Assortment of the season's best served with honey yogurt sauce</i>	

THE PARAMOUNT LUNCH SPECIALTIES

*Served with Served with Potato Salad or Coleslaw
Sub French Fries or Onion Rings for \$1.00 extra*

Berry Brie Chicken	8.95	Tuna Melt	8.95
<i>Chicken breast served on a roll with melted brie, drizzled with raspberry sauce</i>		<i>Open faced on grilled rye with cheddar & tomato</i>	
Grilled Chicken.	8.95	Fried Shrimp Basket	9.95
<i>Chicken breast served on a roll with lettuce, tomato, onion & mayo</i>		<i>1/4 lb of handbreaded shrimp, served with French fries</i>	
Chicken Cordon Bleu.	8.95	The Blat	7.95
<i>Chicken breast served on a roll with ham & melted swiss cheese</i>		<i>Bacon, lettuce, avocado and tomato with ranch dressing, served on your choice of bread</i>	
Greek Chicken	8.95	Philly Steak Sandwich	7.95
<i>Chicken breast served on a roll drizzled in Greek dressing, topped with feta cheese, spinach, red onion, tomato and Kalamata olives</i>		<i>With cheese, peppers & onions</i>	8.95
Grilled Reuben	9.50	Avocado Chicken	9.95
<i>Served hot on rye with corned beef, swiss, sauerkraut & Russian dressing</i>		<i>Grilled chicken breast, lettuce, tomato, onion, sliced avocado, sriracha mayo</i>	
Russian Roast Beef	8.95	Chicken Souvlaki	9.95
<i>Served cold on rye with swiss, coleslaw & Russian dressing</i>		<i>Skewered chunks of chicken, Greek salad, pita bread (add Greek fries for \$2.00)</i>	
Fried Flounder	9.95	Greek Spanakopita	9.95
<i>Served on a roll with tartar sauce, lettuce & tomato</i>		<i>A house favorite. Spinach, feta & Greek herbs, filo dough served w/Greek salad</i>	

BURGERS

*6 Oz. served with Lettuce, Tomato & Onion
Served with Potato Salad or Coleslaw
(Sub French Fries or Onion Rings for \$1.00 extra)*

Hamburger	7.95
Cheeseburger.	8.25
Bacon & Cheddar	8.95
Bleu Burger	8.95
<i>Topped with sautéed mushrooms, crispy bacon & crumbled bleu cheese.</i>	
Brie Burger	8.95
<i>Topped with honey ham, caramelized onions & melted brie</i>	
Patty Melt	8.95
<i>Hamburger, sautéed onions, mushrooms & swiss cheese</i>	
Pizza Burger	8.95
<i>With mozzarella cheese and marinara sauce</i>	
The Squan Burger	8.95
<i>Lettuce, tomato, onion, pickles, ketchup and mayo</i>	
Fried Pickle Burger	8.95
<i>Lettuce, tomato, onion, fried pickles, pepper jack cheese and ranch sauce</i>	

MELTS

*All melts come on grilled sour dough bread
Served with Potato Salad or Coleslaw
(Sub French Fries or Onion Rings for \$1.00 extra)*

Grilled Cheese.	5.50
Happy Waitress	7.95
<i>Served open face with American cheese, bacon & sliced tomatoes</i>	
Pep & Cheese	7.95
<i>With melted mozzarella cheese & pepperoni and a side of marinara</i>	
BBQ & Bacon.	8.95
<i>American Cheese, smoked bacon, shredded lettuce, sweet BBQ sauce & BBQ kettle chips</i>	
Grilled Mac & Cheese	8.95
<i>Creamy Mac & Cheese, Wisconsin cheddar, mozzarella cheese & smoked bacon</i>	

PARAMOUNT SPECIALTIES

Big Easy Benedict 9.95
Two Poached Eggs w/ Creole Seasoned Onions & Peppers on Toasted Corn Bread w/ Cajun Hollandaise

Crab Cake Benedict 10.95
Two Poached Eggs, Pan Seared Crab Cake, Spinach w/ Old Bay Hollandaise

Southwest Mess 8.95
Three Eggs Scrambled with Ham, Peppers, Onions, Potatoes, Cornbread & Cheddar Jack Cheese, Topped with Salsa, Sour Cream and Jalapenos. Served with Toast

Huevos Rancheros 8.95
Two Eggs Overeasy, refried Beans, Jalapenos & Cheddar Jack Cheese served over Corn Tortillas topped with Sour Cream & Salsa. Served with Potatoes.

Chipped Beef 7.95
Served on White Toast with Potatoes

Bliss 8.95
Three Eggs Scrambled with diced Bacon, Chives & Cream Cheese on an English Muffin with Potatoes

Vegetarian Bliss 8.95
Three Eggs Scrambled with Cream Cheese, Onions, Mushrooms & Spinach on an English Muffin with Potatoes

English Breakfast 8.95
Poached Eggs topped with melted Cheddar, Sausage & Grilled Tomatoes on an English Muffin with Potatoes.

Swiss Eggs 8.95
Sliced hard boiled eggs with Ham & Mushrooms topped with Swiss and baked in a casserole. Served with Potatoes & Toast

Fruit Platter 9.95
Assortment of the season's best Fruit served with Honey Yogurt sauce

Eggs Florentine 8.95
Two Poached Eggs on a bed of Creamed Spinach with Provolone, Parmesan Cheese & Diced Bacon. Baked in a casserole. Served with Potatoes & Toast.

Eggs Benedict 8.95
Two Poached Eggs on an English Muffin with Canadian Bacon & Hollandaise Sauce. Served with Potatoes.

Veggie Benedict 8.95
Two Poached Eggs on a bed of Sautéed Spinach & Mushrooms with Grilled Tomato & Hollandaise Sauce on an English Muffin. Served with Potatoes.

The Mess 7.95
Three Eggs Scrambled with Onions, Ham & Potatoes. Served with Toast

Oh What a Mess 8.75
Three Eggs Scrambled with Onions, Bacon, Mushrooms & Potatoes and topped with your choice of Cheese. Served with Toast.

PANCAKES & FRENCH TOAST

Pancakes	Short Stack	Full Stack	Single
<i>Buttermilk</i>	5.45	6.95	3.50
<i>Cornmeal</i>	5.45	6.95	3.50
<i>Gingerbread</i>	5.45	6.95	3.50
<i>Blueberry</i>	6.45	7.95	4.25
<i>Strawberry</i>	6.45	7.95	4.25
<i>Banana Nut or Apple Nut</i>	6.45	7.95	4.50
<i>Nut & Crasins</i>	6.45	7.95	4.25
<i>Chocolate Chip</i>	5.95	7.45	4.25
<i>Nutella</i>	6.45	7.95	4.25
<i>Nutella Strawberry</i>	6.95	8.25	4.50
<i>Blueberry Lemon Crème</i>	6.95	8.25	4.50

French Toast	Short Stack	Full Stack	Single
<i>French Toast</i>	5.45	6.95	3.50
<i>Almond</i>	6.75	7.95	3.95
<i>Coconut</i>	6.75	7.95	3.95
<i>Raisin</i>	5.95	7.25	3.50
<i>Walnut Pecan</i>	6.75	7.95	3.95
<i>Nutella</i>	6.75	7.95	3.95

The Undecided 6.95
1 Buttermilk, 1 Cornmeal, 1 Gingerbread

The Old Red, White & Blue . 7.95
1 Strawberry, 1 Banana & 1 Blueberry .

The "Paramountal" Breakfast . 9.75
*2 Buttermilk Pancakes or French Toast
 2 Eggs, Potatoes & Bacon or Sausage*

French Ham & Brie 8.95
Grilled Ham & Melted Brie between 2 pieces of French Toast

Waffle 6.95

Waffle with Strawberries 8.25

Linzer French Toast 8.95
With Greek Yogurt & Hot Raspberry Jam

Churro French Toast 8.95
French Toast sticks, tossed in cinnamon & sugar, topped with vanilla frosting

Chicken and Waffles 9.95
Topped off with chicken tenders

SIDE ORDERS

Bacon	2.95
Sausage Links/Patty	2.95
Italian Sausage	3.25
Turkey Sausage	3.25
Corned Beef Hash	4.95
Ham	3.25
Kielbasa	3.25
Pork Roll	2.95
Scrapple	2.95
Home Fries	2.95
Toast	1.00
Kaiser Roll	1.25
English Muffin	1.25
Homemade Muffins	2.25
Bagel	1.50
Bagel w/ Cream Cheese	2.00
Cold Cereal	3.45
Cold Cereal w/Fruit	4.45
Fruit Cup	5.25
Cup Honey Yogurt	3.95
Cup Honey Yogurt w/Fruit ...	4.95

Oatmeal/Grits/Cream of Wheat
 \$3.95 Cup \$4.95 Bowl
 w/Fruit/Nuts add \$1.00

FIRST THINGS FIRST

Chips & Salsa	7.95
<i>Homemade chips with salsa & sour cream</i> <i>(add homemade guac for \$2.00)</i>	
Pork Pot Stickers.....	7.95
<i>Steamed pork pot stickers over sautéed spinach with citrus</i> <i>soy dipping sauce</i>	
Disco Fries	7.95
<i>Topped off with brown gravy & melted mozzarella</i>	
Mozzarella Sticks	7.95
<i>Breaded mozzarella served with marinara</i>	

CHEFS SELECTION SOUP

Made from scratch never out of a can
Cup: 3.50 Bowl: 4.95

SIDES

French Fries	3.95
Onion Rings	4.25
Homemade Coleslaw	2.25
Homemade Potato Salad	2.50
Mixed Green Side Salad.....	4.50
Fruit Cup	4.95

BEVERAGES

Fresh Squeezed Orange Juice
Small: 2.95 Large: 4.50

Fresh Brewed Iced Tea	2.95
Soda.....	1.95
Coffee, Tea, Hot Cocoa.....	1.95
Herbal Tea.....	2.00
Milk.....	2.50
Chocolate Milk	2.75

Juices

Tomato, Grapefruit, Cranberry, Apple
Small: 2.25 Large: 3.75

MILKSHAKES

Chocolate or Vanilla	4.95
<i>Made with premium ice cream</i>	
Banana Nutella.....	6.95
<i>Vanilla, banana & nutella</i>	
Cookies & Cream.....	6.95
<i>Vanilla & crumbled oreos</i>	
Caramel Sea Salt.....	6.95
<i>Vanilla, caramel & sea salt</i>	
Peanut Butter Banana.....	6.95
<i>Vanilla, banana & peanut butter</i>	

KIDS MENU

\$5.95

Chicken Fingers

Hot Dog

Grilled Cheese

Hamburger

Cheeseburger

All served with French Fries & Milk



BREAKFAST & LUNCH

7:00 AM TO 3:00 PM

130 MAIN STREET, MANASQUAN, NJ

732-722-8242