

Bloody Mary Antipasto
9.95

Breakfast

Luna Rosa Mimosa
7.95



Eggs Benedict (Our House Specialty) (Woodie's Favorite)

(2) XL all natural "Egglands Best" poached eggs on a toasted English muffin with fresh homemade hollandaise sauce and a crispy potato pancake - Choose your style listed below:

Spinach 9.95 - Fresh Scottish Smoked Salmon 13.95 - Lump Crab Meat 17.95 - House-made Pastrami/ Corned Beef Hash 11.95 - Pork or Turkey Sausage 9.95 - Pork Roll 9.95 - Canadian Bacon 10.95



The Egg Breakfast 4.75 (Gary E. Automatic)

(2) XL all natural "Egglands Best" Eggs cooked to order and served with buttered toast and a choice of skillet potatoes, hominy grits, sliced tomatoes or a small bowl of oatmeal w/brown sugar

(2) XL all natural "Egglands Best" Egg Whites and sliced tomato (no starch) 5.75

To order bacon, sausage, ham, hash, N.J. pork roll, Philadelphia scrapple : see sides below

Sub our freshly cut seasonal fruits for .50¢

Sides available with Eggs

Thick Apple smoked bacon 2.95 Hormel Canadian bacon 3.50 Skinless Pork Sausage 2.95

All Natural Turkey Sausage 2.95 House-made Pastrami/ Corned Beef Hash 3.95 Habbersett Philadelphia Scrapple 2.95

Hormel "Cure 81" Hardwood Smoked Grilled Ham 2.95 Taylor N.J. Porkroll 2.95



Omelettes

Our omelettes are made to order with (3) XL all natural "Egglands Best" eggs served with a choice of skillet potatoes, hominy grits, sliced tomatoes or a small bowl of oatmeal

With brown sugar and buttered toast - sub our freshly cut seasonal fruits for 50¢



Italian 9.95

With sun-dried tomatoes, artichokes and gorgonzola cheese



Western 9.75

With diced virginia ham, chopped onions and green peppers



French 8.95

With diced ham and melted white American cheese



Corned Beef Hash Omelette 12.00 (Luna Rosa Specialty)

Stuffed with corned beef hash, smoked mozzarella, onions, green bell peppers then topped with our homemade hollandaise sauce, diced tomatoes & chives

Make your own Omelette Wrap 5.95

(3) XL all natural "Egglands Best" eggs scrambled in a sun-dried tomato tortilla wrap with side of salsa and you choose from our fresh ingredients below

Make your own Omelette 5.95

(3) XL all natural "Egglands Best" eggs served with skillet potatoes and buttered toast - fresh ingredients choices below

\$2 ADD ONS

Bacon, Ham, Artichokes, Roasted Peppers
Provolone cheese,
Sun-dried Tomatoes, Gorgonzola Cheese

\$1.50 ADD ONS

American Cheese, Swiss Cheese
Mozzarella Cheese
Cheddar Cheese

ADD .75

Green Peppers, Spinach, Salsa
Mushrooms, Onions, Tomatoes
Egg Whites, Sour Cream



Breakfast Pizza 14

Our freshly made pizza dough topped with breakfast sausage, apple smoked bacon, fresh roasted peppers, spinach and mushrooms with our own cheese blend -And topped with 2 eggs any style

Additional Sides

Smoked Salmon	\$8¾	Housemade Banana Bread	\$2½
Assorted Cereals	\$3½	Toast or English Muffin	\$1½
Hominy Grits	\$2	Bagel w/cream cheese	\$2½
Potato Pancakes	\$2¾	Skillet Potatoes	\$1¼
Apple Sauce	\$1¼	One XL Egg	\$1¾
Sliced Tomatoes	\$1¾	Fresh Florida Ruby Red ½ Grapefruit	\$2½

Breakfast

Pancakes, Waffles and French Toast

All of the above are sprinkled with powdered sugar, unless otherwise requested

Full Stack Buttermilk Pancakes 6.25

Short Stack Buttermilk Pancakes 5.25

All our pancakes are served with certified organic warm maple syrup

Chocolate Chip Pancakes OR Waffle ADD 75¢

Homemade Belgian Waffle 6.95

A golden Belgian waffle served with certified organic warm maple syrup

Banana Berry Delicious Waffle 10

Belgian waffle topped with fresh strawberries and bananas, - Served with certified organic warm maple syrup - A side of house-made Whipped Cream 75¢

Luna Rosa Hand Cut French Toast 7.95

Hand cut Thick Texas toast cooked in our own batter of pure vanilla, egg, brown sugar, cinnamon and cream, served with certified organic warm maple syrup (A Perlman Yum Yum)

For all the above ADD

Fresh Bananas, strawberries or blueberries (seasonal) 2.50/ea

ADD 2 selections of the above fruits 4.50



Cinnamon Raisin Swirl French Toast 8.95

Homemade cinnamon swirl & raisin challah bread French toast topped w/cinnamon sugar & golden raisins served with certified organic warm maple syrup (Angie Grey gets it loaded)

A side of house-made Whipped Cream 75¢

We have doubled the size of our maple syrup portion

We apologize that there will be a 75¢ charge for extra portions

Sides available w/Pancakes, Waffles & French Toast

Thick Apple Smoked Bacon 2.95 Hormel Canadian Bacon 3.50 Skinless Pork Sausage 2.95

All Natural Turkey Sausage 2.95 House-made Pastrami/ Corned Beef Hash 3.95 Taylor N.J. Porkroll \$2.95

Hormel "Cure 81" Hardwood Smoked Grilled Ham 2.95 Habbersett Philadelphia Scrapple 2.95

Creamed Chipped Beef 9.95

Thinly sliced beef in our homemade béchamel sauce over toasted white bread made with real cream

Fresh Scottish Smoked Salmon 14.50

Highest quality smoked Scottish salmon served with Mediterranean capers, sliced red onion, tomatoes, fennel and Philadelphia cream cheese with your choice of bagel



Scrambled Eggs, Smoked Salmon & Onions 9.95

(2) XL "Egglands Best" eggs scrambled with smoked salmon and sautéed onions

Served with skillet potatoes and buttered toast

Bowl of Old Fashioned Oatmeal w/Brown Sugar 3.50

With Raisins 4

Freshly Cut Seasonal Fruit Bowl 5.75

Fresh Florida Ruby Red ½ Grapefruit 2.50

FAGE (Fa-yeh) 0% Fat Greek Yogurt with Raisin Granola 5.95

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



Luna Rosa Salads



Chargrilled Fresh Atlantic Salmon Salad 17.95

8oz of fresh (never frozen) Atlantic salmon chargrilled and served over baby greens, tossed with chopped Hormel Applewood smoked bacon, gorgonzola cheese, red seedless grapes, toasted walnuts and citrus vinaigrette, garnished with honey onion marmalade

Bruschetta Mozzarella Salad 11.95

Toasted Italian bread with chopped roma tomatoes, mixed greens, fresh basil and extra virgin olive oil, topped with our own fresh mozzarella cheese then drizzled with an aged balsamic reduction



Walnut Chicken Salad 10.95 (available as sandwich wrap)

Our homemade pulled white meat chicken salad mixed with diced red onions, served over a bed of mixed greens, spiced honey walnuts, red seedless grapes and tossed in a citrus vinaigrette



Fresh Mahi Mahi Chopped Salad 16.95 (Fred Fetzer Automatic)

8oz of fresh mahi (never frozen) grilled or blackened on a bed of chopped romaine lettuce, radicchio, cucumbers, carrots, red onions, tomatoes and chick peas tossed in a red wine vinaigrette



Cobb Salad 13.95

Traditional style with chopped romaine, bleu cheese, bacon, boiled egg, avocado and diced tomato, topped with blackened chicken served with homemade ranch dressing



Chicken Caesar Salad 12.95

Crisp hearts of romaine tossed with shaved Parmigiano Reggiano cheese, homemade caesar dressing with toasted croutons and fresh grilled chicken breast

Sub Shrimp on Chicken Caesar or Cobb Salad 4

Calamari Fritto Misto 11.95

"Center Cut" fried calamari strips, zucchini, fresh spinach and squash in our crispy batter served with your choice of San Marzano tomato sauce or Cajun aioli



Weight Watchers® Menu Points Plus

Grilled Salmon with Asparagus/Tomato Salsa 17

Chargrilled fresh salmon with "Bruschetta style" tomato, red onion and asparagus salad tossed with extra virgin olive oil and fresh squeezed lemon juice

7
PointsPlus®

Mini Canadian Fritata 7.50

One egg white and one whole egg sautéed in extra virgin olive oil with Canadian bacon, red potatoes, onion and bell pepper

5
PointsPlus®

Linguini with Tomato, Basil and Olive Sauce 9

Whole wheat linguini pasta tossed with toasted garlic, extra virgin olive oil, San Marzano tomatoes and kalamata olives served with 1 tablespoon (measured) grated parmesan on the side

9
PointsPlus®



Chicken Salad Lettuce Wraps 11

Our homemade pulled white meat chicken salad mixed with diced red onions, served with sides of alfalfa sprouts and iceberg lettuce to make your own wraps - **with a side of fruit**

Sides of white raisins and toasted spicy walnuts (no charge)

6
PointsPlus®

4
PointsPlus®

Veggie Omelette 8.95

1 large egg and 2 egg whites pan sautéed in extra virgin olive oil with red onion, chopped plum tomatoes and green peppers - **ADD mushrooms OR spinach .75/ea**

4
PointsPlus®

0
PointsPlus®

Coconut French Toast 5.95

2 slices of whole wheat bread dipped in our (egg & egg white batter) topped with shredded coconut and served with sugar free maple syrup

5
PointsPlus®

Sandwiches, Wraps & Pizza

*All Sandwiches are served with French Fries or Coleslaw
sub Fresh Cut Seasonal Fruit add 50¢*



Luna Rosa Seven Vegetable Burger 12.50

A medley of roasted vegetables, legumes and special spices, hand packed and grilled, served with lettuce and sliced beef steak tomato

Served in a cucumber Tortilla Wrap or make your own Iceberg Lettuce Wraps

Grilled Fresh Mahi Mahi Sandwich 16.50

8oz of fresh mahi (never frozen) grilled and served with fresh mixed greens, sliced vine ripe tomatoes and pesto aioli served on a toasted brioche roll

Turkey Club Wrap 11.75

Fresh roasted turkey breast, crisp Hormel Applewood smoked bacon, romaine lettuce, sliced vine ripe tomatoes and cranberry mayonnaise wrapped in a sun dried tomato tortilla wrap

Creekstone Farms all Natural (made to order) Hamburger 9.95

Freshly hand packed (hormone & steroid free) Black Angus burger, grilled and served with sliced vine ripe tomatoes, crisp lettuce, sliced red onion and dill pickle spear

Add American, Cheddar or Swiss Cheese \$1

Available (breadless) make your own Iceberg Lettuce Wrap

Affetatto Sandwich 11.95

Thinly sliced prosciutto, deli ham, sopressata, imported pepperoni and sharp provolone cheese, topped with fresh tomato, shredded romaine lettuce and red wine vinaigrette on fresh baked hoagie roll served cold or press grilled as a panini

Kicked up "Fresh Tossed" Tuna Melt-classic Panini 9.95

Tuna salad mixed with chopped onions and served with crispy Hormel Applewood smoked bacon and melted Swiss cheese on press grilled rye bread

Pizza Margherita 11.75

100% San Marzano plum tomato sauce, Italian blend of cheeses and fresh basil

Additional Toppings \$ 1.75 each: Red onions, anchovies, Italian sausage, spinach, pepperoni, roasted red peppers, mushrooms, black olives

Pasta

All Pastas served with a Side Chopped Salad - Bread service upon request



Rigatoni al Pomodoro e Basilico 9

With side of Meatballs 14

Rigatoni pasta tossed in imported San Marzano tomatoes with garlic, extra virgin olive oil, parmesan cheese and fresh Pontano Farms basil



Pappardelle alla Bolognese 17.95

House-made wide noodle pasta in an imported D.O.P San Marzano Tomato meat sauce, slow stewed with ground veal, beef and pork

Adam's Favorite



LUNA ROSA SPECIALTY



NATURAL FED, HORMONE & STEROID FREE

Lunch Sides

House-made Coleslaw 3

French Fries 3

Fresh Fruit Salad 4