



FOWLE'S SPECIALS

Traditional Eggs Benedict

A Thomas' English muffin with extra thick apple cider bacon and poached eggs*, topped with our own house-made hollandaise sauce...\$8.95

Irish Benedict

A Thomas' English muffin, topped with Fowle's corned beef hash, two poached eggs, smothered in our own hollandaise sauce...\$8.95

House Special

Crisp hash browns stuffed with sharp cheddar, provolone, apple cider bacon, and sweet onion. Served with your choice of toast and a side of sour cream...\$8.95
This dish takes longer to cook

Corned Beef Hash

Yes, it is house-made! Crisp hash browns cooked with onions, fresh shredded corned beef, and flavorful spices. Served with two eggs* and toast...\$8.95

Huevos Rancheros

Two over easy eggs served with melted cheddar, a spicy ranchero sauce, salsa fresca, avocado, sour cream, a hot tortilla, sausage and black beans...\$8.95

British Breakfast

Hash browns, grilled tomatoes, sauteed mushroom, Heinz baked beans, a slice of apple-cider bacon, one sausage link, two over-easy eggs, served with your choice of one slice of toast. A fine feast!...\$9.95

The Bomb *Mon - Fri only*

Grilled roast beef and salami strips tossed with sauteed mushrooms, red onions, red bell-peppers and finally scrambled with fluffy eggs and swiss cheese, topped off with provolone and parsley. Oh yeah!... \$9.95

Please be patient, we cook everything to order for your eating enjoyment.

BREAKFAST

FOWLE'S ENORMOUS SCRAMBLES

All Scrambles served with two slices of toast. Substitute Egg Beaters for \$1.00. Scramble half-orders are \$5.95.

El Mexicano Scramble

Sausage, jalapenos, tomato, onion, cheddar, and cilantro...\$8.95

The Southerner

Spinach, apple cider bacon, sweet white onions, tomatoes, and provolone cheese, topped with toasted almonds...\$8.95

Downtown Scramble

Mushrooms, baby spinach, sweet white onion, and cheddar cheese...\$8.95

Californian

Organic tofu, sprouts, onions, tomatoes, spinach, cilantro and provolone cheese...\$8.95

Or create your own:

Start with three scrambled eggs...\$3.99

Tomato, sweet onion, spinach, red peppers, jalapenos, mushrooms, salsa fresca, alfalfa sprouts, scallions, organic tofu, toasted almonds, black beans...add .75¢

Avocado...add \$1.50

Apple-cider bacon, sausage, ham...add \$1.95

Cheddar, provolone, swiss...add .75¢

GRILLED BREADS AND BATTERS

All items served a la carte. For a breakfast served with two eggs and bacon, sausage, or ham add \$3.95.*

Lemon-Raspberry French Toast

Two extra thick slices of French toast topped with fresh lemon curd and drizzled with raspberry sauce...\$5.95

Cinnamon Swirl French Toast

French toast made with two thick slices of Cinnamon Swirl bread, grilled and dusted with powdered sugar...\$4.95

Buttermilk Pancakes

Made with only the freshest stuff each morning. Double stack...\$4.95. Triple stack...\$5.95

Flavored Buttermilk Pancakes

Blueberry, chocolate chip, raspberry, strawberry, or banana-nut. Double stack...\$5.95. Triple stack...\$6.95

Early Riser

One buttermilk or flavored pancake, & one egg*, and your choice of meat. Buttermilk...5.25. Flavored...5.75

Kids portion: For children under the age of 12, any Grilled Bread and Batter: half the size = half the price.

BREAD CHOICES

White, Whole Wheat, Rye, Triple Seed**, Cinnamon Swirl**

** extra .25¢/slice

FOWLE'S CLASSICS & LIGHT BREAKFASTS

Egg Sandwich

Two scrambled eggs, melted cheddar, lightly drizzled with honey, on two thick slices of wheat...\$3.95.

Add apple-cider bacon, ham, or sausage...\$1.95

Eggs, Toast, & Meat

Two eggs*, two slices of toast, and your choice of ham, apple cider bacon, OR sausage...\$5.95

The Singles

One egg*, one slice of toast, and your choice of ham, apple cider bacon, OR sausage...\$3.95

Breakfast Burrito

A soft flour tortilla filled with scrambled eggs, salsa fresca, melted cheddar cheese, sausage, avocado, and ranchero sauce. Jalapeños upon request...\$6.95

Strawberry Parfait

Vanilla yogurt layered with strawberries and topped with Me&Ollie's Granola Munch...\$3.95

Bagel Delight

Your choice of bagel, sliced and toasted, topped with cream cheese, sliced tomato, sweet white onion, and dusted with lemon pepper...\$3.95

SIDE ORDERS

Apple cider bacon, ham, or sausage..... \$2.25
Two eggs* \$2.15
Seasonal fruit cup..... \$3.50
Toast or English muffin/with spread.....\$1.25/\$1.75
Bagel/with spread..... \$1.25/\$2.25

Hash browns..... \$2.25
Corned beef hash..... \$3.95
Cinnamon roll..... \$1.95
Muffins.....\$1.95
Scones.....\$1.95

Croissant.....\$1.95
Flavored croissants..... \$2.50
Oatmeal.....CUP \$2.50 BOWL \$3.50
Bottomless coffee (decaf or regular)..... \$1.85

* These menu items may be served raw or undercooked. *Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions."



LUNCH

BREAD CHOICES

White, Whole Wheat, Rye,
Triple Seed**, Focaccia

WRAP CHOICES

Multi-Grain, Flour,
Spinach

** extra .25¢/slice

COMBOS

Soup & Sandwich

Any half sandwich and a cup of soup...\$7.25

Soup & Salad

A small ceasar or garden salad with a cup of soup...\$9.45.

Add .50¢ for chowder or chili

SALADS & SOUP

Garden Salad

Romaine lettuce, tomatoes, carrots, cucumbers, red peppers, red onion, sprouts, and croutons with your choice of dressing...small \$5.95/large \$6.95

Caesar Salad

Romaine lettuce, parmesan cheese, croutons, drizzled with Caesar dressing...small \$5.95/large \$6.95

Add Chicken salad, Tuna salad, turkey, roast beef, or ham...\$2.00

Dressings: Ranch, Italian, Balsamic Vinaigrette, Caesar

Soup of the Day

cup \$3.50/bowl \$4.50

Chowder or Chili

cup \$3.75/bowl \$4.95

Served with oyster crackers or bread

BEVERAGES

Fountain Soda.....\$1.25

Coke, Diet Coke, Sprite, Ginger Ale, Root Beer, Pink Lemonade

Smoothie.....\$4.05

Frappe.....\$4.29

Milk Shake.....\$4.29

Ice Cream Soda.....\$4.29

Root Beer Float.....\$4.29

HOT SANDWICHES

Pesto Veggie

Pesto, sun-dried tomato mayonnaise, tomatoes, red onions, red bell peppers, alfalfa sprouts, and melted provolone, on focaccia...\$7.25

Turkey Havarti

Roasted turkey, havarti dill cheese, sun-dried tomato mayonnaise, and tomatoes, on focaccia...\$7.25

Tomato, Spinach & Cheese

Swiss, provolone, baby spinach, and tomatoes, drizzled with balsamic vinaigrette, on focaccia...\$7.25

The Cuban

Smoked ham, turkey, Swiss cheese, white onion, dill pickles, tomatoes, and seasoned mayonnaise, on focaccia...\$7.25

Roast Beef and Cheddar

Prime roast beef, mayonnaise, sautéed white onions and mushrooms, with melted cheddar cheese, on white...\$7.25

One Hot Italian

Smoked ham, salami, provolone, tomatoes, red onions, pickles, mustard, Italian dressing, and mayonnaise, on focaccia...\$7.25

Grilled Ham and Swiss

Lean shaved ham, Swiss cheese, tomato, and honey Dijon mustard, on focaccia...\$7.25

Spicy Tuna Melt

Tuna, Jalapenos, pepper jack cheese, red peppers, red onions, on focaccia...\$7.25

Quesadilla

Your choice of roast beef, turkey or ham with jalapenos, pepper jack cheese, red peppers, red onions, and salsa fresca grilled in a flour tortilla...\$7.95

Bagel Delight

Your choice of bagel, sliced and toasted, topped with cream cheese, sliced tomato, sweet white onion, and dusted with lemon pepper...\$3.50

All sandwiches served with Cape Cod potato chips.

COLD SANDWICHES

Roasted Turkey Mozzarella

Oven roasted turkey, smoked mozzarella, lettuce, tomato, and sun-dried tomato mayonnaise, on wheat...\$7.25

Veritable Veggie

Homemade hummus, olive tapenade, lettuce, tomato, cucumber, red onion, red peppers, carrots, and alfalfa sprouts on triple seed...\$7.25

Prime Roast Beef

Prime roast beef, Swiss cheese, lettuce, tomato, red onion, and horseradish mayonnaise on triple seed...\$7.25

Albacore Tuna

The finest albacore tuna, light on the mayonnaise, dill pickles, celery, and seasonings with lettuce and tomato on white...\$7.25

Herbed Chicken Salad

All white chicken breast, mayonnaise, carrots, celery, fresh basil and garlic with lettuce and tomato on wheat...\$7.25

Turkey Club

Sun-dried tomato mayonnaise, turkey, tomato, lettuce, bacon, on toasted wheat...\$7.95

BLT

Four thick slices of apple cider bacon, tomatoes, lettuce, mayonnaise, on toasted white...\$7.25 Double decker...\$7.95

WRAPS

Left Coast Veggie

Cream cheese, Dijon mustard, cucumbers, tomatoes, lettuce, alfalfa sprouts, and avocado on a spinach wrap...\$7.25

Turkey Bacon Ranch

Roasted turkey, apple cider bacon, salsa fresca, lettuce and ranch dressing on a flour wrap...\$7.95

R & B Wrap

Roast beef, cheddar cheese, onions, red peppers, on a flour wrap...\$7.25

Spinach Wrap

Lettuce, red peppers, cucumbers, sprouts, tomatoes, carrots, and balsamic vinaigrette on a spinach wrap...\$7.25