



Breakfast Menu

Served every day, from 8 am – Noon

V = Vegan/No Cholesterol **VO** – Vegan/No Cholesterol Option

Irish Breakfast – 2 local eggs, fried in e.v.o.o., with sautéed mushrooms and tomatoes, served with roasted organic potatoes.

Eggs Florentine – 2 poached eggs, on a whole wheat English muffin, with organic baby spinach in a light cream sauce with Swiss cheese, served with roasted organic potatoes and sliced organic fruit.

Scrambled or Poached Eggs – 2 local eggs scrambled or poached as you please, served with a wheat baguette.

The Good Egg Sandwich – a fried local egg, with 2 strips of soy bacon on a wheat English muffin.

Omelettes – 3 egg omelette with your choice of three fillings and one cheese, served with a baguette or toasted wheat bagel.

Fillings: organic baby spinach, tomatoes, red onion, mushrooms, black olives

Cheeses: Mozzarella, cheddar, feta, swiss, basil-ricotta or queso blanco

V Tofu Scramble – Organic tofu, scrambled with organic baby spinach, red onion, black olives and herbs cooked with a little extra virgin olive oil, garlic and lemon. Served with a toasted wheat bagel, baguette or in a whole-wheat wrap.

Add breakfast bacon, soy sausage or roasted organic potatoes for an additional charge.

*******Weekends Only from 9 am to Noon*******

V Whole Grain Pancakes – Served with warm berries and pure maple syrup.

Add 2 strips of soy bacon or soy breakfast sausage for an additional charge.

French Toast – Our cinnamon infused egg dipped French Toast, with sautéed bananas and pure maple syrup.

Add 2 strips of soy bacon or soy sausage for an additional charge.

Thank you for supporting our efforts to bring organic, locally grown and natural foods to our community!

Enjoy your day!



Breakfast Menu

served all day

Organic, natural and sustainable, because it the best choice for now and the future.

Huevos or Organic Tofu Rancheros – 2 local eggs, or slices of organic tofu, poached in our homemade salsa topped with a sprinkle of mozzarella and cheddar cheeses, over trans-fat free and organic tortilla chips with sour cream.

Also available with our organic refried beans and homemade guacamole.

Uovo Rustica – 2 local eggs poached in our marinara sauce over a toasted baguette with a sprinkle of mozzarella.

Also available with 2 soy bacon strips or soy sausage.

Migas – 2 local eggs, or organic tofu, scrambled in our homemade salsa with a sprinkle of mozzarella-cheddar, over trans-fat free and organic tortilla chips with sour cream.

Also available with our organic refried beans and homemade guacamole.

Quiche – A savory custard-filled vegetable filled pie, in our piecrusts using organic trans-fat free shortening, served with a toasted baguette. Also available with 2 soy bacon strips or soy sausage. We won the Connecticut Magazine Award for it!

Fruit Smoothies – Choose either dairy or organic soy milk, or juice, 2 fruits, ice, organic wheat germ and locally produced honey. Fruits: blueberries, strawberries, raspberries, mango or bananas. Add our homemade yogurt, organic flax oil or protein powder.

Granola – Our homemade fruit and nut granola, made using the finest organic and natural ingredients. Served with sliced bananas, honey, organic wheat germ and milk.

Organic soy milk on granola also available.

Yogurt Parfait – Our homemade plain yogurt, assorted berries and our homemade granola.

Whole Wheat Bagel – with butter or organic cream cheese.

Muffins & Cupcakes – Made here from scratch.

Lithuanian Coffee Cake – Our signature cake.

*******Bring home a bag of granola, it makes a nice gift! *******



Salads

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Our house salad is made with organic mixed baby greens, sweet grape tomatoes, cucumbers, red onions, sunflower seeds, our homemade croutons and our homemade dressings.

Our dressings include:

Jalapeno – Chive Ranch, Creamy Parmesan Dill, **V** Carrot Ginger, Mango-Honey Mustard, **V** Herbal Vinaigrette, **V** Sesame Tahini, Lowfat Yogurt Dill and **V** Reduced Fat Balsamic Orange

V House Salad - available with sliced egg, tabulli salad or guacamole, cheddar & chips.

V Seasonal Salad – Organic Mixed greens w/ seasonal fruit, dried cranberries, candied walnuts & optional feta, w. balsamic vinaigrette.

V Mid-Eastern Salad – A house salad with tabulli and 2 falafel balls and pita halves. We suggest sesame tahini dressing.

V Spinach Mushroom Salad – Tender organic baby spinach, sliced mushrooms, tomatoes, onions, cucumber, sunflower seed and croutons.

VO Hi Protein Salad – Organic spinach mushroom salad with walnuts, raisins and mozzarella cheese.

VO Avocado Plus Salad – Organic spinach mushroom salad with avocado, egg salad or chipotle soy chicken or soy chicken salad.

Chef's Salad – Our house salad with avocado, sliced egg and grated swiss cheese.

Light Salad – Our house salad topped with soy chicken salad. Our soy chicken salad is made with carrots, celery and real mayonnaise.

Cheese Salad – Our house salad with your choice of cheddar, mozzarella, swiss or feta cheese.

VO Caesar Salad – Organic romaine leaves, our own delicious dairy-free miso dressing and our homemade croutons. Served with or without parmesan.

Greek Salad – Organic mixed greens topped with a mix of red and green peppers, red onions, broccoli, tomatoes, black olives, cucumbers and feta in lemon mint dressing.

VO S.S.B. – (Soup, Salad & Bread) A mug or bowl of soup, a house salad and our homemade bread.



Flat Bread Pizzas

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A 10" whole wheat tortilla with your choice of toppings:

Margarita – Marinara and mozzarella.

BBQ Soy Chicken – Spicy soy chicken with barbeque sauce, red onion and cheddar cheese.

Mediterranean – Organic baby spinach, red onion, tomato, feta cheese, and mozzarella.

Zio – Tomatoes, basil ricotta, hot cherry peppers, mozzarella and garlic oil.

Pesto Ricotta – Fresh basil ricotta, tomatoes and mozzarella.

Hot Open-Faced Bagel Sandwiches

All baked on a wheat bagel.

Pizza Bagel – Our own marinara sauce with mozzarella.

Sara's Dream – Sliced tomato and mozzarella.

Soy Chicken Salad Melt – Soy chicken salad, tomato and mozzarella.

Veggie Burgers

VO Our own grain, nut and vegetable burgers are served on our whole-wheat bun with organic baby greens, sliced tomato, red onion and a sample salad of the day

All American Burger – With cheddar cheese and mozzarella.

California Burger – With guacamole and melted cheddar.

Mushroom Burger – With mushrooms and melted swiss cheese.

Greek Burger – With feta and tzatziki.

Bistro Burger – With crispy soy bacon and melted swiss cheese.

Desserts

There's room for a little indulgence in every healthy diet. Incredibly delicious....and made with organic flour, fair trade sugar and other pure ingredients – and never any trans-fat since 2001.

Every day we bake cakes, pies, muffins, cookies and fruit crisps.

Don't miss our Lithuanian Coffee Cake®

Special Orders welcome.

Birthday cakes are our specialty.

Visit our website for the dessert menu, or just ask us. We're here to help.

www.clairecornercopia.com

Thank you for helping us to carry out our mission to support local & organic farmers for future generations.



Sandwiches

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Served with a sample salad of the day.

Add Chipotle soy chicken to any sandwich for an additional charge.

Choose from our vegan breads: whole wheat pita, French bread baguette, sliced whole grain bread, our organic wheat buns, wheat bagel or wheat wrap.

Pita sandwiches are big, overstuffed, eat with a fork sandwiches, filled with organic mixed greens, tomato, red onion and served with Sesame Tahini dressing.

VO Topo Gigio – Roasted Portobello cap, grilled tri-color peppers, red onion & mozzarella, sliced tomato, garlic and oil.

V Grilled Vegetables – With sun-dried tomato and feta pesto or Vegan spread.

V Soy Bacon BLT – With organic romaine, tomato, red onion, mayonnaise & soy mayonnaise available.

Ricotta Napoli – Fresh basil pesto ricotta, sliced tomatoes and melted mozzarella.

Soy Chicken Salad – Made with soy chicken, grated carrots, diced celery and real mayonnaise.

Egg Salad – Made with carrots and real mayonnaise.

Soup & Half Sandwich – A mug of soup and a half-pita sandwich. Choose from veggie pita, egg salad or soy chicken salad.

V Veggie Pita – A house salad in a pita.

V Tabulli Pita – A veggie pita with tabulli salad.

Feta Pita – A veggie pita with feta cheese.

V Falafel Pita – A house salad in a pita with 2 falafel balls. (Falafel is curried chickpeas fried in soybean oil).

Cheese Pita – Layers of house salad, veggies and your choice of melted cheddar, swiss or mozzarella cheese.

M & M Pita – Layers of salad veggies, melted mozzarella and mushrooms.

AMM Pita – An M & M pita with avocado.

Seasonal Sandwich – Changes daily.

VO C.L.T. – Chipotle soy chicken, organic romaine, tomatoes, red onion and mayonnaise or soy mayonnaise.



Mexican Favorites

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We make our own refries, guacamole, salsa, vegetarian chili and fillings

using organic beans and organic grains.

Nachos – A layer of organic corn chips with melted cheddar and mozzarella cheese.

Nachos & Refries - With our own organic refried beans.

Mike's Nachos – With refried beans and guacamole.

Nachos del Alma – With black olives, jalapenos, red onions, tomatoes and salsa.

VO Chili – Our stew of organic beans and brown rice, tomatoes, corn and chiles.

Tostado – A crisp corn tortilla topped with refries, melted cheddar and salsa, served over organic greens.

VO Huevos Rancheros – 2 organic or local eggs, or organic tofu, poached in our homemade salsa with melted cheddar and mozzarella cheese and sour cream over tortilla chips.

Mexican Lasagna – Layers of wheat and corn tortillas, refries, sour cream, cheddar cheese, corn, onions, organic spinach, carrots, mushrooms, zucchini and salsa.

Eggplant Veracruz – Breaded and pan-fried eggplant cutlets with cheese and salsa.

Enchiladas – Corn tortillas filled with sour cream, onions, corn, mushrooms, zucchini, carrots, organic spinach and cheese baked with salsa.

Challapita – A crisp corn tortilla topped with refries, guacamole and sour cream, served over organic greens.

Quesadillas – A big wheat flour tortilla turnover, served with our own salsa and sour cream.

Choose from:

- Organic spinach & tomato with queso blanco and a sprinkle of mozzarella.
- Guacamole and cheddar.
- Cheddar cheese
- Refries and cheddar
- Refries, cheddar and guacamole
- Chipotle soy chicken with cheddar

- Mixed vegetable (organic spinach, red onion, mushroom, tomato and cheese)

Burritos – a 10-inch wheat flour tortilla, with salsa and sour cream.

Choose from:

- **VO** Bean and cheddar
- **VO** Bean, veggie and cheddar
- **VO** Veggie, guacamole and cheddar
- **VO** Cornercopia burrito with beans, organic greens, cheddar and guacamole
- **VO** Chipotle soy chicken, organic greens and cheddar
- **VO** Burrito Grande – with everything above and organic brown rice