



APPETIZERS

HOUSE MADE SOUP	\$3.75 CUP	\$4.75 BOWL
GARDEN SALAD	\$4.95	
FRESH SHRIMP COCKTAIL	\$8.95	

RECESSION BUSTERS

Includes choice of cup of soup or salad and choice of bread

BAKED MACARONI & CHEESE	\$7.50
classic style mac & cheese served with vegetable du jour	
FISH & CHIPS	\$9.50
batter fried tilapia served with house made french fries and cole slaw	
BBQ MEATLOAF	\$9.50
served with mashed potatoes and vegetable du jour	

BREAKFAST ALL DAY

All egg items served with home fries plus toast, English muffin or bagel

TWO LARGE EGGS ANY STYLE	\$4.25
With ham, sausage or bacon	\$5.50

OMELETTES

3 eggs prepared with your choice of regular eggs, egg whites or egg substitute

PLAIN	\$4.95
STUFFED - Choice of ham, cheese, bacon, mushroom, bell pepper, onion or tomato	\$6.75
WESTERN - Ham, bell pepper & onion	\$6.75

BREAKFAST BURRITO \$6.95

Scrambled eggs with diced ham, peppers, onions and cheddar cheese
in a flour tortilla served with home fried potatoes and salsa

WILD MAINE BLUEBERRY PANCAKES \$7.75

Served with "Russell Farms" maple syrup, whipped butter and toasted pecans

HAMBURGERS

Char-broiled to order, we proudly serve all beef hand-patted burgers on a hard roll with coleslaw and pickle plus your choice of veggie sticks with hummus, fresh fruit, house fries or house chips

1/2 POUND PRO BURGER	\$8.95
1/4 POUND JUNIOR BURGER OR VEGETARIAN BURGER	\$6.50

ON-THE-HOUSE TOPPINGS

Lettuce - Tomato - Raw Onion - Alfa Sprouts - Pickled Jalapeno Pepper - Salsa

ADDITIONAL TOPPINGS \$1.25 EACH

American - Swiss - Cheddar - Mozzarella - Provolone - Bleu - Crisp Bacon
Sauteed Mushrooms - Sauteed Onions - Roasted Peppers - Avocado

IT'S A WRAP

On a grilled garlic herb tortilla with your choice of veggie sticks with hummus, fresh fruit, house fries or house chips

CHICKEN CAESAR WRAP \$9.75

Grilled chicken with romaine, crisp bacon, parmesan and caesar dressing

THAI CHICKEN WRAP \$9.95

Charbroiled chicken glazed in a spicy chili sauce, combined with crisp cucumbers, shredded carrots, lettuce all wrapped in a flour tortilla and finished with a tangy peanut sauce

WILTWYCK VEGGIE WRAP \$8.75

Mesclun greens with pesto, grilled eggplant, portobello, roasted peppers, fresh mozzarella and marinara dipping sauce

COBB WRAP \$9.75

Sliced turkey wrapped up with crisp smoked bacon, lettuce, tomato, chopped egg, blue cheese, and tossed with ranch dressing

HOUSE SALADS

Served with your choice of bread or daily muffin and dressing: vinaigrette, balsamic vinaigrette, thousand island, bleu cheese, low-fat ranch, parmesan-peppercorn, honey-dijon, caesar or creamy garlic

SPICY BUFFALO CHICKEN SALAD \$9.95

Buffalo style white meat chicken with field greens, wilted sweet onion, celery sticks, bleu cheese crumbles and tomato tossed with a low-fat ranch dressing

APPLE COBB SALAD WITH GRILLED CHICKEN \$9.75

Pre-tossed greens, thin sliced Granny Smith apples, chopped egg, bacon and bleu cheese in a low-fat ranch dressing topped with sliced grilled chicken

SALMON NICOISE SALAD \$10.50

Field greens tossed with North Atlantic salmon, baby beans, diced tomato, roasted potatoes, black olives & a creamy garlic dressing

WILTWYCK CAESAR \$5.75

Chilled romaine hearts tumbled with bacon, garlic croutons, parmesan cheese & caesar dressing
Top it with sliced, grilled chicken breast \$9.75

CHEF SALAD \$9.25 **JUNIOR** \$7.95

Chilled house greens tossed with julienne baked ham, roast turkey and Swiss cheese garnished with egg wedges and pear tomatoes and your choice of dressing

WILTWYCK MULLIGAN \$9.95 **JUNIOR** \$8.75

Fruits of the season plated with one choice of the following:
chicken salad, tuna salad, seafood salad, cottage cheese or frozen sorbet
Each additional choice add \$1.25

SHRIMP MULLIGAN \$12.95 **JUNIOR** \$9.95

PANINIS

Pressed and grilled specialty sandwiches on Tuscan bread served with coleslaw plus your choice of veggie sticks with hummus, fresh fruit, house fries or house chips

ITALIAN PORTOBELLO \$8.95

Grilled portobello mushrooms with roasted peppers, fresh mozzarella and basil pesto

TURKEY DIJON \$9.25

Roasted breast of turkey with Swiss cheese, coleslaw and honey mustard with a side of cranberry relish

THE SPARTAN \$9.75

Thinly sliced sirloin, roasted peppers, black olives and feta cheese with creamy garlic dressing

SAND-WEDGES

Available on white, whole wheat, rye, hard roll, pita or tortilla wrap, mayonnaise, lettuce, tomato with coleslaw and pickle plus your choice of veggie sticks with hummus, fresh fruit, house fries or house chips

SOLID WHITE TUNA SALAD	\$7.25	SEAFOOD SALAD	\$7.95
BACON, LETTUCE & TOMATO	\$5.95	EGG SALAD	\$5.95
ROAST TURKEY BREAST	\$7.25	CHICKEN SALAD	\$7.25
LIVERWURST & RED ONION	\$5.95	CORNED BEEF	\$7.25
SMOKED HAM	\$6.95		
Add choice of provolone, American, jack, cheddar, bleu or Swiss			\$1.25

CUP & A HALF \$6.95

BOWL & A HALF \$7.95
soup & half a sandwich from the above selection

WILTWYCK CLASSIC SAND-WEDGES

All served with your choice of veggie sticks with hummus, fresh fruit, house fries or house chips

TURKEY TRIPLE-DECKER CLUB \$9.75

Roast turkey layered with lettuce, tomato & bacon with mayonnaise

LEON'S DELIGHT \$8.95

Diced poached chicken breast & crisp bacon blended with mayonnaise on your choice of bread

SANTA FE CHICKEN GRILL \$9.75

Grilled chicken sandwich with cheddar cheese, cilantro, fire roasted red peppers, guacamole

REUBEN \$8.95

Hot corned beef with sauerkraut & Swiss cheese on grilled rye bread with thousand island dressing

TUNA OR SEAFOOD MELT \$9.95 JUNIOR \$6.95

Served warm with bacon, tomato & your choice of cheese on a toasted pita

GRILLED CHEESE \$5.25

Choose from provolone, American, jack, cheddar or Swiss, on your choice of bread

Add ham or bacon \$1.25