

Sweet Lew's

— CAFE —

BREAKFAST

Served All Day

“Serving Our Hometown Since 1990. Still Fresh. Still Local”

Pancakes

Dusted with powdered sugar

Blueberry Pancakes

Full Stack - 12 • Short Stack - 10

Banana & Wheat Germ Pancakes

Full Stack - 12 • Short Stack - 10

Chocolate Chip Pancakes

Full Stack - 12 • Short Stack - 10

Buttermilk Pancakes

Full Stack - 10 • Short Stack - 8

Topped with fresh strawberries or bananas (+3.5)

French Toast

Dusted with cinnamon and powdered sugar

Texas Toast French Toast

(Thick Slices) Full Stack - 11 • Short Stack - 9

Berry Berry Texas Toast

Texas toast topped with fresh blueberries and strawberries

Full Stack - 13.5 • Short Stack - 11

Add your choice of meats:

Bacon • Sausage Links • Sausage Patties • Ham
Pork Roll • Turkey Bacon • Turkey Sausage • Chorizo
\$4 Each

Breakfast Classics

Sub English muffin for toast (+1)

Sub fresh fruit cup for home fries (+2)

Two Eggs

Served with home fries and toast 8

Two Eggs

Served with meat, home fries and toast 11.5

Steak-N-Eggs

Grilled 8 oz. NY Sirloin steak, two eggs, home fries and toast 20.5

Hash-N-Eggs

Always homemade corned beef hash, two eggs & toast (no home fries) 13

SL Omelettes

Three egg omelette, home fries and toast

Sub egg whites (+2)

Cheese Omelette 10.5

Ham & Cheese Omelette 11.5

Wild West Omelette

Diced ham, peppers, onions and salsa 11

ROBS Omelette

Red onion, bacon and Swiss cheese 12.5

Veggie Omelette

Broccoli, cauliflower, carrots and mushrooms 11.5

Super Veggie Omelette

Egg whites, veggies, cheddar cheese and salsa 13.5

Wally Omelette

Egg whites with sauteed spinach, onions, mushrooms, and Pepper Jack. Semper Fi! 13.5

Your Way Omelette

Three egg omelette 9

Sub egg whites 2

House Items

Peppers • Onions • Broccoli • Cheese
Tomato • Red Onions • Mushrooms
\$1 Each

Premium Items

Roasted Red Peppers • Avocado (MP) • Spinach
Roast Turkey • Sausage • Bacon • Ham
Turkey Bacon • Turkey Sausage • Chorizo
\$2 Each

Morning Lineup

#1 Sunriser

Two eggs, toast, small juice and coffee (no home fries) 8.5

#2 Uptowner

Two eggs, toast, bacon AND sausage and home fries 11.5

#3 Mixed Grill

Two eggs with bacon, ham AND sausage.

Served with grilled tomatoes. Low Carb 12

#4 KD's Quick Start Sandwich

Two eggs, bacon, home fries and cheese on toasted

French bread with a small juice 10

#5 Downtowner

Two eggs, bacon, sausage and two buttermilk pancakes 11.5

♥ #6 Fresh Start

Egg-white omelette, open faced with sauteed spinach,

feta cheese, served with turkey bacon,

sliced tomatoes and dry 7-grain toast 13.5

#7 Lucky 7

Two eggs, two strips of bacon, one sausage patty,

two slices of Texas Toast French Toast 12.5

#8 Ham Quickie

Two eggs scrambled with lots of lightly grilled diced ham.

Served with sliced tomatoes, toast and coffee 11.5

#9 West Coast Frittata

Open faced, sauteed spinach, roasted red peppers,

sliced avocado, three-blend cheese.

Buttered English muffin and home fries 14

♥ Healthy & Delicious

Fresh Fruit

Bowl - 6.5 • Cup - 5

Bowl of Yogurt

Fresh berries and wheat germ 8.5

Oatmeal

Banana slices and brown sugar

Bowl - 8 • Cup - 6

Healthy Burrito

Broccoli, carrots, cauliflower and tomatoes scrambled with

egg whites, three cheese blend and salsa in

a whole wheat tortilla with fresh fruit cup 13.5

Jersey Strong Wrap

Egg whites, turkey bacon, tomato, avocado and feta cheese

in a whole wheat tortilla, served with fresh fruit cup 13.5

Egg White Frittata

Three egg whites, open-faced, spinach, tomatoes,

mushrooms, and feta cheese with dry English muffin

and fresh fruit cup 13.5

Avocado Toast

7-grain toast topped with mashed seasoned avocado,

drizzled with extra virgin olive oil 10

Topped with bacon and over easy eggs 13.5

Little Lew's

For our guests 10 and under
Served with a small juice or milk

One Egg

Served with home fries and toast

Two Slices of French Toast

Dusted with cinnamon and powdered sugar

Three Silver Dollar Pancakes

Add chocolate chips (+1)

Honey Bear Pancake

With a fruit face

Big Kid's Platter

One egg, French toast and bacon 8.5

Perfectly Poached

Served with home fries

Eggs Salchicha

Served on an English muffin with

sausage patties with jalapeno

and cheddar cheese sauce 14

Eggs Bandito

Served on grilled buttermilk biscuit

with Chorizo sausage and sliced avocado,

with Hollandaise sauce 16

Eggs Americana

Served on a grilled buttermilk biscuit with

ham and sliced tomato with

cheddar cheese sauce 15

Eggs Benedict

Served on an English muffin with

Canadian bacon and Hollandaise sauce 15

Sandwich Sensations

SL's Breakfast Burrito

Scrambled eggs, ham, peppers, onions, salsa with three

cheese blend and Tabasco in a flour tortilla,

served with home fries 12

The Rudy

Grilled turkey breast, egg whites, Pepper-Jack

on wheat roll 10.5

Big Dawg

Scrambled eggs, shaved ham, cheddar, home fries,

Tabasco, Dijon mayo on a wheat roll 10.5

Pork roll, egg & cheese on a hard roll 7.5

Bacon, egg & cheese on a hard roll 7.5

Side Kicks

Toast White, Rye, 7-grain 2.5

English Muffin 3

Homemade Muffins 4.5

Toasted Bagel with Butter 3.5

Toasted Bagel with Cream Cheese 4.5

Home Fries 4.5

Homemade Corned Beef Hash 7.5

New York Sirloin Steak 14

MEATS

Bacon, Sausage (links or patties), Ham, Pork Roll,

Chorizo, Turkey Bacon or Turkey Sausage 4

Sips

Coffee or Tea 3 • Add Flavored Syrup

(Hazelnut, Caramel or French Vanilla) 3.5

Herbal Tea 3.5

Hot Chocolate with whipped cream 3.5

Fountain Soda 3.5

Iced Tea Freshly brewed 3.5

Lemonade 3.5

Iced Coffee 3.5

Milk Large - 4.5 • Small - 4

Chocolate Milk Large - 5 • Small - 4.5

Old Fashioned Milk Shake 8.5

Juices • Orange, Cranberry, Tomato or Apple

Large 4.5 • Small 3.5

♥ HEART HEALTHY

Sweet Lew's

— CAFE —

Pre-Game

Split Pea with Ham Bowl - 6.5 • Cup - 5.5
Chili Bowl - 7.5 • Cup - 6.5
French Fries 6
Seasoned Waffle Fries 6
Sweet Potato Fries 6.5
Ecstasy Fries with chili, cheese and onions 9
Disco Fries with brown gravy and melted mozzarella 9
Monster Mash Home fries topped with chili and 3 cheese blend 8
Beer Battered Onion Rings 8
Small Garden Salad 7
Chicken Tenders with BBQ sauce 9 add French fries and coleslaw 12

The Green Room

Big Bowl Salad 9.5
Crisp, chilled greens loaded with garden veggies and garnished with chopped egg and olives
Two scoops of Chicken Salad or Tuna Salad (+4)
Mexican Salad 11
Chopped lettuce and tomatoes layered with tortilla chips, Sweet Lew's chili, lots of melted cheese, diced onions and olives. Fresh salsa and sour cream on request
Greek Salad 14.5
Sliced grilled chicken, tomatoes, cucumbers and sweet red onions atop crisp salad greens, sprinkled with feta cheese and olives. Served with a side of lemon vinaigrette
Asian Chicken Salad 14.5
Sliced teriyaki grilled chicken with Mandarin oranges, crispy noodles, sliced almonds and shredded carrots atop spring mixed greens. Sesame ginger dressing on side.
California Cobb Salad 14.5
Sliced grilled chicken over spring mix greens with sliced avocado, crumbled bleu cheese, bacon, tomatoes, alfalfa sprouts and hard boiled eggs
Chicken Caesar Salad 12.5
Your choice of crispy or grilled chicken atop chilled crispy greens tossed with diced tomatoes, homemade croutons, Caesar dressing and parmesan cheese
Sub Sirloin Steak (+7) or Salmon Filet (+6)
Dressings
Ranch • Russian • Fat Free Honey Mustard • Sesame Ginger
Balsamic Vinaigrette • Lemon Vinaigrette

Wrap It Up

Grilled on white or whole wheat wrap
Served with potato chips and pickles. Sub French fries (+2)

Sloppy Lew Wrap
Roast turkey, coleslaw, Russian dressing and Swiss cheese
(this one is not grilled)
Crispy Chicken Wrap
Crispy chicken filet, sliced and tossed with romaine, tomatoes and honey mustard dressing
Metro Wrap
Grilled chicken with fresh baby spinach, sun-dried tomatoes, red onions and feta cheese drizzled with lemon vinaigrette
Country Club Wrap
Roast turkey breast, bacon, lettuce, tomatoes and cheddar cheese with mayo
California Dreamin' Wrap
Grilled chicken, three cheese blend, spring mix greens, tomatoes, guacamole and red onions
Buffalo Chicken Wrap
Crispy chicken or grilled chicken tossed in our homemade Buffalo sauce with lettuce, tomatoes, and bleu cheese dressing

Your
Choice
13

Lighten Up!

Served with pickles and a fresh fruit cup

♥ **Sandy's Chicken Grill Platter** 12
Low carb special. Lightly seasoned tender grilled chicken breast (no roll), sauteed broccoli, roasted red peppers and garlic
Sub 8 oz. hamburger (+2)
♥ **The Garden Veggie Burger** 12
Flat grilled veggie burger on a toasted wheat roll with basil pesto sauce
♥ **Stuffed Portobello Sandwich** 13.5
Grilled portobello, basil pesto sauce, roasted red peppers, mozzarella cheese on a toasted wheat roll with sweet potato fries (no fruit cup)

♥ **HEART HEALTHY**
Sharing Charge \$2 • Items and pricing subject to change without notice.

LUNCH

Check Out Our Daily Specials

Charboiled Burgers

"BEST IN MONMOUTH COUNTY"
8 oz. Certified Angus Beef brand burgers.
Served on a toasted hard roll with romaine lettuce, tomatoes, red onions and pickles. French fries or side salad
Add Avocado - (MP) • Add Bacon - (+2.5)

Cheeseburger 13
American, Swiss, cheddar, Pepper Jack or mozzarella
Patty Melt 14
Charbroiled burger with American cheese and sauteed onions on grilled rye
The Lew Burger 14
Swiss cheese, sauteed mushrooms and onions
The BBB Bourbon Bacon Burger 15
Bourbon sauce, bacon and cheddar cheese, topped with an onion ring

♥ **Turkey Burger** 13
Lightly seasoned, juicy all white meat burger, charbroiled, served on a toasted wheat roll
Jack it Up ~ with Pepper Jack cheese and salsa 14
♥ **Guacamole Turkey Burger** 15
Turkey burger, mozzarella cheese and guacamole, served on toasted wheat roll

Hometown Crafted

Reuben 13
Corned beef with sauerkraut, topped with Swiss cheese. Broiled open faced on toasted rye with Russian dressing. Served with pickles
Grilled Tuna Melt 14
Tuna salad, American cheese, tomato on grilled 7-grain bread, served with sweet potato fries
Grilled Salmon Sandwich 15
Grilled Atlantic salmon filet served on a toasted wheat roll with roasted red pepper tartar sauce. Served with sweet potato fries
New York Sirloin Steak Sandwich 20
Fully trimmed tenderized steak topped with sauteed onions and Swiss cheese on toasted garlic bread with waffle fries
Garlic Cheesesteak 14
Philly-style. Homemade roast beef sauteed with mushrooms and onions, topped with mozzarella cheese on toasted garlic bread with waffle fries

Winner Winner

Crispy Chicken 12
Served on a soft roll with romaine, tomatoes, red onions and mayo, French fries.
Kickin' Chicken 14
Cajun-spiced grilled chicken breast with romaine lettuce on toasted garlic bread with Caesar dressing, Sweet potato fries.
SL's Cajun Chicken 14
Cajun grilled chicken breast, bacon, lettuce, tomato and mayo on toasted French bread with French fries
Add Pepper Jack cheese and guacamole (+3)
Grilled Chicken Lew 14
Grilled chicken breast, roasted red peppers and Pepper Jack cheese and balsamic glaze on toasted French bread with waffle fries

Handhelds

Choice of white, 7-grain, rye or hard roll. Served with homemade coleslaw, homemade potato salad or chips. Sub French fries (+2)
Romaine lettuce, sliced tomatoes available upon request.

BLT (fresh cooked bacon) 9.5
Roast Turkey 10.5
Deli Sliced Ham 10
Hot Corned Beef 11.5
Solid White Tuna Salad 11.5
Homemade Chicken Salad 10
Grilled Cheese 8.5
With tomato 9.5 • With tomato & bacon - 11

IN-HOUSE SPECIAL
A half sandwich with a cup of soup or salad, plus a beverage 12

Little Lew's

For our guests 10 and under
Served with French fries and small drink
Kiddie sundae add (+1.5)

Grilled Cheese • Hamburger
Chicken Tenders • Cheeseburger

Your
Choice
8.5