



EAST ROCK MENU

APPETIZERS

Yogurt Parfait **\$6.00**
Greek/Vanilla Yogurt with Granola &
Seasonal Fruits

Seasoned Waffle Fries **\$5.00**

Side Salad **\$6.00**

Arugula, Cherry Tomato, Sliced Avocado
& Sherry Vinaigrette

Avocado Crostini **\$7.00**

Avocado Mash, Capers & Cherry
Tomatoes

Fig & Pear Crostini **\$8.99**

Whipped Ricotta & Goat Cheese, Fig Jam
Honey, Roasted Pears, Walnuts, Drizzled
with Honey



PASTRIES

CROISSANTS

Blueberry Croissant (V) **\$3.50**

Spinach & Feta Bistro **\$3.50**

Plain Croissant **\$3.50**

Chocolate Croissant **\$3.50**

Raspberry Croissant **\$3.50**

Almond Croissant **\$3.50**

SCONES

Orange Cranberry **\$3.50**

Blueberry **\$3.50**

MINI MUFFINS

Apple Crumb Filled **\$1.00**

Salted Caramel **\$1.00**

MINI COOKIES

Chocolate Chip Brownie (V) **\$1.50**

Oatmeal Cranberry (V) **\$1.50**

MAIN COURSE

B.E.C Sandwich **\$7.00**
Two Sunny Side Up Eggs, Manchego
Cheese, Bacon

B.F. Grilled Cheese **\$8.49**
Crispy Bacon, Fontina Cheese and Fig
Chutney

Breakfast Quesadilla **\$7.50**
Fontina & Mozzarella Cheese, Bacon, &
Two Scrambled Cheese

Fontina Chicken Ciabatta **\$10.00**
Marinated Chicken, Bacon, Fontina, Sliced
Avocado, Roasted Red Peppers & Arugula

Prosciutto & Pear **\$10.00**
Sliced Prosciutto, Honey, Roasted Pear,
Arugula, Fontina & Mozzarella

Cheese Quesadilla **\$7.00**
Fontina & Mozzarella Cheese, Roasted
Red Peppers, Served w/Avocado Mash



SALADS

Seasonal Salad **\$10.00**
Arugula, Shredded Kale, Honey Roasted Pears,
Goat Cheese, Cranberry, Pomegranate & Sherry
Vinaigrette

Burrata Salad **\$12.00**
Two Burrata, served on a Salad of Arugula,
Cherry Tomatoes, Red Onion & Roasted Red
Pepper with a Balsamic Glaze & Chimichurri



VEGETARIAN

Chickpea Salad Sandwich **\$7.00**
East Rock Chickpea Salad & Arugula