



Breakfast

Substitutions (except where noted) are welcome, but a price adjustment may be necessary.

BREAKFAST CREATIONS

Breakfast Special: 2 eggs any style with toast and a choice of hash browns or bacon (Sorry, no substitutions)	5.40
Zeke: Scrambled eggs, onions, green peppers and American cheese on pita toast	5.90
Tee Jay: Scrambled eggs, ham and American cheese on pita toast	6.40
Elsie Combo: 2 fried eggs, 2 strips of bacon, mayo, American cheese, peanut butter** made into a triple decker sandwich on choice of toast	6.25
Crudley: Scrambled eggs, ham, tomatoes, mushrooms, onions, green peppers and cheese with a choice of toast on the side	8.30
Stacey: Scrambled eggs, tempeh and cheese with a choice of toast on the side	8.50
Tofu Scramble: Tofu scramble with broccoli, mushrooms and onions served with fruit and a choice of toast on the side	7.70
Mr. Stress: BLT, peanut butter**, mayo and American cheese on white toast	6.40
Maureen: Hash browns with broccoli, green peppers, onions and tomatoes	5.75
With Cheese	6.20

OMELETS

Served with your choice of toast and a side of fruit

Cheese: muenster & cheddar	7.05
Brian: Ham, cheese and onions	8.40
Beetle: Ham, cheese, onions, green peppers, tomatoes and mushrooms	8.75
Kelsey: Broccoli and cheddar cheese	7.60
John Z: Falafel, ham, cheese, onions, mushrooms, green peppers and tomatoes	9.25
The Fitz: 4 oz corned beef and cheese	10.25
Granny: Bacon and cheese	8.50
The Braun: Shrimp and cheese	10.50
Rachael Ray: Ham, cheese, onions, green peppers, mushrooms and broccoli	9.65
Kraig: Spinach, mushrooms and cheese	8.35
Gross: Sausage, onions and cheese	9.75

We make our own **Peanut Butter. It contains **NO** Salt and Sugar**

Many of our Breakfast Items are cooked with BUTTER.

PANCAKES AND MORE

3 Pancake Stack	4.75
Alexandra: One pancake topped with bananas and strawberries	3.90
Lisa: 3 eight inch pancakes topped with strawberries and choice of sour or whipped cream	7.20
French Toast	4.85
Belgian Waffle	4.50
With Strawberries	5.05
Dairy Free Toaster Waffles: 3 apple/cinnamon	4.85
100% Maple Syrup	Current Market Price

Our pancakes and waffles are made from scratch.

BREAKFAST SIDES

Toast Choices: white pita, wheat pita, white, wheat, rye, English muffin	1.90
Cinnamon Toast	1.99
Peanut Butter Toast **	2.55
Bagel (plain, wheat or cinnamon raisin)	2.40
With Cream Cheese	2.80
Hash Browns	3.50
Bacon (4 Strips)	2.90
Ham	3.50
Italian Sausage (Pattie)	3.50
Deli Sausage (Link)	3.50
Non-Meat Sausage Links (has egg whites)	3.90
Turkey Sausage	4.40
Oatmeal: Made from organic steal-cut oats-Not instant (whole, skim, rice, soy milk)	2.95
Granola: Homemade rolled oats, almonds, walnuts, sunflower seeds, flax seeds, raisins, and maple syrup (served with bananas)	3.40
Kashi: Oats, wheat, brown rice, rye, barley and sesame seeds served hot with bananas and a side of apple butter	3.40

Ask your server about any additional daily specials.

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Salads

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Dressing Choices: French, Loui, 1000 Island, Ranch, Lo-Cal, Blue Cheese, Balsamic Vinaigrette, Italian, Greek, Sesame Balsamic Vinegar \$.80 Olive Oil \$.90 Extra Dressing \$.60

Tommy's dressings are homemade and served on the side.

Tossed: Lettuce, tomatoes, carrots, celery and cheese	6.80	Jackson: Large lettuce tossed salad with egg, olives, pickles, falafel, mushrooms and sunflower seeds	12.75
Ed: Tossed salad with egg	7.20	Kalle: Large spinach tossed salad with 4 oz of turkey, olives, sprouts, broccoli and cauliflower	12.75 No Turkey 10.85
Fantasy: Tossed salad with egg and olives	7.75	Hailey: Large mixed greens tossed salad with cucumbers and grilled chicken breast	13.55
Ann: Tossed salad with tuna	8.90	Greek: Lettuce, tomatoes, green peppers, red onion, tofu feta (tofu, olive oil, lemon and spices) served with a side of homemade Greek dressing	8.40
Dagmar: Tossed salad with tuna and egg	9.45	Taco Salad: A deep fried whole wheat taco shell filled with lettuce, tomatoes, onions, black olives an TVP (Textured Vegetable Protein) served with a side of salsa	11.40
Susie: Tossed salad with ham	8.40		
Jim: Tossed salad with ham and egg	8.70		
Dale: Tossed salad with falafel	8.60		
Caitlin: Tossed salad with raisins and sunflower seeds	7.40		
Donna: Tossed salad with hummus and olives	8.75		
Joyce K: Tossed salad with tempeh salad	8.70		
Joy: Tossed salad with egg and baba	9.50		
Health: Tossed salad with eggs, olives and ham	8.50		
Cindy: Tossed salad with shrimp	10.50		
Dave: Tossed salad with egg, olives, pickles and baba	9.80		
Lauren: Spinach tossed salad with egg hummus, onion and bacon	11.15		
Marina: Large spinach tossed salad with hummus and baba	10.80		
Jesse: Large spinach tossed salad with egg, mushrooms, onion and olives	11.25		
With Bacon:	11.95		

Do you have a special GLUTEN dietary need?

For the past 41 years, Tommy's has been sensitive to our customers' dietary needs. For some people, following a gluten-free diet as a choice, but for those with Celiac Disease, it is a dire necessity. We take precautions in an effort to prevent gluten cross contamination by sanitizing surfaces and utensils, wearing gloves, dedicating a fryer well, etc. We have undertaken an ongoing and exhaustive examination of ingredient labels in order to compile a list of our menu items which comply with a multitude of dietary restrictions. Although we go to great lengths to prepare safe gluten free menu items, there is little we can do about gluten that is airborne. Because of this, we are changing all food labeled **Gluten-Free (GF)** to **Gluten-Sensitive (GS)**. Our main goal is to offer our customers a positive dining experience while meeting their dietary needs.

Enjoy your meal

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Lunch & Dinner

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APPETIZERS & SOUPS

Broccoli Risso: Broccoli, rice, mushrooms and cheese casserole served with a warm piece of pita bread **7.60**

French Onion Soup: Shitake mushrooms, onions, kombu, veggie broth, tamari, garlic, slice of French bread and topped with swiss cheese **7.75**

Black Bean Chili: Black beans, green peppers, onions, garlic, salsa, diced tomatoes and chili powder topped with scallions and served with your choice of corn muffin or pita **7.60**

Brown Rice & Veggies: Brown rice, carrots, kale, scallions, mushrooms and broccoli served with a side of tamari and toasted sunflower seeds **7.80**

Tamale Platter: 2 steamed tamales topped with black bean chili, tomatoes and green onions served on a bed of lettuce with a side of salsa **9.75**

Wellson: Sampler platter with 2 falafel balls, mini spinach pie, 1 scoop of hummus, 1 scoop of baba, a side of sesame tahini and pita **10.75**

HUMMUS & BABA GHANOUJ

Hummus: Chickpeas, sesame tahini, lemon and garlic made into a dip and served hot or cold and topped with veggies in a bowl with a side of pita or as a sandwich **8.50**
With cheese **8.90**

Spiked Hummus: Hummus, onions, peppers, black olives, tomatoes, BBQ sauce and cheddar cheese served hot with sour cream and two pieces of pita on the side **10.90**

Baba: Charbroiled eggplant, sesame tahini, lemon and garlic made into a dip and served hot or cold and topped with veggies in a bowl with a side of pita or as a sandwich **9.25**

AG: Baba with cheese **9.75**

FALAFEL

(All falafels served with veggies: sprouts, tomatoes & green peppers)

Falafel: Fried bean cake, veggies, onions and sesame sauce served on a pita **7.10**

EZ: Falafel, veggies, sesame sauce and cheese **7.60**

BW: Falafel, veggies, sesame sauce, cheese and mushrooms **7.90**

JJ: Falafel, veggies, sesame sauce, cheese and sunflower seeds **8.15**

DC: Falafel, veggies, sesame sauce, cheese, mushrooms and sunflower seeds **8.30**

Ceebee: Falafel, veggies, sesame sauce, cheese, sunflower seeds and hummus **8.95**

NS: Falafel, veggies, sesame sauce and baba **8.40**

Wildflower: Falafel, veggies, sesame sauce, mushrooms and baba **8.80**

Donovan: Falafel, veggies, sesame sauce, cheese, mushrooms and baba **8.95**

Bill Max: Falafel, veggies and BBQ sauce **7.10**

Rebel: Falafel, veggies, BBQ sauce and mushrooms **7.45**

Uncle Russ: Falafel, onion, American cheese and mayo (no veggies) **6.90**

Aunt Rose: Falafel, onion, American cheese, mayo and mushrooms (no veggies) **7.60**

Colleen: Falafel, bacon, cheese, sesame sauce, onions, sprouts, tomatoes and green peppers **8.35**
(Not Vegetarian!!)

WRAPS

AJ Wrap: Whole wheat wrap filled with black bean chili, pickles, lettuce and brown rice & veggies **10.50**

Jenny Wrap: Whole wheat wrap filled with chicken breast, black bean chili, cheddar cheese and brown rice & veggies **12.40**

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Lunch & Dinner

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ESCAROLE POTATO PIES & SPINACH PIES

Escarole & Potato Pie: Wheat dough stuffed with escarole, potatoes, onions and Italian spices	6.55
Escarole & Potato Pie with muenster cheese	6.95
Jane: Escarole & potato pie with cheese and broccoli	7.95
Spinach Pie: Spinach and onions baked in dough	6.45
Spinach Pie with muenster cheese	6.85
IRS: Spinach pie with cheese and mushrooms	7.40
Capetown: Spinach pie with cheese, raisins and mushrooms	8.60
DB: Spinach pie with mushrooms, veggies and sesame sauce	8.40
Ruth: Spinach pie with cheese, mushrooms veggies and BBQ sauce	8.75
Lindsay: Spinach pie with tuna, cheese, mushrooms, tomatoes and sunflower seeds	10.10
Mary Lynne: Spinach pie with hummus, cheese, olives, mushrooms and veggies	10.25
Paisano: Spinach pie with baba, cheese, mushrooms and veggies	10.30
Fred: Spinach pie with tuna, baba, cheese and mushrooms	10.60
MR: Spinach pie with falafel, cheese, mushrooms and sesame sauce	9.10
MR 2: Spinach pie with baba, cheese and mushrooms	9.30
MR 3: Spinach pie with falafel, baba, cheese, curry powder, mushrooms and sesame sauce	10.05
MR 4: Spinach pie with falafel, cheese, bananas, curry powder and sesame sauce	9.85

****Wheat spinach pies are also available****

*****Daiya or Lo-salt cheese may be substituted for an additional \$1.79*****

MEAT PIES

Meat Pie: Lamb&Beef and onion baked in dough	7.30
Meat Pie with muenster cheese	7.70
TG: Meat pie with mushrooms and cheese	8.55
Aunt Gay: Meat pie with cheese, sesame sauce and veggies	8.40
Big M: Meat pie with cheese, BBQ sauce and veggies	8.40
PR: Meat pie with cheese, falafel, sesame sauce and veggies	9.35
Keith: Meat pie with cheese, baba, falafel, curry powder, sesame sauce and mushrooms	10.20
Gordon: Meat pie with cheese, corned beef, BBQ sauce, mushrooms and veggies	11.75
Ralph: Meat pie with cheese, ham, BBQ sauce, mushrooms and veggies	9.95

TOASTED CHEESE

(All toasted cheeses served with lettuce, tomatoes and green peppers.)

Toasted Cheese: Muenster cheese with lettuce, tomatoes and green peppers on a pita	6.45
RJ: Toasted cheese with sunflower seeds	6.55
FF: Toasted cheese with mushrooms	7.50
Ripp: Toasted cheese with sunflower seeds and mushrooms	7.70
W. Zedd: Toasted cheese with sesame sauce	6.70
Zippy: Toasted cheese with sunflower seeds and sesame sauce	6.90
Quigley: Toasted cheese with 5 kinds of cheese	7.50
Quinn: Toasted cheese with 5 kinds of cheese, homemade peanut butter	7.90
Lite Toasted Cheese: Lo-salt & Lo-cholesterol Cheddar or Swiss cheese, lettuce, tomatoes and green peppers	8.60
Vegan Toasted Cheese: Cheddar or Mozzarella Daiya Cheese, lettuce, tomatoes and green peppers toasted on wheat pita	9.80
Judy: Toasted American cheese on white bread	4.85

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Lunch & Dinner

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TOFU & TEMPEH

Tempeh Salad Sandwich: Served cold on a wheat pita with tomatoes, sprouts and Vegenaise **7.25**

Becky: A wheat spinach pie stuffed with tempeh salad and cheese **8.95**

Lynne: Tempeh salad, sunflower seeds, onions, mustard and cheddar cheese toasted on wheat pita **7.90**

Delaney: Fried tempeh, spinach, mustard, sauerkraut, Swiss cheese and pickles grilled on rye bread **9.50**

Tempeh Burger: Served with lettuce, tomatoes, sprouts and pickles on a whole wheat bun **7.10**

Tempeh Burger with muenster cheese **7.50**

Tofu Salad Sandwich: Tofu, celery, onions, white miso, garlic, brown mustard, sprouts, tomatoes and a pinch of Vegenaise served cold on a wheat pita **7.40**

VEGGIE BURGERS & OTHER VEGETARIAN OPTIONS

Veggie Burger: Brown rice, scallions, carrots, garlic, parsley, onions and adzuki beans shaped into patties and fried served on a whole wheat bun with lettuce, tomatoes, red onions, sprouts and pickles **8.35**

Veggie Burger with cheese: **8.75**

Not Dog: Veggie version of a hot dog-made from tofu and spices. NO DAIRY/NO CHOLESTEROL! **3.90**

Mackenna: 3oz of seitan fajita strips, grilled onions and peppers, lettuce, tomatoes and salsa rolled in a pita **9.45**

Chick-Free Sandwich: A soy protein patty served on a wheat bun with lettuce, tomatoes and sprouts CONTAINS EGG WHITES!! **7.05**

Chick-Free with cheese **7.45**

Dee-Lite: Refried beans, garlic, chili powder, ginger, green peppers, green onions, mozzarella/provolone cheeses served warm on pita bread **8.15**

Tim's Boca Burger: (soy patty), grilled onions, tomatoes, lettuce and pickles on a wheat bun **6.80**

Tim's Boca Burger with muenster cheese **7.35**

Seitan Sub: 3 oz of seitan, Swiss cheese, green peppers, onions lettuce and tomatoes served with Italian dressing on a hoagie bun **9.75**

BBQ Seitan: 3 oz of seitan, BBQ sauce, lettuce and tomato served on a hamburger bun **8.55**

TUNA

Tuna Salad Sandwich: Tuna, lettuce, tomatoes and green peppers served cold in a pita **7.50**

Rah: Tuna, cheese and mushrooms served on toasted pita **8.40**

Uncle Gay: Tuna, cheddar cheese, mustard, sunflower seeds and onions served on a toasted pita **8.60**

AD: Tuna, falafel, mushrooms, cheese and tomatoes served on a toasted pita **9.25**

Georgia: Tuna, hummus, cheese, mushrooms and tomatoes served on a toasted pita **9.60**

SIDES & EXTRAS

Homemade Fries **3.79**

Dirty Chips **.99**

Brown Rice **2.89**

Falafel Chips **.40**

Fruit **5.75**

Pita **.60**

Falafel Balls **.85 (each)**

Hummus **3.75**

Tuna Salad **2.50**

Tempeh Salad **3.15**

Tofu Salad **2.50**

Chicken Salad **2.50**

Corn Muffin **.90**

Extra Dressing **.60**

Steamed Veggies **1.29**

Baba **3.95**

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Lunch & Dinner

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TURKEY & CHICKEN

TLT: 4oz of turkey, lettuce, tomatoes and mayo on toasted pita **7.90**

TLT with muenster cheese **8.30**

THC: 4oz of turkey with ham, cheese, lettuce, tomatoes and mayo on a toasted pita **8.90**

Steph: 4oz of turkey, ham, bacon, cheese, lettuce, tomatoes and mayo **9.50**

Chicken Salad Sandwich: Diced chicken, celery, cucumbers and poppy seeds mixed with homemade lous dressing served on a cold pita with lettuce and tomatoes **9.50**

Chicken Breast Sandwich: A grilled chicken breast, lettuce and tomatoes served on a hamburger bun with pickles and mayo on the side **8.60**

Chicken Breast Sandwich with muenster cheese **8.95**

ROAST BEEF & CORNED BEEF

RLT: 4oz of roast beef, lettuce, tomatoes and mayo on a toasted pita **7.95**

Benjamin Lee: 4oz of roast beef, cheese, lettuce, tomatoes and mayo on a toasted pita **8.50**

Corned Beef: served warm on a pita with a side of yellow mustard **7.75**

Silver: 4oz of corned beef, onions, pickles, mustard and cheese on a toasted pita **9.15**

TLW: 4oz of corned beef, scrambled egg, pickles, green peppers, onions and cheese on a toasted pita **10.50**

Cigar: 4oz of corned beef, onions, pickles, mushrooms, sesame sauce, mustard and cheese on a toasted pita **9.70**

Big Bear: 4oz of corned beef, BBQ sauce, pickles, onions, mustard, cheese and veggies on a toasted pita **9.50**

PIZZA BY THE SLICE

Cheese: **2.95**

Pepperoni: **3.45**

Veggie: Falafel, onions, green peppers, olives **6.10**

HOMEMADE FRIES: 12 oz of

intentionally unsalted fries **3.79**

BURGERS & HOT DOGS

Our hamburgers are cooked to required minimum temperatures. Upon request, we will cook your burger to your specifications; however, consuming raw or undercooked meat may increase your risk of foodborne illness.

Hamburger: with pickles on the side **4.75**

Cheeseburger: with pickles on the side **5.15**

Bacon Cheeseburger: with pickles on the side **6.15**

(lettuce & tomato side **1.29** burger works **1.99**)

Curt Burger: A bacon cheeseburger topped with grilled onions and mushrooms, lettuce, tomatoes and mayo **9.95**

Turkey Burger: Spiced turkey burger served with lettuce, tomatoes and pickles **6.50**

Turkey Burger with American cheese: **6.85**

Sharp Burger: Spiced turkey burger served on a hoagie roll with pizza sauce, mozzarella/provolone/parmesan cheeses, lettuce tomatoes and a side of pickles **10.75**

Hot Dog: all beef **4.35**

HAM & CHEESE, ETC..

Angelo: Ham and cheese, pepperoni, mushrooms, onions and veggies on a pita **8.10**

KS: Grilled ham and Swiss with lettuce and tomatoes on pita **7.05**

Chuckwagon: Ham and cheese toasted on a hamburger bun **6.15**

Curley: Grilled ham, Swiss and Colby cheeses, onions and green peppers on pita **7.35**

Torpedo: Assorted lunch meats, cheese, lettuce and tomatoes on a hoagie roll **10.45**
(may contain nuts)

BLT: Served on choice of bread with mayo **6.50**

TNT: Assorted lunch meats with 4oz of corned beef, cheese and veggies on a hoagie roll **12.75**
(may contain nuts)

Shawarma: Spiced lamb & beef, onions and tomatoes with sesame sauce or yogurt rolled in a pita (Chicken also available) **8.25**

Elaine: Flipsteak, BBQ sauce, cheese, mushrooms, onions, green peppers, lettuce and tomatoes on a toasted pita **9.30**

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Drinks, Desserts & Ice Cream

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MILKSHAKES & MALTS

Milkshakes: 20oz	4.99
Yogurt Milkshakes: 20oz	6.29
Malts: 20oz	5.49
Tofutti Shakes: vanilla or chocolate	6.99

VEGAN (Does contain soy!!)

ICE CREAM CREATIONS

Scoops & Cones: small	1.69
medium	2.59
large	2.99
Hot Fudge Sundae: vanilla ice cream	5.39
Ice Cream Sundae: chocolate/cherry syrup	4.99
Sorbet Frappe: sorbet and soda water	4.89
Ice Cream Sodas: 12oz	4.99
Floats: 10oz	4.39
Phosphates & Egg Creams:	
12oz	2.19
20 oz	2.49

Ice Cream & Milkshake Flavors: vanilla, chocolate, cherry, peach, strawberry, coffee, mocha, mint chocolate chip, root beer, black cherry, cookies & cream, moosetracks, cookie dough and black raspberry chip, lemon sorbet, raspberry sorbet (seasonal flavors available) (Some flavors are only available as milkshake flavors.)

Extras: carob, fresh banana, honey, strawberries, homemade peanut butter .75 blueberries .95

FOUNTAIN DRINKS

Coke, Diet Coke, Barq's Root Beer, Sprite, Dr. Pepper, Vernors, China Mist Iced Tea, Homemade Lemonade (All you can drink)	2.19
Kid's Fountain Drinks	1.49

JUICES

Orange Juice: 12oz	2.89	20oz	4.19
Grape Juice: 12oz	1.99	20oz	3.49
Tomato Juice: 12oz	2.30	20oz	3.49
V8: 12oz	2.89		
Apple Juice: 12oz	1.69	20oz	2.09
Cranberry Juice: 12oz	2.25	20oz	3.45
Grapefruit Juice: 12oz	2.30	20oz	3.49

MILK

Whole or Skim Milk 12oz	1.79	20oz	2.34
Chocolate Milk 12oz	1.89	20oz	2.44
Eden Soy Milk: vanilla (non-dairy)			2.60
Rice Milk: (non dairy & GS)			2.60

SMOOTHIES

Fresh Fruit Freeze (12oz): strawberries, bananas, orange juice, protein powder, and crushed ice served with a lemon wedge **5.15**

Power Smoothie (12oz): apple juice, bananas, blueberries, bee pollen, spirulina and crushed ice served with a lemon wedge **5.35**

HOT DRINKS

Coffee & Swiss Wash Decaf	2.29
Hot Chocolate: with whipped cream	1.65
Caffeinated Hot Teas: Lipton, Earl Grey, English Breakfast, Morning Thunder, Roastaroma and Green	1.99
Decaffeinated Hot Teas:	1.99

(Subject to availability, ask your server if you do not see your favorite flavor!)

Bengal Spice, Black Cherry Berry, Chamomile, Cinnamon Apple Spice, Country Peach Passion, Cranberry Apple Zinger, Lemon Zinger, Mandarin Orange Spice, Mint Magic, Peppermint, Raspberry Zinger, Red Zinger and Tangerine Zinger

TOMMYS HOMEMADE DESSERTS

Brownie	2.80
Brownie Monster: brownie with ice cream topped with hot fudge and whipped cream	4.90
Banana Bread (has nuts)	2.60
Carrot Cake	3.10
St. Gall's Kuchen: pound cake with rum and walnuts	3.95
BIP Special: Kuchen topped with strawberries and whipped cream	5.25
Vegan Cookies : Ask your server for flavors	2.95
Gluten Free Lemon Cookies	2.95
AJ's Energy Bars (peanut butter/almond or chocolate/almond)	3.15

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