



MENU

BREAKFAST | LUNCH | COFFEE & TEA | CAKES | COOKIES

www.mervescakes.com



www.flyingrollingpin.com

WE ARE OPEN

TUESDAY - FRIDAY
8:00AM - 4:00 PM
WEEKENDS
8:00AM - 3:00 PM

ALL-DAY BREAKFAST

THE BASIC

Egg and cheese sandwich. Classic and delicious

Add bacon, turkey bacon, ham or sausage +\$2.75. Add croissant +\$2

\$4.50

ONION, PEPPER, EGG & CHEESE

\$5.95

RICH MAN'S SANDWICH

Beef sausage, eggs and cheese

\$7.95

FANCY NANCY

Egg whites and avocado on multigrain toast

\$6.95

FANCIER AND NANCIER

Bacon, avocado, two poached eggs on toast

\$9.95

MEDITERRANEAN SANDWICH

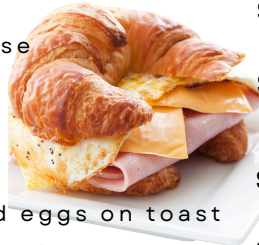
Feta cheese, olive paste, tomato, avocado and oregano

\$7.95

OPERATION GOOD LOOKIN'

Spinach, mushroom, pepper and egg whites on multigrain toast

\$7.95



SHAKSHUKA

\$10.75

with FETA + \$2

VEGGIE LOVIN' +\$2.5

(pepper, spinach, mushroom)

with BEEF SAUSAGE +\$3



SIMIT BOARDS

PLAIN SIMIT

\$4.00

with EGG, FETA, TOMATO, OLIVE PASTE

\$10.95

with BEEF SAUSAGE AND MOZZARELLA.

\$11.95

with AVOCADO, EGG AND TOMATO

\$10.95

with HUMMUS, EGGPLANT & REDPEPPER DIP.

\$12.95

BABAGANNUSH, AND EGG

PANCAKES

STACKED PANCAKES

\$11.95

Tower of four pancakes with maple syrup and butter

Chocolate Chip +\$1

THE NEWYORKER

\$14.95

Two pancakes, crispy bacon and two eggs any style



GOOD MORNING SUNSHINE

2 eggs any style with multigrain toast, butter, homemade jam and home fries OR mix greens

\$11.95



OMELETTES

* 3 eggs, home fries or side salad, toast, butter and homemade jam*

THE PLAIN

\$12.25

Good, old, plain omelette

ARIA'S OMELETTE

\$14.95

Mushroom, corn and mozzarella

THE MEDITERRANEAN

\$14.95

Feta cheese, tomato and Italian peppers

THE DELICIOSO

\$14.95

Potato, onion, pepper

THE POPEYE

\$14.95

Spinach and mozzarella

THE SEUSS

\$14.95

Ham and cheddar cheese

THE BALBOA

\$15.95

Beef sausage and melted mozzarella

THE FIT

\$15.95

Egg whites, turkey bacon and red peppers



THE ISTANBUL

\$14.95

Tomato, mozzarella, olive paste and seasoned simit pieces

THE HULK

\$15.95

Egg whites, spinach, pesto, roasted red peppers, mushroom and mozzarella





KIDDOS

- KIDDIE PANCAKES \$7.95
- GRILLED CHEESE \$5.95
- PANCAKES AND SAUSAGE \$8.95
- NUGGIES AND FRIES \$8.95
- HOMEMADE MAC AND CHEESE \$9.95

EMPANADAS \$4.75

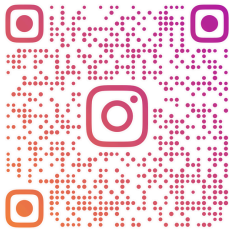
Beef

Chicken

Pizza



QUINIOA BOWLS



THE MEAT-BOWL \$14.95

Quinoa, beef meatballs with red sauce, spinach, tomatoes, mozzarella

IT'S GREEK TO ME \$14.95

Quinoa, chicken, greens, garbanzo beans, olives, carrot, tomato, mint, red onion, feta, tzatziki

POLLITO BOWL \$14.95

Quinoa, chicken, mix greens, black beans, corn, avocado, cheddar, tomatoes

BOWL OF CHAMPIONS \$14.95

Quinoa, bacon, eggs, ham, mix greens, mozzarella, avocado, sprinkle of flex seed

MEZZE BOWL \$14.95

Quinoa, mix greens, falafel, hummus, babagannush, eggplant-red pepper dip, tzatziki and tahini

THE VEGETARIAN \$14.95

Quinoa, mix greens, pepper, avocado, red onion, mushroom, spinach, carrot, chickpeas, hummus, cheddar

SALADS

HAPPY FARM SALAD \$14.95

Bacon, eggs, avocado, chicken, tomato, red onion, mix greens and cheddar with balsamic dressing

ITALIAN SALAD \$14.95

Mix greens, all beef meatballs with red sauce, fresh mozzarella, olives, sun dried tomatoes, balsamic

FALAFEL SALAD \$14.95

Mix greens, falafels, hummus, sun dried tomato, chopped tomatoes, fresh mint, tzatziki, tahini

CHICK FROM SOUTHWEST \$14.95

Mix greens, chicken, black beans, corn, avocado, tomato, cheddar, honey mustard dressing

SUPER SALAD \$14.95

Mix greens, quinoa, chickpeas, avocado, tomatoes, corn, shredded mozzarella, balsamic dressing

SANDWICHES

THE TUSCANY \$14.95

Chicken, fresh mozzarella, grilled red peppers, mix green, balsamic

BELLA BELLA \$13.95

Grilled mushrooms, cream cheese, caramelized onions, figs and walnuts with pomegranate sauce

CAPRESE GRILLED CHEESE \$13.95

Pesto, fresh mozzarella and tomato

AVOCADO LOVE \$14.95

Avocado, spinach, tomato, fresh mozzarella, balsamic

MEATBALL SAMMIE \$14.95

All beef meatballs with tomato sauce, mix greens and tomatoes

BLT WITH AVOCADO \$14.95

Bacon or turkey bacon, mix greens, tomato, avocado, mayo

BOTTOMS UP

Plant based milk +\$1

- TURKISH COFFEE \$3.25/\$5.25**
- SINGLE ORIGIN DRIP \$3.25/\$3.75**
- ESPRESSO \$3.25/\$4.25**
- SPECIALTY TEA \$3.25/\$4.25/\$10**
- CAPPUCINO \$4.25/\$5.25**
- CAFE LATTE \$4.50/\$5.50**
- LATTE VARIATIONS \$4.95/\$5.95**
Lavender, Caramel, Mocha, Vanilla, Pumpkin and more...
- AMERICANO \$3.95/\$4.95**
- FLAT WHITE \$4.50/\$5.50**
- CHAI TEA LATTE \$4.50/\$5.50**
Make it dirty with a shot of espresso +\$1
- CORTADO \$3.95**
- AUSSIE CAPPUCINO \$4.50/\$5.50**
- HOT COCO \$3.95/\$4.95**
- COLD BREW \$5.25/\$5.95**
- ICED TEA \$4.25/\$4.95**
- ICED CAPPUCINO \$5.25/\$5.95**
- ICED LATTE \$5.50/\$6.25**



Ask us about our desserts!

you are so cool!

