

BREAKFAST & LUNCH SERVED ALL DAY!



FRESH BAKED BAGELS...11.99 DZ

PLAIN • POPPY • SESAME • ONION • ET • ET WHEAT
GARLIC • MARBLE • PUMPERNICKEL • MULTIGRAIN
CINNAMON RAISIN • SALT • EGG • BIALY

CREAM CHEESE & SPREADS

Butter	1.99	Nova Cream Cheese	5.99
Honey Butter	2.99	Walnut Raisin Cream Cheese	3.99
Plain Cream Cheese	2.99	Low-Fat Plain Cream Cheese	3.99
Scallion Cream Cheese	3.99	Peanut Butter	3.99
Vegetable Cream Cheese	3.99		

PANCAKES, WAFFLES & FRENCH TOAST

Fruit Toppings for Pancakes, French Toast or Belgian Waffles Add 1.99

PANCAKES SHORT STACK (2)	7.49
PANCAKES (3)	9.49
CRUNCHY CHALLAH FRENCH TOAST "Legendary"	10.99
BELGIAN WAFFLE	8.99
CHICKEN & WAFFLE	12.99
ACE 1-1-1 BREAKFAST	9.99
1 egg, 1 pancake or french toast with 1 bacon & sausage Substitute 1 Belgian Waffle Add 2.00	

DEUCE 2-2-2 BREAKFAST	13.99
2 eggs, 2 pancakes or french toast with 2 bacon & 2 sausages Substitute 1 Belgian Waffle Add 2.00	

BREAKFAST SPECIALTIES

MATZO BRIE	9.99
MATZO BRIE with grilled onions	10.99
MATZO BRIE with nova & onions	15.99
AVOCADO TOAST	8.99
AVOCADO TOAST with Poached Eggs	10.99
AVOCADO TOAST with Sliced Nova	15.99
AVOCADO TOAST with Prosciutto	15.99
3 CHEESE BLINTZES with sour cream & fruit topping	10.99



**FRESH
FRUIT
YOGURT
PARFAIT**
with Granola
5.29

COFFEE, LATTE, SMOOTHIES & DRINKS

FRESH SQUEEZED GRAPEFRUIT JUICE....	1.99	2.99	3.99
FRESH SQUEEZED ORANGE JUICE	1.99	2.99	3.99
APPLE OR TOMATO JUICE	1.99	2.99	3.99
MILK REGULAR OR SKIM	1.99	2.99	3.99
CHOCOLATE MILK	2.29	3.29	4.29
FOUNTAIN SODA (FREE REFILLS)	2.99		
Coke, Diet Coke, Sprite, Seltzer, Root Beer, Lemonade & Raspberry Iced Tea			
BOTTLE SODA	2.29		
Coke, Diet Coke, Caffeine-Free Diet Coke, Sprite, Diet Sprite, Coke Zero, & Cherry Coke			
DR. BROWN'S CAN SODA	2.29		
Black Cherry & Cream (Reg or Diet), Cel-Ray & Root Beer (Reg)			
FRESH SQUEEZED BOTTLED JUICE	2.29		
Orange, Grapefruit, Tangerine, Lemonade, & Fruit Punch			
MINUTE MAID BOTTLE JUICE	2.49		
Apple, Cran-Apple, Raspberry, Ruby Red Grapefruit & Cran-Grape			

HOT BEVERAGES

House Blend Coffee (Reg or Decaf)	2.99
Flavored Coffee	2.99
Hot Tea or Herbal Tea	2.99
Americano Cafe	3.49
Cafe Cubano	2.99
Cafe Con Leche	3.99
Espresso	2.99
Cappuccino	3.99
Latte	3.99
Macciato	3.29
Mochaccino	4.29
Hot Chocolate	2.79

LATTES

Make it a Large Add 99¢

Vanilla/Mocha Latte.....	4.99
Heathbar Latte.....	4.99
Chai Latte	4.99

COLD BEVERAGES

Make it a Large Add 99¢

Iced Coffee/Tea.....	2.99
Iced Cappuccino/Latte.....	4.29
Iced Mochaccino	4.49
Yoo Hoo	2.49
Bottled Milk	1.99
Bottled Water	1.59
Fresh Lemonade	2.99
Vitamin Water or Power Ade	2.49
Red Bull	2.99
Bottled Peak Iced Tea	2.29
New York Egg Cream	3.49

CREAMY SMOOTHIES.....4.99

Design Your Own Smoothie! Choose Any 3 Flavors
MANGO • STRAWBERRY • BANANA • PINA COLADA • CHOCOLATE

SPECIALTY SMOOTHIES

4.99

BANANA SPLIT Strawberry, banana, ice cream
LAVA FLOW Piña colada, strawberry
STRAWBERRIES N' CREAM Strawberry, ice cream
HAWAII IO Piña colada, strawberry, pineapple
BANANA COLADA Piña colada, banana
CHOCOLATE KISS Ice cream, chocolate syrup
LOALA COLADA Piña colada, ice cream
BANANA BERRY FREEZE Strawberry, banana, ice cream

WINE

GLASS	BTL
WHITE WINE	
MONDAVI PINOT GRIGIO	5
MONDAVI CHARDONNAY	5
MONDAVI WHITE ZINFANDEL	5
COPPOLA DIAMOND CHARDONAY CA	8 20
ROSCATO PINOT GRIGIO Italy	8 20
MATUA VALLEY SAUVIGNON BLANC.....	8 20
New Zealand	
RED WINE	
MONDAVI MERLOT.....	5
MONDAVI CABERNET SAUVIGNON.....	5
OYSTER BAY PINOT NOIR Italy.....	8 20
STERLING VINTR MERLOT CA	8 20
JOSH CELLARS CABERNET SAUVIGNON CA.....	8 20

NOTICE: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

BOTTLED BEER

DOMESTIC

Bud/Bud Light	4.00
Ultra	4.00
Islamorada Local	5.00

IMPORTED

Corona/Corona Light	5.00
Heineken	5.00
Islamorada	5.00

DESSERTS

Muffin/Danish	3.29
Rugalach	3.99
Chocolate Pudding	2.99
Fruit Loop Square	2.99
Black & White Cookie.....	3.29
Chinese Marble Cookie ...	3.49
Chocolate Chip Cookie	3.49
Brownie	3.29
Rice Pudding	3.29

EGG PLATTERS & SKILLET



Platters & Jumbo 3 Egg Omelettes Include:

Choice of Home Fries, Grits, Oatmeal or Tomato Bagel, Toast or English Muffin • Plain Cream Cheese • Butter & Jelly
Substitute Grilled Vegetables Add 2.99
Flavor Cream Cheese Add 99¢ • Egg Beaters or Egg Whites Add 99¢

2 EGGS ANY STYLE	8.99
2 EGG & BACON, HAM OR SAUSAGE	10.99
POTATO SCRAMBLE no side choice	8.99
DICED HAM SCRAMBLE	9.99
CORNED BEEF HASH & 2 EGGS	11.99
HAM STEAK & 2 EGGS	12.99
ROUMANIAN STEAK & 2 EGGS	14.99
WESTERN SKILLET.....	11.99

Home fried potatoes, topped with sautéed onions, peppers, scrambled eggs, smoked ham topped with melted cheddar

DELI SKILLET	12.99
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Corned beef or pastrami over home fried potatoes, with eggs any style and melted Swiss cheese

SKIRT STEAK SKILLET	15.99
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Grilled skirt steak, eggs any style over potatoes, sautéed onions topped with chimichuri sauce and melted provolone



CREATE YOUR VEGGIE OMELETTE

Spinach • Broccoli • Green Pepper • Onion • Tomato
Mushroom • American Cheese

1 ITEM 9.99 ADD'L ITEMS 50¢ EA ALL ITEMS 11.49

3 EGG OMELETTES



PLAIN	9.99
AMERICAN CHEESE	10.99
WESTERN ham, onions & peppers	11.49
SPANISH fresh vegetables & salsa	11.49
NEO OR LEO with eggs & onions	14.99
DELI OMELETTE choose any 3 meats	14.99
SWISS, MÜNSTER, OR PROVOLONE	10.99
3 CHEESE	11.49
SPINACH & FETA	11.99
BACON, HAM OR SAUSAGE	11.49
HAM, AMERICAN & TOMATO	11.49
PEPPERS, SAUSAGE, & ONION	11.99
MUSHROOM & MÜNSTER	11.99
SALAMI	11.99
CORNED BEEF OR PASTRAMI	12.49

EGG SANDWICH

Served on Croissant or Pretzel Bun Add .99

EGG SANDWICH	4.99
EGG & CHEESE	5.99
EGG & CHEESE WITH MEAT	7.49
EGG, AVOCADO & HAVARTI ON PRETZEL BUN	7.99

EGGS BENEDICT

TRADITIONAL	11.99
NOVA	15.99
STEAK	14.99
PROSCIUTTO	13.99
GRILLED VEGGIE OR FLORENTINE	12.99



SMOKED FISH PLATTERS

Served on a bed of fresh lettuce, tomato, cucumber, onion with choice of bagel & any flavor cream cheese

NOVA SANDWICH open face or sandwich	12.99
with lettuce, tomato, onion & any flavor cream cheese	
PICKLED HERRING IN CREAM SAUCE	11.99
LOX OR NOVA	16.99
BAKED KIPPERED SALMON CHUNK	16.99
SMOKED WHITE FISH CHUNK	15.99
SMOKED SABLE	18.99
FISH PLATTER FOR 1 choice of any 3 Fish	28.99
FISH PLATTER FOR 2 choice of any 3 Fish	38.99



EXTRA SIDES

Bagel Chips	1.99
Knish Potato or Spinach	3.99
Fried Coney Island Style Potato.....	2.99
Dirty Potato Chips Any Flavor.....	1.29
Fruit Topping.....	1.99
Bacon or Sausage	3.29
Ham Slice.....	4.29
Ham Steak	6.29
Corned Beef Hash	5.99
Home Fries, Grits or Oatmeal	2.49
French Fries	3.49
Onion Rings or Sweet Potato Fries.....	4.99
Baked Beans.....	2.99
Cole Slaw, Potato or Macaroni Salad.....	2.49
Pasta Salad	2.99
Nova or Lox Slices 2oz	8.99
Pickle Fries with ranch dressing	5.99
Sauerkraut or Pickle	0.99

POTATO PANCAKES
(1) 3.29 (2) 6.49 (4) 11.99
served with apple sauce or sour cream

Plain Cream Cheese	1.99
Scallion or Veggie Cream Cheese	2.99
Cinnamon Cream Cheese	2.99
Nova Cream Cheese.....	3.99
Sour Cream	1.99
Low Fat Cottage Cheese - Scoop.....	3.99
Spanish Sauce	1.99
Sauteed Mushrooms	2.99
Tomato Slices	1.49
American Cheese	1.49
Swiss, Muenster or Provolone Cheese....	1.79
Smoked Gouda Cheese	2.49
Fresh Mozzarella or Brie Cheese ..	3.29
Oatmeal with raisins & brown sugar	3.99
Apple Sauce	2.99
Half Melon (in season)	5.99
Fresh Fruit Salad Bowl	4.99
Assorted Cold Cereal Cups	2.99

TOWER DELI CATERING • DINER

LUNCH SERVED ALL DAY

HOMEMADE SOUP BOWL QT

CHICKEN NOODLE.....	4.99	9.99
MATZO BALL	5.99	10.99
SOUP OF THE DAY.....	5.99	10.99
EXTRA MATZO BALL	1.29	



DELI MEAT SANDWICHES

Includes choice of coleslaw, potato, macaroni or pasta salad, pickle, choice of bread
Low Carb Wraps Available
Extra Lean Meats Add \$1

	5 OZ REG	8 OZ OVERSTUFFED
SALAMI	10.99	14.99
HARD SALAMI	11.99	15.99
HOT CORNED BEEF	13.99	17.99
HOT PASTRAMI	13.99	17.99
TURKEY PASTRAMI	11.99	15.99
HOT BEEF BRISKET	13.99	17.99
ROAST BEEF	13.99	17.99
TURKEY BREAST	12.99	16.99
SMOKED TURKEY	11.99	15.99
SMOKED TURKEY & BRIE	12.99	16.99
TONGUE	14.99	18.99
HAM VIRGINIA STYLE	11.99	15.99
HAM & ANY CHEESE	12.99	
CHEESE any flavors not grilled ...	8.99	



DELI SALAD SANDWICH OR WRAP PLATTER

EGG SALAD	9.99	10.99
TUNA SALAD	10.99	11.99
CHICKEN SALAD	10.99	11.99
WHITEFISH SALAD	11.99	13.99
SHRIMP SALAD	12.99	13.99
CHOPPED LIVER	11.99	12.99

Platters Includes: A jumbo scoop of our homemade salad on a bed of lettuce, vine-ripened tomatoes, cucumber, carrots, onions & olives with your choice of bread or bagel • Low Carb Wraps Available

MINI DOUBLE PLAY.....	14.99
Choice of any 2 Deli Salads or Deli Meats served on fresh mini rolls	
MINI TRIPLE PLAY	16.99
Choice of any 3 Deli Salads or Deli Meats served on fresh mini rolls	
Extra Lean or 1st Cut Meats & Hard Salami Add 1.99	

FROM THE GRILL

Served on a Challah Bun with fries and cole slaw, potato, macaroni or pasta salad, lettuce, tomato & onion by request
Add Sautéed Onions, Bacon, Mushrooms .99 EA

BURGER on a Challah Bun	11.99
CHEESEBURGER on a Challah Bun	12.99
GRILLED CHICKEN on a Challah Bun	11.99
CHICKEN & CHEESE on a Challah Bun	12.99
AMERICAN GRILLED CHEESE	9.99
Add Tomato	0.99
Add Bacon or Ham	1.49
Add Swiss or Muenster	0.99
TURKEY, AMERICAN & AVOCADO MELT	13.99
HOT DOG only, no side choice	5.49
HOT DOG & FRIES sauerkraut on request....	7.99
2 HOTDOGS & FRIES	13.49
PATTY MELT	12.99
on fresh grilled rye bread with american cheese & grilled onions	
TUNA MELT	12.99
on fresh grilled rye bread with american cheese & grilled onions	
TURKEY MELT on fresh grilled rye bread	13.99
with american cheese & grilled onions	
CHICKEN FINGERS	12.99
with fries, pickle, side salad & honey mustard, BBQ or sweet & sour sauce	
CORNED BEEF or TURKEY REUBEN	15.99
with Swiss cheese & sauerkraut	
PASTRAMI RACHEL	15.99
with Swiss cheese & sauerkraut	
B.L.T served with a pickle.....	10.99
Bacon, lettuce & tomato on toast	



SPECIALTY SANDWICHES

Served with Cole Slaw, Potato Salad, Macaroni Salad or Pasta Salad
Lettuce, Tomato, Onions, Sweet or Hot Peppers
-- BY REQUEST ONLY --

SPICY ROAST BEEF HERO	13.99
Roast beef, pepper jack cheese, lettuce, tomato & horseradish sauce	
ITALIAN COMBO HERO	12.99
Capicola ham, Genoa salami, pepperoni, lettuce provolone, sweet roasted peppers, & Italian dressing	
THANKSGIVING TURKEY HERO	13.99
Roasted turkey, cheddar cheese, sweet roasted peppers, lettuce & cranberry sauce	
HOT PHILLY "SKIRT" CHEESESTEAK	14.99
Grilled skirt steak with onions & peppers	
CHICKEN PARMIGIANA HERO	12.99
Breaded chicken breast with tomato sauce and melted mozzarella cheese	
NEW YORKER WRAP	13.99
Pastrami, swiss, cole slaw, roasted sweet peppers, lettuce & Russian dressing	
CHICKEN CAESAR WRAP	10.99
Grilled chicken breast tossed with croutons, crispy romaine, lettuce & Caesar dressing	
TURKEY RANCH WRAP	13.99
Sliced turkey breast, avocado, bacon, cheddar, lettuce & ranch dressing	
MEDITERRANEAN GRILLED CHICKEN WRAP.....	13.99
Grilled chicken, lettuce, tomato, cucumber, Feta, olives & hummus	
GRILLED VEGGIE CIABATTA	12.99
Grilled bell peppers, squash, onions, fresh mozzarella & pesto sauce	
CHICKEN ROMANO CIABATTA	13.99
Grilled chicken breast, sun dried tomatoes, provolone with field greens & lemon mayo	
HAM & BRIE CIABATTA	12.99
Black forest ham, Brie, roasted sweet peppers, field greens & honey mustard	
EGG SALAD CLUB	10.99
Crispy Bacon, lettuce & tomato on toast	
TURKEY BREAST CLUB	12.99
Crispy Bacon, lettuce & tomato on toast	
CHICKEN SALAD CLUB	11.99
Crispy Bacon, lettuce & tomato on toast	
TUNA SALAD CLUB	11.99
Crispy Bacon, lettuce & tomato on toast	

SIGNATURE PANINIS

Served Grilled & Hot With Field Salad

ITALIANO PANINI	11.99
Cappicola ham, Genoa salami, pepperoni & provolone cheese, with Italian dressing	
TUSCAN PANINI	11.99
Fresh mozzarella, vine ripened tomatoes with fresh basil pesto & field greens	
CHICKEN PESTO PANINI	11.99
Sliced pesto chicken breast with sundried tomatoes & mozzarella	
SOUTHWESTERN TURKEY PANINI	11.99
Cajun turkey breast, cheddar cheese, guacamole & ranch dressing	
ROAST BEEF MELT PANINI	11.99
Roasted beef, mushrooms, caramelized onions, roasted peppers, swiss & russian dressing	
TUNA & BACON MELT PANINI	11.99
Tuna salad with Swiss & bacon	
SMOKED TURKEY BRIE PANINI	11.99
with apple & honey mustard	
GRILLED PORTABELLO PANINI	11.99
with goat cheese, roasted peppers, & balsamic reduction	
GRILLED CHICKEN PARM PANINI	11.99
Grilled chicken, marinara, & mozzarella cheese	

CREATE YOUR OWN SUB or SANDWICH

2 Meats or Salads 14.99 • 3 Meats or Salads 16.99
Extra Lean or 1st Cut Meats & Hard Salami Add 1.99
Chips Add .99 • Fries Add 2.99 • Sweet Potato/Curly Fries 3.99

CHOOSE FROM THE FOLLOWING ITEMS
Lettuce, Tomato, Onion, Hot or Sweet Peppers, Cheese

YOUR CHOICE OF BREAD
Bagel, White, Wheat, Rye Bread, Kaiser Roll, Sub Roll, or 7 Grain Hero. Includes Pickle

CREATE YOUR OWN SALAD

BASE SALAD MIXED GREEN • ROMAINE • SPINACH.. 4.39
Chopped or Tossed

SALAD ITEMS99 EA
DICED TOMATOES • CHICKPEAS • GREEN PEAS • CELERY
SLICED PEPPERS • SLICED RED ONIONS • BROCCOLI • RAISINS
SLICED MUSHROOMS • ALFALFA SPROUTS • CUCUMBER
SHREDDED CARROTS • BEETS • MANDARIN ORANGES • CORN
CROUTONS • CHINESE NOODLES • BLACK OLIVES • WALNUTS
EGG WHITES • EGGS • ROASTED PEPPERS • SUNFLOWER SEEDS
PASTA SALAD • PARMESAN • CHEDDAR • SWISS • MUENSTER

DELUXE ITEMS 1.99 EA
AVOCADO • BACON • CHERRY TOMATOES • CRAISINS
SUNDRIED TOMATOES • BLUE CHEESE CRUMBLES

PREMIUM ITEMS 2.99 EA
FRESH MOZZARELLA • ALBACORE TUNA • TURKEY • FETA CHEESE
HERB GRILLED CHICKEN • CAJUN GRILLED CHICKEN • BBQ CHICKEN
BREADED CHICKEN • SMOKED TURKEY • BASIL PESTO CHICKEN

CHOICE OF DRESSING
GOLDEN ITALIAN • RUSSIAN • SESAME GINGER • BLUE CHEESE
HONEY DIJON • CAESAR • BALSAMIC VINAIGRETTE • FRENCH
GREEK • OIL & VINEGAR • CREAMY ITALIAN • RANCH

FAT FREE DRESSING: RASPBERRY • RANCH
LEMON HERB VINAIGRETTE



TOWER LIGHTER SIDE

*For Extra Lean Meats Add 1.59
Add Grilled Chicken, Tuna or Chicken Salad Scoop 4.49

CHEF SALAD	13.99
Fresh turkey, ham, roast beef, romaine lettuce, vegetables, egg & swiss cheese	
LARGE HOUSE SALAD	9.99
CAESAR SALAD	9.99
CHOPPED GARDEN SALAD	9.99
GREEK SALAD	12.99
Romaine lettuce with onions, olives, tomatoes, stuffed grape leaves, cucumber, Feta cheese & herb croutons	
COBB SALAD	14.99
Tossed salad with grilled chicken, bacon bits, blue cheese, hard boiled egg & avocado	
CHOPPED TURKEY CLUB SALAD	13.99
Turkey, bacon, muenster cheese, tomato, cucumber, onion, carrots, croutons over shredded greens	
TOMATO SUPREME	12.99
Egg, tuna or chicken salad in a tomato, with potato salad & cole slaw	
TURKEY SLIM LINE	12.99
Sliced turkey with fresh fruit salad & cottage cheese on a bed of lettuce	
DIET BURGER PLATE	13.99
Burger with choice of fresh fruit salad or raw veggies & large scoop of cottage cheese	

SALAD COMBO SPECIALS

SOUP & SALAD	12.99
1/2 DELI SANDWICH & SOUP OR SALAD	13.99
COTTAGE CHEESE & SALAD	11.99

FRESH FRUIT SALADS

FRESH FRUIT SALAD BOWL	4.99
1/2 CANTALOUPE OR MELON.....	5.99
COTTAGE CHEESE & FRUIT SALAD ...	10.99
COTTAGE CHEESE & HALF MELON ...	10.99
FRESH FRUIT SALAD OR MELON	13.99
with Scoop of Tuna, Egg or Chicken Salad	
FRESH FRUIT SALAD OR HALF MELON ...	13.99
with fresh Shrimp Salad on a bed of lettuce	

ASK US ABOUT CATERING YOUR NEXT EVENT!