

BREAKFAST & LUNCH SERVED ALL DAY!



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 3.99
Flavor Cream Cheese Add 1.49 • Egg Beaters or Egg Whites Add 1.49

- 2 EGGS ANY STYLE 10.99
- 2 EGG & BACON, HAM OR SAUSAGE 12.99
- POTATO SCRAMBLE *no side choice* 10.99
- DICED HAM SCRAMBLE 12.99
- CORNED BEEF HASH & 2 EGGS 14.99
- HAM STEAK & 2 EGGS 15.99
- ROUMANIAN STEAK & 2 EGGS 17.99
- WESTERN SKILLET 14.99

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

- DELI SKILLET 16.99

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

- SKIRT STEAK SKILLET 18.99

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 12.99 ADD'L ITEMS 99¢ EA ALL ITEMS 17.99

3 EGG OMELETTES



- PLAIN 11.99
- AMERICAN CHEESE 12.99
- WESTERN *ham, onions & peppers* 13.99
- SPANISH *fresh vegetables & salsa* 13.99
- NEO OR LEO *with eggs & onions* 16.99
- DELI OMELETTE *choose any 3 meats* 16.99
- SWISS, MÜNSTER, OR PROVOLONE 13.99
- 3 CHEESE 13.99
- SPINACH & FETA 13.99
- BACON, HAM OR SAUSAGE 13.99
- HAM, AMERICAN & TOMATO 14.99
- PEPPERS, SAUSAGE, & ONION 14.99
- MUSHROOM & MÜNSTER 13.99
- SALAMI 14.99
- CORNED BEEF OR PASTRAMI 16.99



FRESH FRUIT YOGURT PARFAIT
with Granola
5.29

BREAKFAST SPECIALTIES

- MATZO BRIE 11.99
- MATZO BRIE *with grilled onions* 12.99
- MATZO BRIE *with nova & onions* 17.99
- AVOCADO TOAST 10.99
- AVOCADO TOAST *with Poached Eggs* 12.99
- AVOCADO TOAST *with Sliced Nova* 17.99
- AVOCADO TOAST *with Prosciutto* 16.99
- ADD POACHED EGGS 2.99
- 3 CHEESE BLINTZES *with sour cream & fruit topping* 11.99

EGG SANDWICH

Served on Croissant or Pretzel Bun Add .99

- EGG SANDWICH 5.49
- EGG & CHEESE 6.49
- EGG & CHEESE WITH MEAT 7.99
- EGG, AVOCADO & HAVARTI ON PRETZEL BUN 8.99

EGGS BENEDICT

Served with Field Greens or Breakfast Side

- TRADITIONAL 13.99
- NOVA 17.99
- STEAK 17.99
- PROSCIUTTO 16.99
- GRILLED VEGGIE OR FLORENTINE 15.99



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* 14.99
with lettuce, tomato, onion & any flavor cream cheese
- PICKLED HERRING IN CREAM SAUCE 13.99
- LOX OR NOVA 18.99
- BAKED KIPPERED SALMON CHUNK 18.99
- SMOKED WHITE FISH CHUNK 17.99
- SMOKED SABLE 21.99
- FISH PLATTER FOR 1 *choice of any 3 Fish* 33.99
- FISH PLATTER FOR 2 *choice of any 3 Fish* 43.99



FRESH BAKED BAGELS...14.99 DZ

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

CREAM CHEESE & SPREADS

- Butter 3.29
- Honey Butter 3.29
- Plain Cream Cheese 3.99
- Scallion Cream Cheese 4.99
- Vegetable Cream Cheese 4.99
- Nova Cream Cheese 6.99
- Walnut Raisin Cream Cheese 4.99
- Low-Fat Plain Cream Cheese 4.99
- Peanut Butter 4.99

PANCAKES, WAFFLES & FRENCH TOAST

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

- PANCAKES SHORT STACK (2) 8.99
- PANCAKES (3) 10.99
- CRUNCHY CHALLAH FRENCH TOAST "Legendary" 12.99
- BELGIAN WAFFLE 9.99
- CHICKEN & WAFFLE 15.99
- ACE 1-1-1 BREAKFAST 11.99
1 egg, 1 pancake or french toast with 1 bacon & sausage
Substitute 1 Belgian Waffle Add 2.00
- DEUCE 2-2-2 BREAKFAST 15.99
2 eggs, 2 pancakes or french toast with 2 bacon & 2 sausages
Substitute 1 Belgian Waffle Add 2.00

COFFEE, LATTE, SMOOTHIES & DRINKS

- FRESH SQUEEZED GRAPEFRUIT JUICE 2.99 3.99 4.99
- FRESH SQUEEZED ORANGE JUICE 2.99 3.99 4.99
- APPLE OR TOMATO JUICE 2.99 3.99 4.99
- MILK REGULAR OR SKIM 2.99 3.99 4.99
- CHOCOLATE MILK 2.99 3.99 4.99
- FOUNTAIN SODA (FREE REFILLS) 3.99
- Coke, Diet Coke, Sprite, Seltzer, Root Beer, Lemonade & Raspberry Iced Tea
- BOTTLE SODA 2.49
- Coke, Diet Coke, Caffeine-Free Diet Coke, Sprite, Diet Sprite, Coke Zero, & Cherry Coke
- DR. BROWN'S CAN SODA 2.79
- Black Cherry & Cream (Reg or Diet), Cel-Ray & Root Beer (Reg)
- FRESH SQUEEZED BOTTLED JUICE 3.49
- Orange, Grapefruit, Tangerine, Lemonade, & Fruit Punch
- MINUTE MAID BOTTLE JUICE 2.79
- Apple, Cran-Apple, Raspberry, Ruby Red Grapefruit & Cran-Grape

HOT BEVERAGES

- House Blend Coffee (Reg or Decaf) 3.49
- Flavored Coffee 3.49
- Hot Tea or Herbal Tea 2.99
- Americano Cafe 4.29
- Cafe Cubano 3.79
- Cafe Con Leche 4.79
- Espresso 3.79
- Cappuccino 4.79
- Latte 4.79
- Macciato 4.79
- Mochaccino 4.79
- Hot Chocolate 3.49

LATTES

- Make it a Large Add 99¢
- Vanilla/Mocha Latte 5.99
- Heathbar Latte 5.99
- Chai Latte 5.99

COLD BEVERAGES

- Make it a Large Add 99¢
- Iced Coffee/Tea 3.99
- Iced Cappuccino/Latte 4.99
- Iced Mochaccino 5.29
- Yoo Hoo 2.79
- Bottled Milk 1.99
- Bottled Water 1.99
- Fresh Lemonade 3.49
- Vitamin Water or Power Ade 2.99
- Red Bull 3.79
- Bottled Peak Iced Tea 2.99
- New York Egg Cream 3.99

CREAMY SMOOTHIES.....6.99

- Design Your Own Smoothie! Choose Any 3 Flavors
- MANGO • STRAWBERRY • BANANA • PINA COLADA • CHOCOLATE
- SPECIALTY SMOOTHIES 6.99
- 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 6
- MONDAVI CHARDONNAY 6
- MONDAVI WHITE ZINFANDEL 6
- COPPOLA DIAMOND CHARDONAY CA 9 24
- ROSCATO PINOT GRIGIO Italy 9 24
- MATUA VALLEY SAUVIGNON BLANC 9 24
New Zealand
- RED WINE
- MONDAVI MERLOT 6
- MONDAVI CABERNET SAUVIGNON 6
- OYSTER BAY PINOT NOIR Italy 9 24
- STERLING VINTR MERLOT CA 9 24
- JOSH CELLARS CABERNET SAUVIGNON CA 9 24

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 6.00
- Ultra 6.00
- Islamorada Local 7.00
- IMPORTED
- Corona/Corona Light 7.00
- Heineken 7.00
- Islamorada 7.00

EXTRA SIDES

POTATO PANCAKES
(1) 3.99 (2) 7.99 (3) 11.99
served with apple sauce or sour cream

- Bagel Chips 2.29
- Knish *Potato or Spinach* 4.49
- Fried Coney Island Style Potato 3.29
- Dirty Potato Chips *Any Flavor* 1.59
- Fruit Topping 2.29
- Bacon or Sausage 4.29
- Ham Slice 4.99
- Ham Steak 7.99
- Corned Beef Hash 6.99
- Home Fries, Grits or Oatmeal 2.99
- French Fries 4.29
- Onion Rings or Sweet Potato Fries 5.29
- Baked Beans 3.29
- Cole Slaw, Potato or Macaroni Salad 3.29
- Pasta Salad 3.29
- Nova or Lox Slices 2oz 9.99
- Pickle Fries *with ranch dressing* 6.99
- Sauerkraut or Pickle 1.29
- Plain Cream Cheese 2.29
- Scallion or Veggie Cream Cheese 3.29
- Cinnamon Cream Cheese 3.29
- Nova Cream Cheese 4.29
- Sour Cream 2.29
- Low Fat Cottage Cheese - Scoop 3.99
- Spanish Sauce 2.29
- Sauteed Mushrooms 3.29
- Tomato Slices 1.99
- American Cheese 1.99
- Swiss, Muenster or Provolone Cheese 2.49
- Smoked Gouda Cheese 2.99
- Fresh Mozzarella or Brie Cheese .. 3.99
- Bowl of Oatmeal *w/raisins & brown sugar* .. 5.99
- Apple Sauce 2.99
- Half Melon (in season) 6.99
- Fresh Fruit Salad Bowl 5.99
- Assorted Cold Cereal Cups 3.29

DESSERTS

- Muffin/Danish 3.99
- Rugalach 4.29
- Chocolate Pudding 3.49
- Fruit Loop Square 3.99
- Black & White Cookie 3.99
- Chinese Marble Cookie ... 3.99
- Chocolate Chip Cookie 3.99
- Brownie 3.99
- Rice Pudding 3.99

TOWER DELI CATERING • DINER

BREAKFAST & LUNCH SERVED ALL DAY



HOMEMADE SOUP BOWL QT



- CHICKEN NOODLE.....6.99 11.99
- MATZO BALL6.99 11.99
- SOUP OF THE DAY.....6.99 11.99
- EXTRA MATZO BALL 1.79

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	12.99	17.99
HARD SALAMI	13.99	18.99
HOT CORNED BEEF	16.99	21.99
HOT PASTRAMI	16.99	21.99
TURKEY PASTRAMI	13.99	18.99
HOT BEEF BRISKET	16.99	21.99
ROAST BEEF	15.99	20.99
TURKEY BREAST	14.99	19.99
SMOKED TURKEY	13.99	18.99
SMOKED TURKEY & BRIE	14.99	19.99
TONGUE	18.99	23.99
HAM VIRGINIA STYLE	13.99	18.99
HAM & ANY CHEESE	14.99	19.99
CHEESE any flavors not grilled ...	9.99	

DELI SALAD SANDWICH OR WRAP PLATTER

EGG SALAD	10.99	12.99
TUNA SALAD	12.99	14.99
CHICKEN SALAD	12.99	14.99
WHITEFISH SALAD	13.99	15.99
SHRIMP SALAD.....	14.99	16.99
CHOPPED LIVER.....	13.99	15.99

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.....17.99
Choice of any 2 Deli Salads or Deli Meats served on fresh mini rolls
- MINI TRIPLE PLAY21.99
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 1.29 EA

- BURGER on a Challah Bun14.99
- CHEESEBURGER on a Challah Bun15.99
- GRILLED CHICKEN on a Challah Bun14.99
- CHICKEN & CHEESE on a Challah Bun15.99
- AMERICAN GRILLED CHEESE10.99
Add Tomato 1.29
Add Bacon or Ham 2.29
Add Swiss or Muenster 1.29
- TURKEY, AMERICAN & AVOCADO MELT15.99
- HOT DOG only, no side choice6.99
- HOT DOG & FRIES sauerkraut on request..10.99
- 2 HOTDOGS & FRIES 15.99
- PATTY MELT 15.99
on fresh grilled rye bread with american cheese & grilled onions
- TUNA MELT..... 15.99
on fresh grilled rye bread with american cheese & grilled onions
- TURKEY MELT on fresh grilled rye bread18.99
with american cheese & grilled onions
- CHICKEN FINGERS14.99
with fries, pickle, side salad & honey mustard, BBQ or sweet & sour sauce
- CORNED BEEF or TURKEY REUBEN21.99
with Swiss cheese & sauerkraut
- PASTRAMI RACHEL21.99
with Swiss cheese & sauerkraut
- B.L.T served with a pickle..... 13.99
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 HERO16.99
Roast beef, pepper jack cheese, lettuce, tomato & horseradish sauce
- ITALIAN COMBO HERO15.99
Capicola ham, Genoa salami, pepperoni, lettuce provolone, sweet roasted peppers, & Italian dressing
- THANKSGIVING TURKEY HERO15.99
Roasted turkey, cheddar cheese, sweet roasted peppers, lettuce & cranberry sauce
- HOT PHILLY "SKIRT" CHEESESTEAK17.99
Grilled skirt steak with onions & peppers
- CHICKEN PARMIGIANA HERO17.99
Breaded chicken breast with tomato sauce and melted mozzarella cheese
- NEW YORKER WRAP 17.99
Pastrami, swiss, cole slaw, roasted sweet peppers, lettuce & Russian dressing
- CHICKEN CAESAR WRAP 12.99
Grilled chicken breast tossed with croutons, crispy romaine, lettuce & Caesar dressing
- TURKEY RANCH WRAP..... 15.99
Sliced turkey breast, avocado, bacon, cheddar, lettuce & ranch dressing
- MEDITERRANEAN GRILLED CHICKEN WRAP..... 15.99
Grilled chicken, lettuce, tomato, cucumber, Feta, olives & hummus
- GRILLED VEGGIE CIABATTA 15.99
Grilled bell peppers, squash, onions, fresh mozzarella & pesto sauce
- CHICKEN ROMANO CIABATTA 16.99
Grilled chicken breast, sun dried tomatoes, provolone with field greens & lemon mayo
- HAM & BRIE CIABATTA 15.99
Black forest ham, Brie, roasted sweet peppers, field greens & honey mustard
- EGG SALAD CLUB 14.99
Crispy Bacon, lettuce & tomato on toast
- TURKEY BREAST CLUB 16.99
Crispy Bacon, lettuce & tomato on toast
- CHICKEN SALAD CLUB..... 15.99
Crispy Bacon, lettuce & tomato on toast
- TUNA SALAD CLUB 15.99
Crispy Bacon, lettuce & tomato on toast

SIGNATURE PANINIS

Served Grilled & Hot With Field Salad

- ITALIANO PANINI13.99
Cappicola ham, Genoa salami, pepperoni & provolone cheese, with Italian dressing
- TUSCAN PANINI13.99
Fresh mozzarella, vine ripened tomatoes with fresh basil pesto & field greens
- CHICKEN PESTO PANINI13.99
Sliced pesto chicken breast with sundried tomatoes & mozzarella
- SOUTHWESTERN TURKEY PANINI13.99
Cajun turkey breast, cheddar cheese, guacamole & ranch dressing
- ROAST BEEF MELT PANINI13.99
Roasted beef, mushrooms, caramelized onions, roasted peppers, swiss & russian dressing
- TUNA & BACON MELT PANINI13.99
Tuna salad with Swiss & bacon
- SMOKED TURKEY BRIE PANINI13.99
with apple & honey mustard
- GRILLED PORTABELLO PANINI13.99
with goat cheese, roasted peppers, & balsamic reduction
- GRILLED CHICKEN PARM PANINI13.99
Grilled chicken, marinara, & mozzarella cheese

CREATE YOUR OWN SUB or SANDWICH

- 2 Meats or Salads 17.99 • 3 Meats or Salads 21.99
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.. 5.99
Chopped or Tossed

SALAD ITEMS 1.29 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 2.99 EA
AVOCADO • BACON • CHERRY TOMATOES • CRAISINS
SUNDRIED TOMATOES • BLUE CHEESE CRUMBLES

PREMIUM ITEMS 3.99 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 1.99
Add Grilled Chicken, Tuna or Chicken Salad Scoop 4.99

- CHEF SALAD 17.99
Fresh turkey, ham, roast beef, romaine lettuce, vegetables, egg & swiss cheese
- LARGE HOUSE SALAD10.99
- CAESAR SALAD..... 10.99
- CHOPPED GARDEN SALAD 10.99
- GREEK SALAD 15.99
Romaine lettuce with onions, olives, tomatoes, stuffed grape leaves, cucumber, Feta cheese & herb croutons
- COBB SALAD 17.99
Tossed salad with grilled chicken, bacon bits, blue cheese, hard boiled egg & avocado
- CHOPPED TURKEY CLUB SALAD 16.99
Turkey, bacon, muenster cheese, tomato, cucumber, onion, carrots, croutons over shredded greens
- TOMATO SUPREME.....14.99
Egg, tuna or chicken salad in a tomato, with potato salad & cole slaw
- TURKEY SLIM LINE.....15.99
Sliced turkey with fresh fruit salad & cottage cheese on a bed of lettuce
- DIET BURGER PLATE.....15.99
Burger with choice of fresh fruit salad or raw veggies & large scoop of cottage cheese

SALAD COMBO SPECIALS

- SOUP & SALAD 14.99
- 1/2 DELI SANDWICH & SOUP OR SALAD 15.99
- COTTAGE CHEESE & SALAD 12.99

FRESH FRUIT SALADS

- FRESH FRUIT SALAD BOWL 6.99
- 1/2 CANTALOUPE OR MELON..... 6.99
- COTTAGE CHEESE & FRUIT SALAD ... 12.99
- COTTAGE CHEESE & HALF MELON ... 12.99
- FRESH FRUIT SALAD OR MELON 16.99
with Scoop of Tuna, Egg or Chicken Salad
- FRESH FRUIT SALAD OR HALF MELON ... 16.99
with fresh Shrimp Salad on a bed of lettuce

ASK US ABOUT CATERING YOUR NEXT EVENT!