

BREAKFAST

Served all day

Eggs and Scrambles

Most of our egg dishes are served with seasoned home fries and toast or substitute a side salad for 1.25 more.

Breakfast Special4.75
Two eggs, your way.

Pancake Special6.15
Two eggs, your way, plus two slices of soy bacon and two small pancakes! (Toast and home fries not included)

Big Man Special.....8.45
Three eggs scrambled with cheddar and two pieces of soy sausage.

Satisfaction Promise8.25
Two eggs scrambled with spinach, sun-dried tomatoes, pesto and feta.

Egg whites substitution: 0.75 extra per egg
Organic eggs substitution: 0.50 per egg
Tofu: 0.50 per egg, Tempeh: 1.00 per egg

Omelets

Our omelets are pan-fried, light and fluffy.
All are served with seasoned home fries and toast.

Cheese Omelet6.55
Our 3 egg omelet with your choice of cheese.

Mediterranean8.95
Fresh spinach, grilled onions, tomato, feta, and kalamata olives covered with basil pesto.

Aumlette Supreme.....8.45
Mushrooms, onions, tomato, and zucchini with cheddar.

Pesto and Goat8.95
Homemade basil pesto and goat cheese make this a popular favorite.

Mexican8.95
Three eggs with cheddar, guacamole, sour cream and salsa.

Sausage Gouda8.35
Chunks of sausage in smoked gouda cheese folded in a three egg omelet.

Create Your Own

Create your own Omelets.....5.75
(3 eggs)
or Scrambles4.75
(2 eggs)
Veggie ingredients0.75 each
Broccoli, onions, mushrooms,
tomatoes, zucchini, sun-dried tomatoes.
Cheddar, swiss, feta, and smoked gouda1.10 each

Special Ingredients1.45 each
Organic tofu, soy sausage, soy bacon,
basil pesto, goat cheese.

Vegan cheese1.95

Oatmeal

Plain3.95
With raisins4.55
Add bananas, blueberries or walnuts 0.75 each
Oatmeal Deluxe5.75
Our homemade oatmeal with bananas, blueberries, raisins, walnuts and cinnamon.

Pancakes

Our pancakes are multi-grain and gluten-free!
Full Stack7.25
Three of our delicious pancakes piled high!
Two Pancakes5.45
One Pancake2.95
Add bananas, blueberries or walnuts 0.75 each
Add whipped cream0.75

Pancake Deluxe.....7.25
Two pancakes with bananas, blueberries, strawberries and walnuts.
Real maple syrup add 0.95

Waffles

Plain4.95
Fresh waffle, lightly browned, yummy!
Waffle Deluxe7.25
Our waffle topped with bananas, blueberries, walnuts, and whipped cream!

Real maple syrup add 0.95

Breakfast Specialties

Eggs Benedict7.75
Two poached eggs and two slices of soy bacon covered with our own special hollandaise sauce, served open-faced on an English muffin, with home fries.

Eggs Florentine7.55
Two poached eggs over sauteed spinach covered with our own special hollandaise sauce, served open-faced on an English muffin, with home fries.
Add soy bacon 1.75

Huevos Rancheros.....5.95
Two grilled corn tortillas covered with black beans and melted cheddar, topped with two eggs over medium.
Deluxe Version7.55
Adds guacamole, fresh salsa and sour cream.

Tofu Scramble (vegan).....7.45
Marinated tofu, broccoli, zucchini, mushrooms, onions, minced garlic, spinach and tomatoes grilled together and served with home fries and toast.
Available with Mexican, Indian, Cajun or Italian seasonings.

Breakfast Wrap5.95
2 scrambled eggs, black beans, cheddar, brown rice and sour cream wrapped in a flour tortilla.
Deluxe Version7.75
Adds guacamole, fresh salsa, lettuce and tomato.

Breakfast Sandwich.....4.75
Two scrambled eggs with two slices of bacon, mayo and cheddar on a roll.

English Muffin Sandwich.....3.95
One scrambled egg with cheddar and one slice of soy bacon on an English muffin.

Fresh Juices

Orange, Carrot or Apple
Single item juiceSm 4.55 Lg 6.15
Mixed juiceSm 4.95 Lg 6.45

Grapefruit
Single item juiceSm 3.85 Lg 5.25
Orange & Grapefruit mixed juice....Sm 4.55 Lg 5.75

Green Juice
Cucumber, Celery, Kale,
Apple, LemonSm 6.55 Lg 7.95

Mega Mix
Add to any juice above:
Kale, Celery, Cucumber,
Ginger or Pineapple0.75 each item

Smoothies

Kale delight
Kale, banana, dates, walnuts,
almond milk6.75

Green of the forest
Kale, lettuce, celery, apple,
spirulina7.25
add avocado 1.00

My morning begins
Banana, blueberries, cacao nibs,
whey protein, almond milk5.95
add coffee 0.50

Simple smile
Strawberries, blueberries,
banana, milk, honey4.95
sub almond milk 1.00

Tropical nectar
Banana, pineapple, coconut milk,
fresh orange juice.....6.35

Cosmic harmony
Blueberries, banana, milk, cacao powder,
cacao nibs, peanut butter6.75
sub almond milk 1.00

LUNCH

Soups of the Day.....Sm 2.75 Lg 4.59

Burritos and Wraps

With side salad add 1.95
Add rice or home fries 1.75

Turkey Avocado Wrap.....7.65
Soy turkey, avocado, lettuce, tomato, red onion, swiss cheese and white sauce in a tortilla.

Burrito Supreme7.25
Black beans, brown rice, lettuce, tomato, fresh salsa, guacamole, cheddar and sour cream rolled in a multi-grain tortilla.
Vegan option: sub extra guacamole for sour cream and cheddar - add 0.95

Veggie Delight Wrap (Vegan)7.95
Broccoli, zucchini, mushrooms, tomato, spinach, black beans, brown rice, fresh salsa and guacamole in a multi-grain tortilla.
Add cheddar or swiss 1.10

Steak and Cheese Wrap7.65
Minced fripat, cheddar or swiss, brown rice, black beans, lettuce, tomato, onions and sour cream.

Bowls

Add 1oz fresh salsa to any bowl 0.95

Beans, Rice and Cheddar.....4.75
The Basic: Brown rice, covered with black beans and cheddar.

Beans, Rice, Cheddar and Salad6.95
Take *The Basic* with a nice salad on top!

Veggies, Beans and Rice (Vegan).....6.95
Your rice and beans with grilled veggies on top...yummy!

Tofu, Rice and Veggies (Vegan)7.45
Marinated tofu and veggies atop a bowl of rice.

Salads

House SaladSm 4.75 Lg 5.75
Lettuce, carrots, tomatoes, red cabbage, choice of dressing.
Add cheddar or swiss1.10
Add organic tofu1.45

Salad BouquetSm 6.50 Lg 8.75
Swiss cheese, sunflower seeds, walnuts and raisins on a bed of lettuce, tomatoes, carrots, and red cabbage.

Avocado SaladSm 6.95 Lg 8.95
Hearty chunks of avocado, tomato, cucumber and feta cheese on lettuce.

Sandwiches

Add side salad & ½ order of home fries, 2.95
Substitute gluten-free bread, 0.75 per slice

The Steak Burger.....5.97
Soy fripat, with melted swiss, tomato, carrots, cabbage, and lettuce in a pita.
Add soy bacon 1.75. Extra fripat 2.25

BLT4.95
Three slices of soy bacon, lettuce and tomato with mayo on whole wheat or rye bread.
Add egg 1.00 Add cheese 1.10 Add avocado 1.25

Steak on a Roll.....5.05
Soy fripat with cheese, grilled onions, lettuce and tomato on a whole grain. *Extra fripat 2.25*

California Burger8.55
Black bean burger with avocado, bacon, swiss cheese, lettuce, mayo and red onion on a toasted roll.

Turkey Club7.95
A triple decker sandwich with soy turkey, three slices of soy bacon, lettuce and tomato.
Add cheddar or swiss 1.10

Supreme Sandwich7.95
Soy fripat, cheese, one egg over hard, grilled onions, two slices of soy bacon, lettuce and tomatoes on a kaiser roll, bagel or toast. *Extra fripat 2.25*

Grilled Cheese3.95
Choice of cheddar, swiss or smoked gouda.
Add tomatoes 0.75. Add fresh pesto 1.45

Sides & Extras

Home fries 2.75
One egg 1.00
..... *Organic eggs add 0.50 per egg*
..... *Sub tofu add 0.50 per egg*
Gluten-free bread, one slice 1.50
Toast, two slices 1.50

Soy Sausage (2 slices) 2.85
Soy Bacon (3 slices) 2.75
Per slice Bacon or Turkey 0.95

Bagel with Butter 1.75
Bagel with Cream Cheese 2.25

Rice or Beans 2.75
Grilled Veggies 4.95

Fresh Salsa (2oz.) 1.95
Avocado (one quarter) 1.25
Homemade Pesto 1.45
Guacamole (2oz.) 1.95

Add cheddar or swiss to any dish 1.10
Add goat cheese to any dish 1.45

Beverages

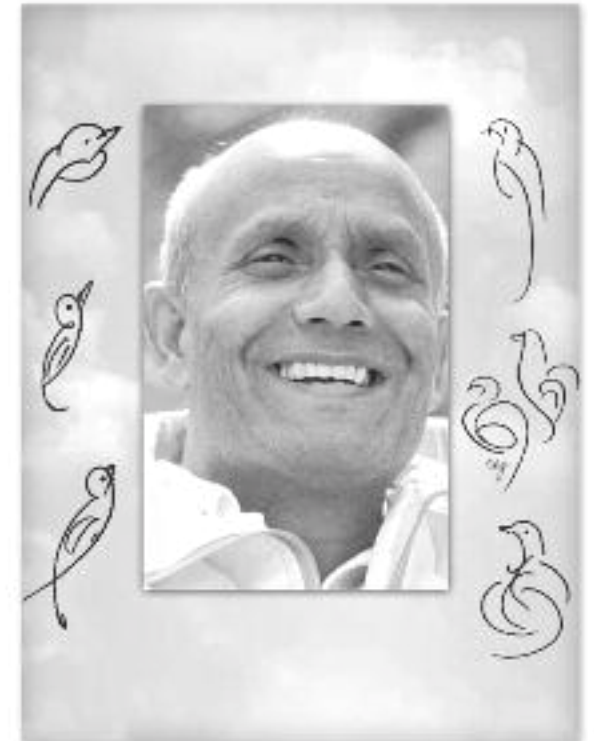
The Smile's Custom Arabica Coffee 2.00
unlimited refills (dine in only)

To Go Sm 1.65 Lg 2.10
Cold Brew Coffee 2.95
Black tea 1.75
Herbal and special blends 1.95
Pero 2.25
Hot Chocolate 1.95
San Pellegrino sodas 2.25
Seltzer water 1.65
Fiji water (500ml) 1.75
Fiji water (1 liter) 2.75
Coke or Diet Coke 1.75
Ginger Blast: *fresh ginger, fresh lemon juice, honey and a touch of cayenne pepper.*
Hot, or cold with seltzer. 3.75

Discover Breakfast Heaven!

Smile of the Beyond Vegetarian Diner

EST. 1972



86-14 Parsons Blvd., Jamaica, NY
718-739-7453

Open Seven Days A Week!
Monday - Sunday: 8 am - 3 pm

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WORLDWIDE MISSION OF SRI CHINMOY