THE
EPICUREAN
AT STERUP SQUARE

CAFE LUNCH MENU

Executive Chef ~ Dominique Brialy
Gold Award Winner, American Culinary Federation

Served Wednesday through Sunday
10AM to 5PM

FROM THE BAKERY

Plain or Sesame Bagel ~ with Cream Cheese ~ 2.99
with Cream Cheese, Smoked Salmon, Capers & Onions ~ 7.99

Croissant with Homemade Jam ~ 2.79

Chocolate or Almond Croissant ~ 2.29

Cinnamon Twist ~ 1.89

Cinnamon Roll ~ 2.29

Buttermilk Scone ~ 3.5

Feta & Spinach Croissant or Ham & Cheese Croissant ~ 5.5

SANDWICHES

~ Les Sandwiches ~

Served with Choice of One of the Following: Field Green Salad with Balsamic Vinaigrette, Chickpea Salad, Garlicky Potato Salad, Lentil Salad, or Kettle Potato Chips

Le Provençal ~ Chicken Breast Marinated with Herbes de Provence, Garlic, Olive Oil & Lemon Juice, Garlic-Infused Roasted Red Pepper, Lettuce & Balsamic Vinaigrette on Freshly Baked Ciabatta ~ 8.99

Le Parisien ~ Black Forest Ham & Butter on a French Baguette
Small ~ 5.95 Large ~7.99
Add Provolone, Cheddar or Swiss Cheese ~ .95

L'Italien ~ Fresh Mozzarella, Tomato, Romaine & Basil Pesto on Freshly Baked Ciabatta Bread ~ 9.99

Website: http://epicurean-ny.com Email: TheEpicureanNY@gmail.com Telephone: 518-663-8008

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Le Paysan ~ Prosciutto Di Parma, Garlic-Infused Roasted Red Pepper, Romaine, Cucumber & Pesto on Rustic French Baguette ~ 11.99

Le Végétarien ~ Garlic-Infused Roasted Red Pepper, Spring Mix Lettuce, Tomato, Carrots, Cucumber & Onions on a Spinach Wrap ~ 7.99
Add Provolone, Cheddar or Swiss Cheese ~ .95

Le Norvégien ~ Norwegian Smoked Salmon, our Sour Cream Sauce, Capers, Onions, Chives Garlic, Parsley and Herbes de Provence with Spring Mix Lettuce & Tomatoes on a Honey-Wheat Wrap ~ 12.99

BUILD YOUR OWN SANDWICH

Served with Your Choice of One of the Following: Kettle Chips or Potato Salad & a Kosher Dill Pickle

 # 1 Choose your meat

Baked or Smoked Turkey	~ 7.99
Roast Beef	~ 8.99
Pate	~ 9.99
Black Forest Ham	~ 7.99
Tuna Salad	~ 8.5
Smoked Salmon	~ 12.99
Grilled Chicken	~ 8.99
Camembert	~ 11.5

#2 Choose your Bread/Wrap ~ Wheat Bread, Marble Rye, Hard Roll, Wheat or Spinach Wrap

#3 Add a Cheese ~ Cheddar, Swiss, or Provolone

#4 Add a Trimmings ~ Lettuce, Tomato and Onion

#5 Finish with a Spread ~ Mayonnaise, Honey Mustard, Dijon Mustard or Russian Dressing

Substitution: 1/2 Sandwich and a Cup of Soup ~ 3.99
on Wheat or Marble Rye (Half Price according to your choice of Deli Sandwich)

SOUP & SALADS

Soupe du Jour
Cup ~ 3.99 Bowl ~ 4.99

La Verte ~ Field Green Salad with Tomato, Cucumber, Carrots with Balsamic Vinaigrette ~ 5.99
Add Grilled Chicken ~ 2.5
Add a Scoop of Tuna ~ 3.75

Salade Caesar ~ Romaine Salad with Homemade Garlic Croutons, Parmesan & Anchovies ~ 6.99
Served with Caesar Vinaigrette
Add Grilled Chicken ~ 2.5

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L'Épicurienne ~ Romaine Salad with Tomato, Cucumber, Walnuts, & Point Reyes Blue Cheese ~ 7.99
Served with Orange-Tarragon Vinaigrette
Add Grilled Chicken ~ 2.5
Add a Scoop of Tuna ~ 3.75

LIGHT FARE

Quiche du Jour ~ 7.5
Served with Field Green Salad and Balsamic Vinaigrette

Freshly Baked in a Croissant ~ 5.5
Black Forest Ham & Swiss Cheese
Feta Cheese & Spinach

Plain or Seasame Bagel ~ With Cream Cheese ~ 2.99
With Cream cheese, Smoked Salmon, Capers & Onion ~ 7.99

FROM THE GRILL

Grilled Cheese Sandwich ~ Swiss, Cheddar or Provolone on Wheat Berry or Marble Rye ~ 6.5
Served with Kettle Chips & Kosher Dill Pickle
Add Black Forest Ham ~ 1

Le Burger ~ Premium Lean Ground Beef Marinated with Montreal Steak Spices ~ 8.5
on Home Baked Hard Roll, Served with Lettuce, Tomato & Red Onion
Add Provolone, Cheddar, Mozzarella or Swiss Cheese ~ .95
Add Gouda or Blue Cheese ~ 1.5
Add Sauteed Onions or Mushrooms ~ 1

Les Legumes ~ Grilled Tomato, Onion, Mushroom, Zucchini, Yellow Squash ~ 10.99
& Red Peppers, Served with Field Green Salad

Le Poulet ~Chicken Breast Marinated with Herbes de Provence, Garlic, Olive Oil & Lemon, ~ 12.99
Served with Choice of: Field Green Salad with Balsamic Vinaigrette or Grilled Vegetables

Le Basa ~ Mild-Flavored White Fish Filet (SouthEast Asia) Marinated with Herbes de Provence, ~ 13.99
Lemon, Olive Oil & Garlic, Served with Choice of: Field Green Salad with Balsamic Vinaigrette or Grilled Vegetables

KIDS MENU AVAILABLE
Just ask your server

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BEVERAGES

~ Les Boissons ~

Freshly Squeezed Orange Juice
Small ~ 1.5 Large ~ 3.5

Epicurean Coffee ~ 1.75

Cappuccino
1 Shot ~ 2.75 2 Shots ~ 3.25

Cafe Latte
1 Shot ~ 2.75 2 Shots ~ 3.25

Harney Tea ~ Loose Tea in a Silken Sachet ~ 2.25

Bellagio Gourmet Hot Chocolate ~ 2.25

All Menu Items Available for Take Out or In-Cafe Dining

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