

BREAKFAST

CEREALS

Steel Cut Oatmeal.....	2.75
<i>served with banana,</i>	
<i>strawberry, or blueberry 4.00</i>	
<i>candied nuts .50</i>	
Greek Yogurt Parfait.....	4.75
<i>seasonal fruit & granola</i>	
Grits.....	2.50
<i>cheesy .50</i>	
Cereal.....	3.25
<i>served with banana,</i>	
<i>strawberry, or blueberry 4.50</i>	

FROM THE GRIDDLE

Belgian Waffles.....	4.50
<i>served with ice cream or</i>	
<i>seasonal fruit & whipped cream 7.50</i>	
French Toast.....	6.00
<i>sliced panella, served with cinnamon</i>	
<i>sugar & vermont maple syrup</i>	
Ricotta Pancakes.....	7.00
<i>served with apricot jam or nutella</i>	

Baked Goods

Muffins, Crumb Cake,
Danish, and Corn Bread 2.25

Bagel Platter
with smoked salmon, cream cheese,
lettuce, tomato, & onion
9.50

SIDES

Bracciole.....	5.00
Bacon.....	3.50
Sausage.....	3.00
Taylor Ham.....	3.50
Canadian Bacon.....	3.50
Turkey.....	3.50
Ham.....	3.50
Home Fries.....	3.25
French Fries.....	3.00
English Muffins.....	1.75
Buttered Roll.....	1.25
Buttered Bagel.....	1.75
Cream Cheese Bagel....	2.00
One Egg.....	.50
Toast.....	1.25
Fresh Fruit.....	3.00
Ice Cream.....	3.00
Whipped Cream.....	1.00

BREAKFAST

EGGS

Two Eggs Any Style.....	3.25
<i>served with toast & home fries</i>	
Three Egg Omelette.....	7.00
<i>served with toast & home fries</i>	
<i>pick two items from below:</i>	
<i>avocado, mushrooms, spinach, tomato, caramelized onion, broccoli rabe,</i>	
<i>roasted peppers, hot peppers, bacon, sausage, ham, taylor ham,</i>	
<i>american cheese, swiss cheese, cheddar cheese, & potatoes</i>	
<i>*any additional items 1.00 each*</i>	
Dio's Frittata.....	7.00
<i>made with seasonal vegetables & served with italian toast and side of fruit</i>	
Eggs Oscar.....	8.50
<i>two poached eggs & smoked salmon on english muffins with</i>	
<i>hollandaise sauce, served with home fries</i>	
Eggs Benedict.....	7.50
<i>two poached eggs & canadian bacon on english muffins with</i>	
<i>hollandaise sauce, served with home fries</i>	
The Bird.....	8.00
<i>pesto infused egg whites with portabello mushroom, crisped onion, fresh</i>	
<i>tomato, & avocado, served with toast and fresh fruit</i>	

BREAKFAST SANDWICHES

Breakfast Sandwich.....	4.25
<i>fried egg with taylor ham, bacon, or sausage, with american cheese on a</i>	
<i>kaiser roll</i>	
Egg Sandwich.....	2.00
<i>fried egg on a kaiser roll</i>	
<i>with cheese.....</i>	2.50

MY FAVORITES

The Christopher.....	7.50
<i>grilled pork, bracciole, two eggs, & arugula on french bread</i>	
The Sully Wrap.....	6.00
<i>fresh carved turkey, egg whites, & swiss on a whole wheat wrap</i>	
Belly Bustin' BLT.....	5.75
<i>bacon, lettuce, & tomato on a kaiser roll</i>	

LUNCH

SPECIALTY SANDWICHES

The Julia.....	8.00
<i>chicken cutlet, arugula, mozzarella, & roasted peppers on french bread</i>	
The Harry.....	7.50
<i>chicken cutlet, mozzarella, & Cyndia's Marinara on french bread</i>	
The Earl.....	8.50
<i>chicken cutlet, mozzarella, & sauteed broccoli rabe on french bread</i>	
The Junior.....	8.00
<i>chicken cutlet, provolone, & sauteed spinach on french bread</i>	
The Gabriella.....	8.00
<i>grilled chicken, avocado, bacon, lettuce, & tomato on french bread with aioli mayo</i>	
Cubano.....	7.50
<i>10 hour slow roasted pulled pork, marinated in Cyndia's special mojo sauce, with ham, swiss cheese, pickles & mustard</i>	
The Grump Burger.....	7.00
<i>8 oz. sirloin burger served with lettuce, tomato, onion, & choice of cheese on a kaiser roll</i>	
Chrissy's Portabello.....	7.00
<i>portabello mushroom, with choice of cheese, roasted peppers & arugula on a kaiser roll with creamy balsamic</i>	
The Danielle.....	8.00
<i>sliced rib eye, with peppers, onions, potatoes, & provolone on french bread</i>	
The Gerardo.....	7.50
<i>fried meatballs, lettuce, tomato, onion, provolone, oil & balsamic vinegar on french bread</i>	
The Nana GiGi.....	8.00
<i>meatballs, fresh mozzarella, & Cyndia's marinara on french bread</i>	
The Carrie.....	7.50
<i>hot pastrami, with swiss, on rye or french bread</i>	

all sandwiches served with a pickle and coleslaw
 BREAD TYPES: white, wheat, rye, whole wheat wrap, french bread, kaiser roll

SANDWICHES

Cyndia's Italian.....	8.00
<i>ham, salami, provolone, lettuce, tomato, onion, oil & vinegar on french bread</i>	
Fresh Joe.....	8.50
<i>house made turkey & roast beef triple decker with swiss cheese, coleslaw, & russian dressing on rye bread</i>	
Chicken Salad.....	6.00
<i>chicken salad with lettuce, tomato, & onion on your choice of bread</i>	
Thelma's Tuna.....	6.00
<i>tuna, tomato, choice of melted cheese, on choice your of bread</i>	

THE GRILLED CHEESE BOARD

The Classic.....	5.00
<i>american cheese with your choice of bread</i>	
Spinach Melt.....	7.00
<i>sauteed spinach, bacon, pecorino romano, & provolone cheese on sliced panella</i>	
Rockin' Reuben.....	8.00
<i>pastrami, swiss, & sauerkraut served with house made russian dressing on grilled rye bread</i>	
Monte Cristo.....	8.00
<i>carved ham, turkey, & melted swiss cheese on french toast</i>	
Patty's Melt.....	8.00
<i>8 oz. sirloin burger, swiss cheese, caramelized onions, pickle, & ketchup on your choice of bread</i>	

any additional items 1.00 each
 bacon, avocado, hot peppers, caramelized onions, mushrooms, fried sliced potatoes, cheese

SALADS

Warm Spinach Salad.....	7.00
<i>spinach with poached egg, bacon, red onion, & mushrooms</i>	
Chef Salad.....	8.00
<i>romaine lettuce, turkey, ham, roast beef, swiss, hard boiled egg, red onion, & tomato</i>	
Cobb Salad.....	8.00
<i>romaine lettuce, sliced chicken cutlet, sweet corn, tomato, bacon, cheddar, hard boiled egg, & red onion</i>	
Caesar Salad.....	7.00
<i>romaine lettuce, sliced grilled chicken, & croutons</i>	

Cyudia's

169 Union Boulevard, Totowa, NJ
Breakfast, Lunch, and Catering

Hours: Mon-Fri 6am-4pm

Sat 7am-3pm

Sun 7am-1pm

phone: (973) 925-7778

fax: (973) 925-7717

We Deliver Mon-Sat

SIDES

5 Cheese Mac N Cheese.....	6.00
<i>swiss, provolone, cheddar, american, & ricotta</i>	
Fried Sliced Potatoes.....	3.00
French Fries.....	3.00
<i>served with aioli mayo & ketchup or malt vinegar</i>	
Onion Straws.....	3.00
<i>served with chipotle mayo</i>	
Sauteed Spinach.....	5.50
Sauteed Broccoli Rabe.....	6.50
Dolly's Mashed.....	4.50
<i>savoy cabbage, potatoes, olive oil, with hot cherry peppers</i>	
Joe The Farmer's Long Hots.....	2.50
<i>italian peppers oreganata style</i>	

BEVERAGES

Coffee.....	1.25/1.75	Fountain Soda.....	2.00
Raspberry Coffee.....	1.50/2.00	Canned Soda.....	1.25
Hazelnut Coffee.....	1.50/2.00	Powerade.....	2.25
Iced Coffee.....	2.00/3.00	Apple Juice.....	2.25
Green Tea.....	2.00/3.00	V8.....	2.25
Flavored Tea.....	1.50/2.00	Bottled Water.....	1.25
Herbal Tea.....	1.25/1.75	Rootbeer Float.....	3.00
Hot Chocolate.....	1.25/1.75	Milkshake.....	4.50