

Breakfast

Available until 11:30, 1pm weekends
Sub egg whites +1.95

Vegetarian & Eggs

- Our Cashew Granola & Fruit** 4.50
Steel-cut Oatmeal & Fruit 4.95
Eggs Florentine 11.95 two eggs, creamed spinach, toasted baguette
Cheesy Grits with Mushrooms 8.95 add eggs +1.90
BB Breakfast Bowl 8.95 two eggs, black beans, seasoned farro, pickled carrots, radish, avocado, shichimi
Crispy Polenta & Jam 9.95 two eggs, fried cheesy polenta, homemade jam
Colcannon Potato Cakes & Eggs 8.95 Two potato cakes (mash, cream, butter, kale, cabbage, garlic) dusted in seasoned rice flour and fried; two eggs as you like, side of greens
Migas Scramble 11.95 spicy scramble with black beans, onions, jalapenos, peppers, tomatoes, cilantro, cheese, corn tortilla strips

Eggs & Meats

- Breakfast Sandwich** 3.95 Brioche roll, egg & cheese; add ham or bacon +.50; Irish bacon or sausage, +.75; croissant +1, Gruyere +.95, avocado +1.95
Tuxedo Breakfast 8.95 two eggs, bacon, greens and bread
Quiche Lorraine 9.95 Irish bacon, bacon, leeks & gruyere cheese
Eggs Maryland 13.95 two eggs, crab cakes, toasted white, remoulade
Huschwaring Breakfast 9.95 breakfast casserole with homemade sausage, potatoes, kale, cabbage & cream cheese, 2 eggs
Lower West Side Breakfast 11.50 two eggs, our smoked whitefish salad, greens & bread; +smoked salmon, \$3

Omelets & Scrambles available all day served with greens & bread

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| Ham & Cheddar | 9.50 |
| Mushroom & Cheddar | 9.50 |
| Feta, Spinach & Tomato | 9.50 |
| Chive & Goat Cheese | 9.95 |
| Crab & Cheese | 13.95 |
- Crab, tomato, cheese sauce, Old Bay
Lox, Scallion & Avocado 14.95
MYO Omelet 9.95
choice of (bacon, ham or Irish bacon), choice of (spinach, mushroom, scallion or tomato) choice of (cheddar, feta or American); avocado +1.95, extra meat or cheese, +.95, Gruyere +.95

- French Toast** our brioche 8.95
Piper's Pancakes buttermilk 8.95 add blueberries or Belgian chocolate chips +.75
French Toast & Pancakes are served with bacon, homemade caramel butter, and syrup

- Sides** Bacon, Irish Bacon or Ham 3.50;
Toast 1.95 ; Colcannon Potato Cakes 5
Pommes Pressees 7.95



Menu

Soups, Stews & Chowders

- Spicy Turkey Chili** 5.95
With corn tortilla crisps, GF
New England Clam Chowder 6.50
Award winning! Cream based

Plates To Share

- House-Cured Wings** 9.95 8 meaty wings, fried crispy – Buffalo, Garlic-Parm, Teriyaki or Honey Mustard
Sticky Chicken 8.50
Boneless, brined fried chicken chunks, GF rice flour, honey, spicy schichimi
Everything Bagel Cheese Fries 4.95
Hand-cut fries, homemade cheese sauce, spices
Potato & Cheese Pierogies 5.75
4 pierogies, sautéed onions, butter
Crispy Brussels Sprouts 6.95
Thai Chili Caramel, sesame seeds
Popcorn Shrimp 8.95
Shrimp, seasoned rice flour, fried, yuzu kosho sauce, shichimi

CHEESESTEAKS

- Made with sautéed onions unless specified on our semolina roll
Plain Steak 11.95 shaved seasoned Angus beef on our fresh semolina roll
Cheesesteak 12.50 your choice of American, Provolone, or our homemade 4- cheese cheese sauce
Mushroom Cheesesteak 12.95 choice of cheese, with sautéed mushrooms

Homemade Desserts

- Chocolate Croissant Bread Pudding** warm caramel sauce 4.95
Cheesecake 5.95 with our homemade caramel or strawberry sauce
Chocolate Cream Cake (GF) 5.95
Belgian chocolate, quinoa batter, buttercream frosting, layer cake
Chocolate Mousse Cake 5.25 Belgian chocolate, Oreo crust, whipped cream
Carrot Cake 5.25 traditional carrot cake with raisins and nuts with cream cheese frosting

Homemade Cookies, Muffins, Cupcakes, Tea Breads, Friands (GF), Danish and Viennoiserie – please check the case!

Green Salads

+chicken or tofu, 3.25; grilled salmon 9

- Kale/Cabbage Caesar** 9.50 Mix of shredded kale, Napa cabbage, parmesan, our croutons, anchovies, homemade Caesar dressing
Signature 9.50 Mesclun, walnuts, grapes, cranberries, bleu cheese, pears, poppy seed vinaigrette
Asian Ginger-Soy Chicken 10.95
Shredded Napa cabbage, kale and Brussels sprouts, red peppers, almonds, mandarin oranges, poached chicken, cilantro, sesame seeds ginger/soy vinaigrette
Cobb 11.95 Greens, house-roasted turkey, bacon, egg, avocado, tomato, bleu cheese dressing
Spring 12.95 Greens, arugula, strawberries, peas, citrus artichokes, radish, spiced garbanzos, crumbled goat cheese, shredded Spring chicken, champagne & sambal vinaigrettes

Tartines & Toasts

- Ricotta & Apricot Tartine** 8.75 Malted wheat, seasoned ricotta, dried apricot, pepper, honey, mint
Cheese on Toast 8.75 Country white, three cheeses; with bacon +1.95
Wild Mushroom Toast 9.95 Rye, basil oil, mushrooms, provolone cheese, arugula, pumpkin seeds, vinaigrette
Sausage Gravy Baguette 12.95 toasted semolina baguette, peppery sausage gravy, 2 eggs, and greens
Avocado Toast 13.95 Malted wheat, avocado, pickled vegetables, cumin salt, cilantro, chia seeds – vegan
Smoked Salmon Tartine 14.95 wheat, herbed cream cheese, capers, dill
Smoked Whitefish Tartine 14.95 our homemade rye, toasted & buttered, topped with our whitefish salad, pickled shallots, capers



THE 'S
KNEES



Menu

Warm Sandwiches

& Grinders

- Grilled Corned Beef Reuben** 9.95
Granary, corned beef, Swiss, Russian dressing, sauerkraut; with greens
- Grilled Pastrami Rachel** 9.95 *Granary, pastrami, Swiss, homemade slaw; with greens*
- Vegan Grilled Cheese** 9.75 *Sunflower & Oat, Vevan brand Mozza and Cheddar, side of greens*
- Spicy BLT** 9.95 *Toasted country white, loads of bacon, lettuce, tomato and sriracha mayo; with greens*
- Grilled Corned Beef & Cabbage** 9.95
Granary, corned beef, cheddar, strong mustard, sauteed napa cabbage & kale; with greens
- The Pilgrim** 10.95 *sunflower/sesame bread, house-roasted turkey, gravy, stuffing, cranberry chutney, cranberry mayonnaise; with greens*
- Hand-breaded Crunchy Codfish** 10.95
Brioche roll, lettuce, tomato, malt vinegar aioli, with greens
- Vegetarian Cheesesteak** 11.95 *No meat, cremini, shiitake mushrooms, onions, banana, red peppers, provolone*
- Grilled Tuxedo Hot Brown** 12.95
Granary, turkey, cheese, bacon, tomato, Mornay sauce, Gruyere, Parm, grilled then broiled; w/greens
- Maryland Crab Cake** 12.95 *Brioche roll, lump/claw crabcake, malt aioli, lettuce; with greens*
- Roast Pork Banh Mi** 14.95 *Baguette, grilled thin-sliced braised pork, pickled carrots, pickled shallots, spicy hoisin mayo, cilantro; with greens*
- Wallgoff** 14.50 *grilled corned beef & swiss, Russian dressing, sandwiched between 2 Colcannon cakes (gf) and topped with slaw; served with greens*
- Fried Shrimp Po'Boy** 14.50 *grilled baguette, coleslaw, fried shrimp, remoulade, jalapenos; with greens*
- Polish Hammer Grinder** 10.75
kielbasa, pierogies, sauerkraut, mustard
- Pittsburgh Prima Grinder** 10.95
grilled spicy capicola, fries, coleslaw, provolone cheese
- 3 Little Piggies Grinder** 10.95 *ham, roast pork, bacon, bbq-buttered roll, with homemade pickles*
- Buttermilk Fried Chicken Grinder** 10.95
chunks of boneless fried chicken thighs & breasts, pesto ranch & shredded lettuce; w/cheese +.75; + Buffalo or Honey Mustard, +.50
- Meatball Parm Grinder** 10.95 *beef & pork meatballs, homemade red sauce, fresh mozzarella & parmesan*
- Chicken Parm Grinder** 10.95
buttermilk-breaded chicken, homemade red sauce, fresh mozzarella & parmesan
- Italian Roast Pork Grinder** 10.95
seasoned pork, apple cider jus, mixed greens, banana peppers, sliced apple

Cold Sandwiches

& Hoagies

GF roll available +1

- Herbed Egg Salad** 7.95 *Granary, basil-mayo, lettuce; with greens*
- Long-line Tuna Salad** 9.25 *Malted wheat bread, cheese, poppyseed vinaigrette; side of greens*
- Ham & Swiss** 9.25 *Granary, lettuce, Dijon mustard; side of greens*
- Curried Chicken Salad** 9.75
Sunflower/sesame bread, sultanas, scallions, cranberry chutney; side of greens
- Brie & Chopped Olive Salad** 9.50
Semolina baguette, creamy brie, greens, our chopped olive salad; side of greens
- Tarragon Chicken Salad** 9.75
Croissant, fresh tarragon, lemon, lightly dressed shredded chicken; side of greens
- Yinzer Hoagie** 9.75 *chipped ham, American cheese, shredded lettuce, tomato, herbed mayo*
- TBM Hoagie** 9.75 (vegetarian)
tomatoes, basil oil, fresh mozzarella, arugula, house vinaigrette
- Your honor, your Honor Hoagie** 9.75
Tarragon chicken salad, greens, vinaigrette
- Turkey Club Hoagie** 11.25 *house-roasted turkey, bacon, avocado, lettuce, tomato, herbed mayo*
- Italian Market Hoagie** 11.25 *ham, pepperoni, capicola, prosciutto, provolone, giardiniera remoulade, banana peppers, arugula, vinaigrette*

Pasta

Our cheese sauce contains nutmeg

- Butter & Parmesan Pasta** 7.50
- Mac & Cheese** 9.25 *with our homemade béchamel cheese sauce*
- Mushroom Mac & Cheese** 10.95
shiitake and cremini
- Bacon Mac & Cheese** 10.95
Bacon crumbles (a la carbonara)
- Fried Chicken Mac & Cheese** 14.95
Buttermilk-brined, boneless, skinless chicken (thighs & breasts), homemade spicy pimiento cheese, our bechamel cheese sauce, magic dust spice blend
- Crab & Chive Mac & Cheese** 18.95
¼ pound of crab meat, homemade bechamel cheese sauce, chives, gruyere, parmesan, Old Bay

Bowls

- +chicken 3.25; +grilled salmon 9*
- Ancient Grain Bowl** 10.25 *farro, rice, quinoa, tomatoes, scallions, spinach, cabbage, kale, & seasoned ricotta*
- Happy Seth Bowl** 11.50 *vegan, crispy tofu, rice, zhug hot sauce, veg, sesame, cilantro, peanut sauce*
- Crispy Tofu Bowl** 10.95 *farro, hoisin & sriracha mayo, sesame seeds, cilantro, scallions, vegetarian*
- Black Bean Veggie Bowl** 10.95 *vegan, farro, black beans, edamame, veg, herb sauce, pickled carrots*
- Korean Shrimp Stack Bowl** 15.95 *fried shrimp, farro, veg, gochujang, hoisin, spicy mayo*
- Shrimp & Chorizo Bowl** 15.95
spicy sausage and shrimp sautéed in salsa verde and sriracha on top of brown rice & quinoa seasoned with basil, spinach and scallions: made with GF ingredients
- Grilled Salmon Bowl** 17.95 *Grilled salmon cooked medium rare, spinach farro, hoisin glaze, avocado, spicy vin*
- Blackened Mahimahi Bowl** 17.95
Dredged in our homemade blackening spice and grilled, topped with Cilantro-Lime butter, served with salsa verde, brown rice and lime

Chip Shop

Hand-cut, twice-cooked chips

- Buttermilk Fried Chicken & Chips** 11.75 *Boneless, skinless thighs & breasts, hand-cut fries, ranch dressing; made with GF ingredients*
- Crunchy Fish & Chips** 14.50 *Crumb-crusted cod, handcut fries, aioli*

Hand-cut Steaks

- Steak Frites** 16.95 *10-11 oz Choice sirloin, maître d' butter, seasoned fries*
- Steak and Eggs** 16.95 *2 eggs, choice top sirloin, crostini, maître d' butter; with greens*
- Steak and Cake** 21.95 *10-11oz choice top sirloin, Maryland crab cake, seasoned farro; with greens*

House-ground Burgers

- Pub Burger & Fries** 14.50 *1/2 pound, freshly-ground in-house, custom blend*
Add-ons: pickles, onions, peppers free; Cheese (American, Provolone, Swiss, Blue) +.75, sautéed mushrooms +.50, bacon +.95, avocado mash +1.95
- Asian Salmon/Shrimp Burger** 12.95
homemade seafood burger with scallions, leeks, sesame oil, soy sauce, ginger, bit of bread crumb & egg, served with greens, avocado & Zhug – homemade hot sauce – on a brioche roll; served with greens