

McGregor Cafe



4305 MCGREGOR BLVD. • FORT MYERS, FL 33901
TEL/FAX: (239) 936-1771

LUNCH MENU

MISSED YOUR BREAKFAST?

THREE EGG OMELET

Served with toast (white, wheat or rye), French fries or fresh fruit cup.....\$7.95
Add: Cheese (American, Provolone or Swiss), Mushrooms, Onions, Peppers, Tomatoes (each).....\$1.00
Ham, Sausage or Bacon.....\$1.95

SCRAMBLED EGGS

Two fresh eggs served with two bacon strips and toast (white, wheat or rye).....\$5.95
Add: ham steak...\$2.95.....French fries or fresh fruit cup....\$2.75

BREAKFAST CROISSANT

Fresh croissant topped with scrambled eggs, crisp bacon and American cheese.
Served with side of homemade potato salad and pickle.....\$7.95

BEVERAGES, TEA & COFFEE

Lemonade & Soft drinks (Pepsi, Diet Pepsi, Root Beer, Sierra Mist)....\$1.95	Coffee...\$1.95
Fresh brewed iced tea (sweetened or unsweetened)....\$1.95	Hot tea...\$1.95
Juices (Apple, Cranberry, Orange Juice).....\$2.50	Cappuccino...\$3.95
Milk, Chocolate milk....\$2.50	Espresso...\$2.95
Bottled water (sparkling Pellegrino or flat Panna).....\$2.85	Double espresso...\$5.25

LUNCH STARTERS & SIDES

HOMEMADE NEW ENGLAND CLAM CHOWDER

Cup \$3.95...bowl \$5.25

SOUP OF DAY

Cup \$3.50....bowl \$4.80

GARLIC BREAD

Toasted baguette topped with garlic & herb spread...\$4.00 Side of garlic bread... \$2.00

TOMATO BRUSCHETTA

Diced tomatoes tossed with garlic, basil & olive oil,
Served on toasted Tuscan bread ...\$7.95
Add Mozzarella cheese.....\$1.00

SIDE OF GREENS With balsamic dressing, tomatoes, cucumbers, oranges & carrots...\$4.75

SIDE OF CAESAR Romaine with Caesar dressing, croutons and parmesan cheese... \$4.75

FRESH FRUIT CUP Seasonal fresh fruits.....\$2.75 SIDE OF FRENCH FRIES.....\$2.75



CREATE YOUR OWN PASTA

(Pasta is served with side of garlic bread)

CHOICE OF PASTA: Spaghetti, Penne or Wheat Penne with Marinara....\$7.95

with Alfredo.....\$8.95

with Meat sauce.....\$9.95

Add homemade large meatball.....\$1.95

Add grilled or blackened chicken breast.....\$4.00.....shrimp or salmon\$6.00

HOMEMADE LASAGNA... Layered pasta w/ ground veal, beef and ricotta cheese.

Topped w/ melted mozzarella cheese & marinara..... \$9.95

SALADS

DRESSING SELECTIONS: Homemade Balsamic & Honey mustard,

Caesar*, Ranch, Blue cheese & Greek dressing.

Virgin olive oil and balsamic vinaigrette also available.

CHEF'S SALAD

Crisp romaine topped with ham, turkey breast, hardboiled egg, American and Swiss cheese, black olives...your choice of dressing.....\$ 9.95

HOMEMADE CHICKEN SALAD

Chunks of chicken breast tossed with mayonnaise, diced celery, red grapes and pecans, served with slice of Pound cake & fresh seasonal fruits....\$ 9.95

HOMEMADE TUNA SALAD

Chunks of Albacore white tuna tossed with mayo, shredded celery, carrots & scallions.

Served with a slice of Pound cake and fresh seasonal fruits.....\$ 9.95

MEDITERRANEAN TUNA

Chunks of Albacore white tuna served on bed of romaine with tomatoes, cucumbers, onions, black olives and hardboiled eggs.

Drizzled with virgin olive oil with herbs & lemon juice.....\$ 9.95

FRESH FRUIT PLATE

Seasonal fresh fruits served with side of cottage cheese & slice of Pound cake....\$ 8.95

GREEK SALAD

Crisp romaine tossed with Greek dressing, cucumbers, sliced beets, tomatoes, Kalamata olives, Bermuda onions, pepperoncini and Feta cheese.....\$ 9.95

MCGREGOR SALAD

Mixed greens topped with tomatoes, cucumbers, carrots, oranges, & Gorgonzola cheese.

Best with homemade Balsamic dressing.....\$8.95

CAESAR SALAD*

Fresh romaine tossed with Caesar dressing, homemade croutons and

Parmesan cheese.....\$8.95

BABY SPINACH SALAD

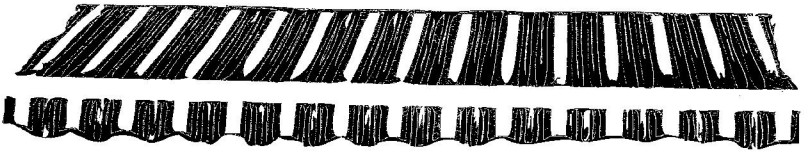
Spinach salad with fresh sliced mushrooms, tomatoes, red onions, hardboiled eggs, crispy bacon, Pine nuts and homemade honey mustard dressing.....\$9.95

ADD TO YOUR SALAD:

Grilled or blackened chicken breast.....\$4.00

Grilled or blackened salmon or fish of the day.....\$ 6.00

Grilled or blackened shrimp skewers.....\$6.00



SANDWICHES

OUR SANDWICHES ARE SERVED WITH A SIDE OF HOMEMADE POTATO SALAD AND A DILL PICKLE
Substitute Potato Salad for French Fries.....\$ 1.00 or Fresh Fruit Cup.....\$ 1.50

B L T

Crisp bacon, lettuce, tomato and mayo on a white toast.....\$7.95

REUBEN

Corned beef, Swiss cheese, sauerkraut and Russian dressing on a grilled rye bread...\$8.95

COWBOY

Baked ham, cream cheese w/ garlic & herbs, red onions, lettuce & sliced tomato.
Served on a grilled sub roll....\$8.95

TUNA MELT

Tuna salad, sliced tomato, & Swiss cheese on gilled rye bread.....\$8.95

LITTLE ITALY

Stack of Genoa salami, baked ham, and provolone cheese finished with chopped
tomato, lettuce and onions tossed in olive oil with herbs & lemon juice.
Served on a sub roll.....\$9.95

WILD THING

Thinly sliced roast beef, cream cheese w/ garlic & herbs, lettuce and red onions.
Served on croissant...\$9.95

PHILLY CHEESE STEAK

Lean roast beef on a sub roll, smothered with caramelized onions, sautéed mushrooms,
peppers and topped with melted provolone cheese.....\$9.95

TURKEY CLUB

Healthy stack of choice turkey breast with lettuce, tomato, bacon
& mayonnaise on a toasted white bread.....\$8.95

HAMBURGER*

Lean ground beef with lettuce, sliced tomato and fresh onions.....\$8.95
Add: Cheese (American, Swiss or Provolone) ...\$1.00 Blue cheese...\$1.50
Sautéed Mushrooms, Bacon... (each)...\$1.00

HOT CHICK

Grilled or blackened chicken breast, tomato, fresh onion & lettuce on a Kaiser roll..\$ 8.95
Add: Cheese (American, Swiss or Provolone)....\$1.00 Bacon.....\$1.00

CHICKEN SALAD ON CROISSANT

Our famous chicken salad with red grapes & pecans topped with lettuce and tomato.
Served on a fresh croissant.....\$9.95

CHICKEN WRAP

Blackened chicken breast with tomato and romaine tossed with Caesar dressing
and wrapped in a tomato basil tortilla..... \$9.95 Add: Bacon.....\$1.00

FRESH CATCH

Grilled or blackened, served on a Kaiser Roll with chopped lettuce, onions
and tomato tossed in olive oil with herbs and lemon juice.....\$12.95

• SAVE ROOM FOR HOMEMADE DESSERT! •

LUNCH IS SERVED EVERYDAY

11:00 AM - 3:00 PM (LAST SEATING)

BREAKFAST SERVED FROM 8:00 AM - 11:30 AM

ON SATURDAYS AND SUNDAYS ONLY!