



Eat In, Take Out, Catering
Open 7:30am - 3pm, Monday - Friday

plates *cafe*
1 Wells Avenue
Newton, MA 02459
tel: 617-969-1976



Breakfast Plates

Served All Day

Full Breakfast:

8.95pp

Eggs N' More:

two eggs (any style) with toast and home fries 3.25

add bacon, ham or sausage 4.00

Omelettes

plain 3.25

cheese 3.75

veggie (choice of 2) 3.95

add bacon, ham or sausage 4.50

French Toast

2 slices of french toast in your choice of white or wheat bread, served with maple syrup 3.00

Breakfast Sandwiches

served on your choice of bagel, white or wheat toast, english muffin or croissant

fried egg & cheese sandwich 2.50

add bacon, ham or sausage 3.25

blissful day breakfast burrito

scrambled eggs, sausage, home fries, sautéed onions and peppers in a whole-wheat wrap 3.25

plates florentine

eggs, breakfast sausage, baby spinach and swiss cheese on a grilled bulkie roll 3.25

lean and green

scrambled eggs, baby spinach, feta cheese and roasted red peppers in spinach wrap 3.25

Bagels & Friends:

bagels (plain, poppy seed, raisin, sesame seed, everything)

with butter 1.50

with cream cheese (regular or lite) 2.50

freshly baked muffins 1.50

blueberry, corn, cranberry orange and cinnamon

freshly baked scones and croissants 1.50

freshly baked savory biscuits 1.50



Lunch Plates

Panini Sandwiches

chicken salad, tomato, american cheese	5.95
turkey, honey mustard, cheddar cheese, bacon	5.95
chicken, dijon mustard, provolone, red peppers	5.95
tuna salad, swiss cheese, tomato and bacon	5.75

Plates Specialty Sandwiches

chicken delight panini	
grilled chicken breast, provolone, caramelized onions, fresh tomato and dijon mustard	5.95
b.m.l.t.	
bacon, fresh mozzarella, lettuce, tomato and balsamic vinaigrette on a grilled bulkie roll	5.95
the true bleu roast beef	
rare roast beef, bleu cheese spread, provolone and caramelized onions on a grilled sub roll	5.95
chicken burrito	
grilled chicken breast, black beans, mexican rice, salsa, monterey jack and sour cream in a wrap	6.25
add french fries, sweet potato fries or tater tots	1.50

Hot Sandwiches

all sandwiches served with potato chips or coleslaw

corn beef reuben	5.95
turkey reuben	5.95
bbq grilled chicken	5.50
tuna melt	5.50
blt	5.50
grilled cheese	3.95
add tomato	4.30
add bacon or ham	4.95



Lunch Plates continued.

Deli Sandwiches

chicken salad with cranberries, fresh basil and mayo	5.75
roast turkey club	5.95
roast turkey breast	5.75
corned beef	5.75
roast beef	5.95
baked ham	5.50
tuna salad	5.25
egg salad	4.25
salami	5.00

Subs

served with your choice of lettuce, tomato, onions, black olives, hot peppers or pickles and potato chips or coleslaw

steak and cheese sub	5.75
eggplant parmesan sub	5.25
buffalo chicken finger sub	5.95
philly chicken and cheese	5.75
add french or sweet potato fries or tater tots	1.50

Salads

also check out our daily salad specials!

chef	5.75
caesar	4.25
greek	4.50
house	4.00
side	2.50

add to salad

grilled chicken	2.00
roasted turkey	2.00
chicken salad	1.75
tuna salad	1.50
egg salad	1.25

choice of salad dressings

balsamic vinaigrette, bleu cheese, caesar, creamy italian, greek, italian (lite), mustard, ranch (fat-free), raspberry, russian, sesame soy, spicy peanut and zinfandel



Lunch continued.

Home Made Soups!

Adaily soup specials	2.50	3.50	4.50
beef chili	2.50	3.50	4.50

From the Grill

hamburger	4.75
cheeseburger	5.00
bacon cheeseburger	5.75
veggie burger	4.95
our own home made chicken burger	5.50
grilled hotdog	3.00
chili dog	3.75

Vegetarian Plates

the grill cheese "upgrade"	
provolone and aged cheddar cheeses, melted with caramelized onions, dijon and fresh tomato	5.25
portabella mushroom panini	
with fresh mozzarella, basil, tomato	5.25
black bean wrap	
seasoned black beans, aged cheddar cheese, sautéed onions and peppers and fresh tomato in a wrap	5.75
veggie reuben	
sautéed onions, peppers, mushrooms, melted swiss, sauerkraut and russian dressing on grilled marble rye	5.50
vegetarian sub	
sautéed onions, mushrooms, peppers with american cheese, lettuce, tomato and pickles on a sub roll	5.50
bean and rice burrito	
black beans, mexican rice, monterey jack cheese, salsa and sour cream in a wrap	5.50
we proudly brew fair trade coffee - coffee	1.25/1.60/1.95
odwalla juices and smoothies	2.95
nantucket nectars	1.85
arizona iced teas	1.85
bottled soda	1.50
canned soda	1.00
poland springs water	1.00
poland springs sparkling water, assorted flavors	1.50