



# Breakfasts

- \*1. 2 Eggs, Homestyle Potatoes OR Fresh Fruit, and Toast ..... 6.50  
With Bacon or Sausage ..... 8.50  
With Ham, Pastrami, or Kosher Salami..... 10.50
- \*2. Applesauce 'N Honey Whole Wheat Pancakes,  
Served with Pure Maple Syrup..... 7.25
- 3. Oatmeal Pancakes, Smothered with Warm Blueberries (in season) OR  
Sautéed Spiced Apples..... 8.75
- \*4. French Toast, made with your choice of Raisin Egg Bread  
or Bran & Honey Bread. Served with Maple Syrup..... 7.95
- 5. Yogurt Surprise:  
Natural Yogurt garnished with Fresh Fruit and topped  
with our Homemade Cashew-Raisin Granola ..... 9.75
- 6. **Mother Claire's** Cashew-Raisin Granola - A bowl of health & goodness,  
served with Milk ..... 5.75  
add Fresh Fruit..... 7.75  
*(Kiss not included)*
- 7. Old Fashioned Oatmeal with Brown Sugar & Raisins..... 5.50  
add Pecans ..... 5.95

# Specialties of the House

## Blintzes

3 Crepes folded with a Sweetened, Creamy-cheese Filling, lightly browned and served with Fresh Dairy Sour Cream and Strawberry Preserves .... 10.75

## Lox, Eggs 'n Onions

3 Fresh Eggs scrambled with Smoked Salmon and Sautéed Onions.  
Served with Potatoes or Fresh Fruit, and Toast or Bagel ..... 13.50

## Howard's Special Potato Latkes

4 Potato Pancakes, lightly grilled and served with Sautéed Apples  
and Sour Cream ..... 9.85

## Chicken Livers and Eggs

Chicken Livers gently sautéed in Onions and scrambled with Eggs.  
Served with Potatoes or Fruit, and Toast ..... 8.75

## Lox Platter

Slices of Smoked Salmon, garnished with Bermuda Onion,  
Tomatoes, and Cream Cheese. Served with a toasted Bagel ..... 12.95

## Matzo-Bry a la Bunya

Matzo Flatbread, fluffed with Eggs and panfried to a golden brown.  
Served with your choice of Preserves or Maple Syrup ..... 7.95

## Kosher Beef Salami or Pastrami and Eggs

Grilled Kosher Salami or Pastrami scrambled with Eggs.  
Served with Potatoes or Fresh Fruit, and Toast ..... 10.50



## Mike's Potatoes

Our Fresh Homestyle Potatoes, grilled with Onions, Tomatoes, Avocado,  
and smothered with Melted Cheese. Crowned with Sour Cream ..... 9.85

## Meaty Mike's

Our famous “Mike’s” mixed with your choice of Bacon, Sausage, or Ham. 11.50

## Mexican Mike's

We take “Mike’s Potatoes”, top them with Guacamole and  
serve them with Picante Sauce and a Flour Tortilla..... 12.50

# From the Oven

- Marie's Fresh-Baked Giant Cinnamon Roll** ..... 3.50
- Barney's Giant Pecan Roll** ..... 4.00
- Grilled English Muffin ..... 2.25
- Bagel, toasted with Butter ..... 2.85 with Cream Cheese ..... 3.50

**\*If you're cute, well-behaved, and can't see over the bar . . .  
. . . then a half portion is half price!**

# Omelets

**Omelets Are Made With 3 Eggs, Prepared in Butter,  
And Served With Potatoes or Fresh Fruit, and Toast**

## Natural Omelets

- 1. The Basic Omelet..... 6.75
- 2. Omelet with Fine Herbs ..... 6.95
- 3. Natural Jack and Cheddar Cheese ..... 8.25
- 4. Herbs, Jack and Cheddar Cheese ..... 8.45
- 5. Omelet with Spiced Herb Cheese ..... 9.25

## Omelets with Meat

### Dori's Political Campaign Fund Sunrise Special

- Bacon, Spinach, Tomato, Mushroom, Green Onion, and Cheese ..... 12.20
- 6. Ham with Jack and Cheddar Cheese ..... 10.50
- 7. Ham, Potato, Onion, Jack and Cheddar Cheese ..... 11.40
- 8. Ham, Cheese, Mushroom, and Green Onion ..... 11.40
- 9. Bacon with Jack and Cheddar Cheese ..... 10.10
- 10. Bacon, Potato, Sour Cream, and Green Onion ..... 10.50
- 11. Bacon, Avocado, Jack and Cheddar Cheese ..... 11.15
- 12. Bacon, Avocado, Tomato, Green Onion, Jack and Cheddar Cheese ..... 12.05
- 13. Bacon, Spinach, and Sour Cream ..... 10.20
- 14. Sausage, Herbs, Jack and Cheddar Cheese ..... 10.30
- 15. Turkey, Avocado, Jack and Cheddar Cheese, and Sour Cream ..... 11.55
- Oma's Protein Pusher**  
Turkey, Pastrami, Ham, and Cheese ..... 13.95

## Omelets from the Garden

- 16. Mushroom, Onion, and Herbs ..... 7.85
- 17. Mushroom, Zucchini, Green Onion, Jack and Cheddar Cheese ..... 9.75
- 18. Mushroom, Zucchini, Bell Pepper, Onion, Cheese, and Sour Cream..... 11.35
- 19. Potato, Green Pepper, and Onion ..... 8.25
- 20. Spinach, Herbs, and Sour Cream ..... 8.55
- 21. Spinach, Mushroom, Jack and Cheddar Cheese ..... 9.45
- 22. Avocado with Spiced Herb Cheese..... 10.30
- 23. Tomato, Mushroom, Green Onion, Jack and Cheddar Cheese ..... 9.75

## Fruit Omelets

- 24. Banana, Raisin, and Sour Cream ..... 9.30
- 25. Banana, Pineapple, Raisin, and Sour Cream ..... 9.95
- 26. Sautéed Apples in Cinnamon with Sour Cream ..... 9.75
- 27. Spiced Apples with Raisins, Walnuts, and Sour Cream ..... 10.95
- 28. Sautéed Apples with Herb Cheese ..... 11.25
- 29. (Seasonal) Fresh Strawberries and Sour Cream..... 9.70
- 30. (Seasonal) Strawberries, Pineapple, and Cream Cheese ..... 10.60

## Omelets from South of the Border

- 31. Omelet with Salsa Ranchera ..... 8.50
- 32. Salsa, Jack and Cheddar Cheese ..... 10.00
- 33. Guacamole, Salsa, Jack and Cheddar Cheese ..... 12.25
- 34. Chorizo, Salsa, Jack and Cheddar ..... 11.75
- 35. Chorizo, Guacamole, Salsa, Jack and Cheddar Cheese ..... 13.95

## Seafood Omelets

- 36. Kippers, Sautéed in Onion with Mushrooms ..... 9.50
- 37. Shrimp, Avocado, and Bacon ..... 11.95
- 38. Crab, Avocado, and Cream Cheese ..... 12.75
- 39. Crab, Tomato, Jack and Cheddar Cheese..... 12.80
- 40. Shrimp, Crab, Avocado, Tomato, and Cream Cheese ..... 14.95
- 41. Lox (Smoked Salmon), Onions, and Cream Cheese ..... (Bagel?)..... 13.75

## “THE RULES”

**Because we are small and our portions are large  
Xtra Plates / Splits / Sharing . . . \$2.00 No Exceptions!**

- No Separate Checks
- No Personal Checks
- In Respect For Others:  
Parents, Please Watch Your Children
- Sales Tax Applicable
- VISA and MasterCard Accepted
- Smoking Is Confined To  
The Porch Rocking Chair
- 15% Gratuity Added for Parties Over Six

# Luncheon



**Served after 11:00 a.m.  
Quiche and Crepes are served with Sweet Cabbage Salad,  
Fresh Fruit, and a Whole Wheat Roll and Butter**

## Quiche

- Special Quiche of the Day ..... 10.25

## Crepes

- 1. Mushroom, Cheese, Onion, and Herbs ..... 8.95
- 2. Avocado and Herb Cheese Crepe ..... 9.95
- 3. Ham, Cheese, and Mushroom Crepe ..... 9.95
- 4. Zucchini, Tomato, Spinach, and Onion in Tamari with Cheese ..... 9.55
- 5. Turkey, Bell Pepper, and Onion in Teriyaki with Cheese ..... 10.25
- 6. Turkey and Herb Cheese Crepe ..... 10.50

## Burgers

**Specially Seasoned and Individually Shaped.  
Grilled and served on a Whole Wheat Bun.  
Choice of Homestyle Potatoes or Sweet Cabbage Salad.**

- The Lake Forest Burger  
Smothered with Sautéed Mushrooms and Melted Cheese.  
Garnished with Red Onion, Tomatoes, and Lettuce ..... 9.95
- South of the Border Burger  
Heaped with Guacamole, Cheese, and our own Salsa Ranchera.  
Crowned with Sour Cream..... 10.50
- Cheeseburger with Tomato, Onion, Pickle, Lettuce & Mayonnaise ..... 8.95
- Forget the Cheese ..... 7.95
- Add Bacon ..... 10.25
- Patty Melt  
Smothered with Grilled Onions and Cheese on Rye ..... 8.95  
*(Louie Dressing Available on Burgers..... 75)*

## Sandwiches

**Served with Sweet Cabbage Salad and Fresh Fruit**

### Emily's College Fund Pastrami Philly Cheese

Thinly sliced Pastrami grilled with Onions, Mushrooms, Bell Peppers,  
and smothered with Melted Cheese. Piled high on a Grilled Rye Roll,  
spread with Mayonnaise ..... 10.95  
*(Proceeds contributed to Em's Education Fund)*

- Turkey Rubin  
Sliced Roast Turkey, smothered with Sauerkraut and  
Melted Cheese, grilled on a Rye Roll ..... 10.65

- Pastrami Rubin  
Grilled Pastrami, Sauerkraut, and Melted Cheese. Stacked on a Rye Roll  
spread with Louie Dressing, and served with a slice of Dill Pickle ..... 10.95

- Knockwurst  
Split and grilled. Served on N.Y. Sourdough Ryebread with a Dill Pickle..... 7.65  
*(Grilled Onions: add .75 Sauerkraut: add .95 Cheese: add 1.50)*

- Jerky Turkey  
Fresh Roasted Turkey marinated in our Jerky-Teriyaki Sauce, and sautéed  
with Bell Peppers & Onions. Heaped on a Grilled Wheat Onion Bun  
with Sliced Tomato, Onion, and Savory Mustard Sauce ..... 10.95

- Kosher Beef Salami  
Grilled with Tomato and smothered with Cheese on a Rye Roll ..... 9.50
- Grilled Bacon, Avocado, Tomato, and Cheese..... 9.50

- B.L.T. or T.L.T.  
Bacon or Turkey, Lettuce & Tomato on Toasted Bran and Honey Bread .... 8.95
- Turkey, Avocado, Sprouts, and Cheese ..... 9.95
- Grilled Jack and Cheddar Cheese ..... 6.95

- Pattyless Melt  
Jack and Cheddar Cheese melted with Sautéed Onions on Grilled  
Sourdough Ryebread..... 7.75
- Hot Pastrami on Sourdough Rye with a Dill Pickle..... 8.95

- Baked Ham  
Grilled with Melted Jack & Cheddar Cheese on Rye or Wheat ..... 8.75

- Shrimp Salad Sandwich  
Bay Shrimp Salad served open face on a Grilled English Muffin ..... 10.95
- Crab Salad and Avocado  
On Grilled Bran & Honey Bread with Mustard Dill Sauce ..... 11.50

- Vegetarian Muffin Melt  
Grilled English Muffin served open face and layered with Tomato,  
Avocado, and Sprouts. Topped with melted Jack and Cheddar Cheese..... 10.00

## Soups, Salads & More, keep going . . . . .





## Homemade Soup

(when it's cold outside)

Cup, "with a lunch" .....	2.25
Cup, whole wheat roll and butter .....	2.90
Bowl, with a roll .....	5.50

## Salads

**Salads are served with a Whole Wheat Roll and Butter, Fresh Fruit Garnish and your choice of dressings; Lake Forest Louie, Ranch, or Italian**

### Jerky Turkey Salad

Turkey, Bell Peppers, and Onions marinated in Jerky-Teriyaki Sauce, grilled and arranged on a bed of Lettuce. Topped with Guacamole and served with a Flour Tortilla and Picante Sauce ..... 11.75

### Dinner Salad

A bed of Lettuce, topped with assorted Veggies and Cheese ..... 7.50

### Crab and Shrimp Salad

Canadian Snow Crabmeat and Bay Shrimp served on a bed of Lettuce, tossed with assorted Vegetables and Grated Cheese ..... 13.95

### Chef Salad

Roast Turkey, Baked Ham, Cheese, and a Hard-boiled Egg atop a bountiful Salad in this classic tradition ..... 11.75

### Devilleed Shrimp Salad

A mound of Devilled Bay Shrimp served atop a Salad of Tossed Greens ..... 12.25

### "Lois Style" Cobb Salad

Fresh Roasted Turkey, Grilled Bacon, Blue Cheese, Avocado, Tomato, and Hard-boiled Egg layered on a Crisp Tossed Green Salad..... 11.9

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## Side Orders

Bacon .....	3.80	Salad Dressing.....	.75
Sausage .....	3.80	Potatoes .....	2.75
Salami .....	3.95	Fruit.....	2.75
Pastrami .....	3.95	Homemade Salsa.....	1.95
Ham.....	3.95	Picante Sauce .....	.65
2 Eggs.....	2.90	Yogurt.....	2.25
Toast .....	2.25	Sour Cream .....	1.50
Raisin or Rye Toast .....	2.60	Spiced Apples.....	3.95
Whole Wheat Roll.....	.65	Blueberries (in season).....	3.95
Cabbage Salad .....	2.50	Guacamole .....	4.50
		Avocado .....	m.p.
		Real Maple Syrup.....	1.35




## Refreshments

### Coffee

Selected from Imported Beans and Ground Fresh Daily ..... 2.25

### Decaffeinated Coffee

Ground Fresh Daily ..... 2.25

### Andrea's Mocha Coffee

A hint of Chocolate and Whipped Cream added to our Fresh Ground Coffee Available in Decaf too! (Please no refills) ..... 3.75

### Anna's Caffé Frio

Iced and sweetened, creamy coffee or decaf delight ..... 3.75

### Pero

Coffee Substitute. A rich and mellow grain beverage ..... 2.25

### Herbal Teas

Select from Mint, Spice, Chamomile, Almond, Apple, or Lemon

### Black Tea

Orange Pekoe, Jasmine, Constant Comment, English Breakfast, or Earl Grey

Tea for one ..... 2.25

Tea for two ..... 4.25

### Iced Tea

..... 2.25

### Laura's Honey Lemonade

Made with freshly squeezed Lemons..... 2.25

### Juice

Fresh Squeezed Orange..... 2.95

Natural Apple ..... 1.50

Apple-Berry ..... 1.50

Concord Grape ..... 1.50

Tomato ..... 1.50

### Ice Cold Milk

..... 2.00

### Sparkling Mineral Water

Choose from Lemon, Lime, Cherry, or Orange ..... 1.75

### Smoothy

Bananas, Pineapple, Honey, and Yogurt blended into a Delightful Fruit Shake. Refreshing! ..... 4.25

### Coca Cola, Diet Coke, and 7-up

..... 1.75

### Hot Chocolate

..... 2.50

### Bolivar, Alex, & Brian's Beer Selections

..... Ask!

### Wine, Champagne, Mimosas

..... please consult the Wine List.



## Desserts

At Lake Forest Cafe we believe desserts should be fresh and fattening. We bake all of our desserts from scratch here on the premises. Daily we have a variety of selections, so please ask your server to provide you with enticing descriptions.

# Lake Forest Cafe



Wednesday — Sunday  
7:00 A.M. to 1:45 P.M.  
Closed Monday & Tuesday

**(916) 985-6780**  
13409 Folsom Boulevard  
Folsom, California 95630