

**Midtown** *Central* **Cafe**

# BREAKFAST

## SERVED ANYTIME!

## Specialties

**Farmer's Scramble** Scrambled eggs, cheddar, bacon over home fries topped with green onions and tomatoes served with three buttermilk pancakes 10.95

**dessert-ery French Toast** Thick sliced, batter dipped, grilled until golden brown and sprinkled with cinnamon and powdered sugar. Served with warm, creamy cinnamon syrup 8.75  
Small order 6.75

**\*Big Buckaroo** A bed of hot hash browns topped with chopped onions, pimientos, green peppers, ham, cheddar cheese and two eggs over easy. Served with three buttermilk pancakes 10.95

**DC's Yogurt & Granola Combo** Fat-free yogurt topped with crunchy house-baked granola and fresh sliced strawberries and blueberries 8.95  
Small order 6.65

**Granola** by the pound 11.95 *(contains nuts)*

**Irish Oatmeal** Smooth & creamy served with milk, brown sugar, dried cranberries, **walnuts**, fresh blueberries and strawberries 6.90

## Omelettes

*All Omelettes and Eggs served with 3 delicious buttermilk pancakes.*

**Cheddar Cheese** 7.95

**Ham, Link or Bacon & Cheddar** 9.80

**Spicy Southwestern** Andouille sausage, pepper jack cheese, salsa, green onions and a dollop of sour cream 10.90

**Spinach & Feta** With mushrooms and tomatoes 10.90

**Western** Cheddar cheese, ham, pimientos, onions, tomatoes, green peppers 10.60

**Veggie** Cheddar cheese, onions, pimientos, tomatoes, green peppers, broccoli, mushrooms 10.60

**Add Avocado** 1.95

## Eggs

**\*Two Country Fresh Eggs** 6.45

**\*Bacon or Link Sausage & Two Eggs** 7.95

**\*Chopped Ham Scrambled Eggs** 7.95

Add Egg Substitute 1.15

## Sidekicks

**\*One Egg** 1.60

**\*Two Eggs** 2.30

**Idaho Home Fries** 2.60

**Stone Ground Grits** (until noon) 2.00

**Bacon or Link Sausage** 3.45

**Turkey Sausage** 3.45

**Toast or English Muffin & Jam** 2.25

**One Sub Egg** 1.85

**Two Sub Eggs** 2.60

**French Fries** (after 11:00 A.M.) 2.80

**House Made Chips** 1.50

**Fresh Fruit Cup** 2.80

**Salad Dressing** .90

**Salsa** .90

**Avocado** 1.95

## Pancake Specialties

### BLUEBERRY PANCAKES

Sprinkled with powdered sugar. Served with blueberry syrup. Captures all the tang of mountain blueberries. 6.75

### SMOKY MOUNTAIN SWEET POTATO PANCAKES

A favorite mountain recipe. Truly delicious. Served with syrup and whipped butter. 6.45

### OLD FASHIONED BUTTERMILK PANCAKES

Extra light and tender. Served with whipped butter and hot syrup. 5.35

### PECAN PANCAKES

Chock full of pecans and sprinkled with powdered sugar. Served with pecan syrup. 6.95

### PEACH DELIGHT

Thin rolled pancakes dusted with powdered sugar and filled with delicious ricotta-cream cheese-peaches blend. Topped with peach compote and whipped cream. 9.95

### BANANA CRUNCH

Buttermilk pancakes filled with slices of banana and crunchy pecans. Sprinkled with powdered sugar. A real treat! 7.35

### STRAWBERRY PANCAKES

Fresh sliced strawberries, powdered sugar and whipped cream. 6.95

### \*\*GLUTEN FREE FRENCH TOAST

Sprinkled with powdered sugar and cinnamon. Served with cinnamon syrup. 9.65

### SILVER DOLLAR PANCAKES

8 or 15 miniature buttermilk pancakes. Small, dainty and delicious. Whipped butter and hot syrup. (8) 5.60 - (15) 7.80

### GRANOLA-BANANA PANCAKES

What a combo! Our famous housemade granola and sliced bananas in buttermilk pancakes 7.35 *(Contains Nuts)*

### GEORGIA PEACH ROLLUPS

Thin rolled pancakes dusted with powdered sugar and filled and topped with peach compote and whipped cream. 9.35

### SWISS CHOCOLATE CHIP PANCAKES

Buttermilk pancakes with delicious morsels of chocolate, sprinkled with powdered sugar. For those with a sweet tooth. 6.75

*\* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.*

*\*\* Gluten Free items are offered but kitchen is not a gluten free facility.*

# LUNCH

## Soups

**Chicken & Rice with Vegetables**

**Vegetable Beef**

**Taco Stew** Topped with sour cream, grated cheddar cheese and taco chips

**Vegetarian Soup of the Day** Ask about our daily homemade featured soup

- Cup 3.70
- Bowl 4.95
- Quart To Go 11.95

## Cold Sandwiches

*All served with lettuce and tomato, plus your choice of our famous pesto pasta salad, fresh fruit, house potato chips or fries.*

**Tarragon Chicken Salad Sandwich** A best seller! Tender white meat with seedless grapes and tarragon 10.65

**The Combo** Select 1/2 of any cold sandwich and a cup of our homemade soup 9.95

**Turkey & Havarti** Thinly sliced turkey breast and mild Havarti cheese 10.15

**Ham & Swiss** Ham sliced very thin plus Swiss cheese and gourmet mustard on rye bread 9.95

**Veggie Favorite** Hummus spread, avocado, spinach, cucumber, tomato and bell pepper 9.90

Add Avocado to any 1.95

*Any sandwich available as a wrap.*

## Wraps

*All served on a Tomato-Basil Wrap with your choice of our famous pesto pasta salad, fresh fruit, potato chips or fries.*

**Grilled Salmon Wrap** With Provolone cheese, roma tomato, red onion, housemade caper sauce and lettuce 13.65

**Chicken Fajita Wrap** Stuffed with blackened chicken, cheddar cheese, green peppers, onions, pimientos, sour cream and side of salsa 11.15

**French Dip & Swiss Wrap** With warm au jus 11.35

**Tarragon Chicken Salad Wrap** With chopped lettuce and tomato 10.65

**Veggie Favorite Wrap** Hummus spread, avocado, spinach, cucumber, tomato and bell pepper 9.90

*Gluten Free Menu Available*

*18% gratuity will be added to parties of 8 or more.*

## Burgers

**Midtown Burger** A 7oz. burger with lettuce, tomato and mayo on a grilled bun. Served with house-cut fries 9.35

Add Cheddar Cheese .50 Add Bacon 1.00

**Nantahala Veggie Burger** A roasted corn salsa and Mexican mayo add a bit of spice to our delicious black bean veggie burger. Served on a grilled French roll with sauteed red onions and lettuce. Comes with spicy house-cut fries 10.50

**The Big Dipper** Our burger with Provolone and cheddar cheeses on grilled rye bread. Served with chips, cucumbers and a mild creamy horseradish sauce for dipping 10.25

**Black Jack Burger** Creole mayonnaise, Cajun spices, marinated red onions, tomato and Provolone cheese make this a hot seller. Served with spicy house-cut fries 10.25

**Vegetarians!** Sub Veggie Burger for Hamburger on any of the above add .55

## Chicken Pies & Quiche

**Chicken Pie or Quiche Slice** with salad greens and fresh fruit garnish 9.15

**Whole Chicken Pie or Quiche** Take home! Baked, frozen or refrigerated 14.50  
All made and baked in our flaky crust. Chicken is all white meat, seasoned and slow roasted. Quiches vary by the season.



## Clubs & Hot Sandwiches

*All served with your choice of our famous pesto pasta salad, fresh fruit, house potato chips or fries.*

Add a cup of soup 2.30

**French Dip & Swiss Hoagie** House oven roasted beef, sliced thin with melted Swiss on a grilled hoagie roll 11.35 Add grilled mushrooms and onions .50

**Grilled Reuben** Your choice of corned beef or turkey on grilled rye bread with Provolone cheese, sauerkraut & 1000 Island dressing 10.65

**Pinehurst Chicken Grill** This flavorful sandwich starts with an all natural chicken breast marinated overnight in a combination of sauces. It's grilled, served on a grilled bun and topped with special sauce, lettuce, tomato and mayo 11.15

**Stratford Special** Our own mustard dill sauce is spread on rye bread with hot corned beef, melted Provolone cheese and cole slaw 10.65

**Midtown Club** A big club with turkey, ham, Provolone cheese, mayo, green leaf lettuce and tomato on toasted wheat bread 10.85

**The Southerner** Grilled Pimento cheese on sour dough bread with tomato slices 9.90

**Soup & Special Sandwich** Chopped bacon and onion, melted Swiss cheese on grilled wheat bread. Served with a cup of soup from our daily selection 9.95

**Grilled Ham or Turkey & Cheese** Thinly sliced ham or turkey with melted Provolone cheese served on grilled wheat bread with lettuce, tomato and mayo 9.95

## Midtown Market

Lasagnas, Quiche, Casseroles, Chicken Pie & More  
Ready to take home! Refrigerated or Frozen  
Large Party? We can help!

# Beverages

Coffee Regular, Decaffeinated, Hazelnut 2.45

## COFFEE SPECIALTIES

All available in decaffeinated.

Espresso	2.65
Cappuccino or Latte	3.90
Café Mocha	4.30
Vanilla, Caramel, Hazelnut Latte	4.30



Iced Tea Sweetened or unsweetened 2.45

## ICED SPECIALTIES

Citrus Peach Iced Tea	2.80
Lemonade Iced Tea	2.80
Lemonade	2.80
Citrus Peach Lemonade	2.80

Pepsi, Diet Pepsi, Mountain Dew, Dr. Pepper,  
Diet Dr. Pepper, Sierra Mist 2.45  
Orange Juice, Citrus Peach,  
Apple Juice sm 1.70 lg 2.65  
Milk – Whole or Skim 2.45  
Chocolate Milk 2.65  
Almond Milk 2.80  
Hot Tea English breakfast, green or herbal 2.45  
Hot Chocolate with whipped cream and chocolate shavings 2.75  
Hot Spiced Cider 2.65  
Bottled Water 2.45  
San Pellegrino 2.80




# Beer & Wine & Bubbles

Mimosa, Bellini or Lemon Spritz 6.75  
Sangrias Cranberry-Orange or White Citrus 5.00  
*Please see our complete Craft Beer and Wine Menu*

# Kids & Seniors

4.40

**Bears in the Snow** Two bear-shaped pancakes with powdered sugar and a slice of bacon  
**Caterpillar** Miniature pancakes shaped like a caterpillar with chocolate chip eyes plus a bacon slice   
**French Toast** Sprinkled with powdered sugar and cinnamon. Served with whipped butter and our own creamy cinnamon syrup plus one slice of bacon  
**Ride 'Em Cowboy** Four miniature pancakes, one scrambled egg and a slice of bacon

*The following items include pasta, fruit, house chips or fries:*

5.25

Chicken Fingers	Plain Ham & Swiss Cheese Sandwich
Cheesy Quesadilla Add Chicken 2.80	Plain Turkey & Swiss Cheese Sandwich
Grilled Cheese	

*\* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.*

— Visit our other family restaurants: —



WE THANK YOU  
FOR COMING IN

# SALADS

*All salads include croutons and homemade dressings: Bleu Cheese, Creamy Pepper Parmesan, Honey-Mustard, Vinaigrette, Hot Bacon, Ranch, 1000 Island, Greek, Raspberry Vinaigrette, Ginger-Soy and Mustard Vinaigrette.*

## Seasonal Salad- Roasted Goat Salad

roasted tomatoes, roasted corn, pecans, goat cheese crumbles over arugula with mustard vinaigrette.

8.90 small 6.95 Grilled Chicken 12.00 Small 9.25

**Pinehurst Chicken Grill Salad** A favorite! Our grilled, marinated all natural chicken breast, served on a crisp garden salad topped with special sauce 11.80 Small 9.25

**Greek Grilled Chicken Salad** Mixed greens, feta cheese, red onions, black olives, Roma tomatoes served with Greek dressing 11.90 Small 9.25 With salmon 13.90 Small 11.25

**Tarragon Chicken Salad Plate** Tender white meat with seedless grapes, tarragon and other seasonings served on lettuce leaf 10.95

**Asian Chicken Salad** A little spicy! Crispy wontons, scallions, mandarin oranges, carrots and grilled chicken over mixed greens. Ginger soy dressing 12.00 Small 9.25

**Tri-Salad Plate** Tarragon chicken salad, pesto pasta salad and fresh fruit 10.95

**Garden Salad** Crisp mixed greens, roma tomatoes, cucumbers, broccoli florets and house croutons 6.70

**Chopped Chef Salad** Turkey, bacon, avocado and cheddar cheese over mixed greens 11.35 Small 9.15

## Caesar Salads

Crisp romaine lettuce with shredded parmesan, housemade croutons, a little linguine and Caesar dressing.

**Blackened Chicken** 12.00 Small 9.25

\* **Grilled Salmon** 13.90 Small 11.25

**Veggies** 9.00 Small 7.30

## Spinach Salads

With chopped bacon, tomatoes, hard boiled egg wedges, mushrooms, and parmesan served with hot bacon dressing

**Salad** 10.35 Small 8.00

**Grilled Chicken** 13.10 Small 10.25

\* **Grilled Salmon** 14.95 Small 12.40

## Berry Feta Salads

Fresh blueberries and strawberries plus Feta cheese, dried cranberries, spiced pecans over mixed greens

**Salad** 9.00 Small 7.00

**Grilled Chicken** 12.00 Small 9.25

\* **Grilled Salmon** 14.00 Small 11.25

**Soup & Salad** Garden salad plus a cup of our delicious soup 9.25

# DINNER

AVAILABLE AFTER 3 PM

## Shareables

**Pulled Pork Tacos** Slowed roasted pulled pork, sweet & sour thai chili sauce, shredded cabbage, cilantro 8.90

**Veggie Quesadilla** Chef's choice of grilled vegetables and cheeses in a sundried tomato tortilla 8.95

**Chip Basket** Housemade thin potato chips served with ranch dressing 5.30

**Sausage & Roasted Pepper Dip** Mild italian sausage, roasted red pepper, whipped cream cheese served hot with grilled bread 6.50

## Fall-Winter Classics

**Pecan Crusted Chicken Breast** Joyce Farm Chicken, goat cheese grits, braised collard greens served with maple chipotle sauce for dipping 13.75

**Slow Roasted Pulled Pork** Apple bbq sauce, cinnamon baked apples, mac & cheese 13.25

**Midtown Pot Roast** Slow cooked served with red wine demi glace and root vegetable medley 14.25

**Midtown Meatloaf** Our traditional meatloaf with a vegetable red sauce and two sides 12.90

**Veggie Plate** Pick four of your favorite sides 9.85

**Cornmeal Dusted Trout** Carolina Trout, sherry creamed corn, roasted honey bourbon sweet potatoes and homestyle green beans 15.50

**Peach Chutney Salmon** Root vegetable medley & sage fried corn 15.30

**Crispy Fried Chicken** House battered all natural skinless chicken breast and two sides 13.50

**Butternut Squash Lasagna** Roasted butternut squash, baby spinach and cheeses in marinara with side salad 13.50

**Meat Lasagna** Hearty meat and cheese lasagna with a side salad 12.90

## Sides

Roasted Vegetable Medley  
Sage Fried Corn  
Mashed Potatoes

Southern Braised Collards  
Goat Cheese Grits  
Homestyle Green Beans

Roasted Sweet Potatoes  
Cinnamon Baked Apples  
Mac & Cheese



# DESSERTS

THIS IS HOW WE GOT OUR START!  
ALL ARE MADE FROM SCRATCH.



## CAKES



	Slice	Half	Whole
5-Flavor Pound Cake Our best seller! The flavors are a secret, but the word is out on this moist cake. With cream cheese icing.	3.95 4.70	19.70 23.25	35.30 41.15
Chocolate-Chocolate Cake A classic double-layer chocolate cake with chocolate icing.	5.00	24.55	44.40
Italian Cream Cake Three layers of moist, dense white cake laden with pecans and coconut and spread with cream cheese icing. A very popular choice!	5.60	32.30	57.50
German Chocolate Cake Traditional style with moist coconut-pecan icing.	4.60	18.45	32.85
Blueberry Coffee Cake Old-fashioned recipe with a strudel of cinnamon, pecan and blueberries swirling throughout.	4.60	18.45	32.85
Coconut Cake An American favorite with coconut icing.	4.70	21.75	38.30
Macadamia Nut Carrot Cake Another favorite! Chock full of macadamia nuts, carrots, pineapple and spices, with cream cheese icing.	5.60	32.30	57.50
<i>dessert•ery</i> Cheesecake NY style with citrus overtones.	5.55	19.15	34.30
Triple Chocolate or Chocolate Chip Cheesecake	5.55	19.15	34.30
Gluten Free Chocolate Torte Flourless, dense chocolate torte for the chocolate lover.	4.60	16.15	29.30
Brownie Blast Your choice of a fudge or cream cheese brownie, topped with vanilla ice cream, hot fudge, whipped cream and pecans. Yummm!!	8.50		
Add a Scoop of Vanilla Ice Cream	1.90		

## PIES



Apple Crunch	4.70	13.15	23.25
Key Lime	4.60	10.65	18.50
Southern Pecan	4.35	10.65	18.50

## COOKIES

Chocolate Chip, Chocolate Peanut Butter Chip, Oatmeal Raisin			1.15
Cookies by the Dozen			12.95
Fudge or Cream Cheese Brownie			2.65

## SEASONAL SPECIALS

Fresh Strawberry Shortcake	Spring - Summer	8.35		
Lemon Squares	Spring - Summer	2.65		
Pumpkin Pie in Spiced Nut Crust	Autumn - Winter - Spring	4.70	15.15	28.20
Apple Walnut Cake with Applejack Glaze	Autumn - Winter - Spring	5.00	21.15	37.30
Creme de Menthe Brownie	Winter	2.65		

## DESSERT PLATTERS

An assortment of bite-size goodies ideal for any gathering or for gift giving. All platters include an assortment of cookies, cream cheese brownies, fudge brownies and 5-flavor pound cake.

Small (approx. 10 people)	30.50
Large (approx. 25 people)	62.50

**Gift Certificates Always Available!**

The Original *dessert•ery* was established in 1987. Winston-Salem's First Dessert Cafe