### Entrées

**MOMO’s Breakfast Sandwich** ................................................................. $6.50
Includes 2 Eggs and your choice from:
- **Bread:** bagel, wrap, biscuit, croissant or toast
- **Meat:** ham, sausage, turkey sausage, or bacon
- **Cheese:** provolone, swiss, or cheddar

Add on Spinach or tomatoes for $0.25 and/or grilled peppers & onions for $1.00

**Monte Cristo Breakfast Sandwich** ......................................................... $7.50
with 2 eggs, bacon OR ham, cheddar, swiss, on French toast and a side of raspberry jam

**Breakfast bread pudding** ................................................................. $4.00
$5.50 w/ Fruit

made with corn bread, sausage, scallions and cheddar cheese

### Daily Breakfast Specials

**Hash Brown Plate** ............................................................................... $5.50
with two eggs your way and a choice of meat

**Breakfast Combo** ............................................................................. $5.00
Choice of one item: Two Eggs your way OR either a sausage, or bacon, or egg biscuit
With your choice of a cup of coffee or a bottled water

**2 Eggs, 2 Bacon** .................................................................................. $6.50
with your choice of a cup of coffee or a bottled water

**Bacon Biscuit** .................................................................................. $3.25

**Sausage Biscuit** .................................................................................. $2.75

**Egg Biscuit** .................................................................................. $3.00

### A la Carte

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Eggs your way</td>
<td>$3.00</td>
</tr>
<tr>
<td>2 Sausage patties</td>
<td>$3.00</td>
</tr>
<tr>
<td>Bagel and Cream Cheese</td>
<td>$2.25</td>
</tr>
<tr>
<td>2 Strips of bacon</td>
<td>$2.50</td>
</tr>
<tr>
<td>2 Slices of French Toast</td>
<td>$5.00</td>
</tr>
<tr>
<td>Fruit Cup</td>
<td>$2.25</td>
</tr>
</tbody>
</table>

PRICES INCLUDE 13.5% Tax

Grab n’ Go Available Daily from 7:30 a.m. to 1:30 p.m. ~ local - homemade - delicious - family-owned
**Lunch Menu**

**Served 11:30 a.m. - 1:30 p.m**

---

**Entrées**

- **Beef and cheese lasagna**
  with green beans and garlic bread
  $10.00

- **Pork carnitas**
  with corn or flour tortillas, salsa and sour cream with cilantro lime rice and vegetable medley
  $10.00

- **Half and Half - Choose 2**
  Half a sandwich (any weekly sandwich) and half an entrée salad or cup of soup
  $9.00

---

**Salads**

- **Create your Own Salad**
  Spinach, field greens, romaine, carrots, cucumbers, peppers, onions, scallions, blueberries, craisins, tomatoes, spicy almonds, strawberries, mushrooms, feta, parmesan, shredded cheddar, black beans, avocado, broccoli, olives and crackers
  $6.00

- **Add a protein**
  Chicken, turkey, ham, chicken salad
  $2.50 Per

- **Half & Half**
  Choose Two: Half a sandwich (any weekly sandwich) and half an entrée salad or cup of soup
  $9.00

- **Salad Plate**
  Choose two: Pasta salad, cole-slaw, dual potato salad, herb roasted potato salad, side salad or fresh fruit
  Choose one: sliced chicken, ham salad, turkey or chicken salad
  $9.00

- **Chopped**
  with field greens, chicken, feta, black beans, scallions, mushrooms, peppers, cucumbers, tomatoes, avocado and choice of dressing
  $8.00 sm
  $10.00 lg

- **Caprese Salad**
  with spinach, chicken, avocado, fresh mozzarella, tomatoes, pesto and balsamic glaze
  $8.00 sm
  $10.00 lg

- **Field Green Salad**
  with strawberries, blueberries, almonds, feta, craisins, and chicken salad
  $8.00 sm
  $10.00 lg

---

**Flat Bread Pizzas**

- **Veggie**
  Sauce, cheese, tomatoes, peppers, onions, mushrooms, olives
  $7.00

- **Greek**
  Sauce, feta, parmesan, tomatoes, cucumbers, onions, olives and chicken
  $7.00

- **Meatlovers**
  Bacon, pepperoni, sausage and ham
  $7.00

- **BBQ Chicken Pizza**
  BBQ Sauce, BBQ chicken, onions, bacon, goat cheese
  $7.00

---

PRICES INCLUDE 13.5% Tax

Grab n' Go Available Daily from 7:30 a.m. to 1:30 p.m. ~ local - homemade - delicious - family-owned
### Sandwiches

Served with a choice one side of pasta salad, dual potato salad, fresh fruit, side salad or chips and a pickle

<table>
<thead>
<tr>
<th>Sandwich</th>
<th>Combo</th>
<th>Sandwich Only</th>
</tr>
</thead>
<tbody>
<tr>
<td>MOMO’s Grilled cheese</td>
<td>$10.00</td>
<td>$8.25</td>
</tr>
<tr>
<td>Corned beef Reuben</td>
<td>$10.50</td>
<td>$8.75</td>
</tr>
<tr>
<td>on rye with thousand island and sauerkraut</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Buffalo chicken burrito</td>
<td>$10.50</td>
<td>$8.75</td>
</tr>
<tr>
<td>with Buffalo mayo, spinach, tomato, blue cheese crumbles</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken salad wrap</td>
<td>$10.25</td>
<td>$8.50</td>
</tr>
<tr>
<td>with spinach and tomatoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Turkey on wheatberry bread</td>
<td>$10.50</td>
<td>$8.75</td>
</tr>
<tr>
<td>with cranberry mayo, brie, lettuce and tomato</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Veggie wrap</td>
<td>$9.75</td>
<td>$8.00</td>
</tr>
<tr>
<td>with hummus, lettuce, tomato, black beans, roasted peppers and onions, mushrooms, cucumber</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken, bacon and ranch wrap</td>
<td>$10.25</td>
<td>$8.50</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Walk-Ins Welcome or Place Your Order in Advance:
Call x 7370 or Text 757-206-3212 (No voicemails please)
Place your order a minimum of 10 minutes ahead of your pick-up time.

### Beverages and Snacks

Coffee/Iced tea $2.25
Cup of ice $.50
Bottled sodas/teas $2.25
Monster $2.50
Bottled juice $2.75
Bottled water $2.00
Canned Sparkling Water $2.00

Cookie packs (chocolate chip cream, oatmeal cream, peanut butter chocolate cream) $2.25
Peanut Butter and Chocolate Protein Bar (vegetarian) $2.00
Lemon bar, peanut butter bar, brownie $2.75
Coffee Cake $3.50
Greek Yogurt $2.25
Granola bars $1.50
Chips $1.75

### Featured Soup

Chicken and Vegetable
SM $5.00 / LG $7.00

### Grab & Go

**Hummus and Veggies $5.00**
(a scoop of hummus with tomatoes, cucumbers, peppers and broccoli)

**Ice Cream Novelties:**
Häagen-Dazs $2.25
FatBoy Ice Cream Sandwich $1.75
Kit-Kat drumstick $1.75

**Cookie Packs $2.25**
(chocolate chip cream, oatmeal cream, peanut butter chocolate cream)

MOMO’s Brazilian Coffee Blend $10.00 bag
Homemade Basil Vinaigrette Dressing $8.00
Homemade Sweet Onion Dressing $8.00

---

PRICES INCLUDE 13.5% Tax

Grab n’ Go Available Daily from 7:30 a.m. to 1:30 p.m. ~ local - homemade - delicious - family-owned
Family Take Home
Dinner for Four
$30.00
for the week of May 3, 2021

Choose one of the following meal options

- Pork burritos with tomato, black bean and corn salad and yellow rice
  or
- Meat sauce with pasta, garlic bread and a field green salad

- No Substitutions.
- Payment due when placing the order.
- Order day before, or morning of pick up.
- Pick-up is available in the Quark Café no later than 1:45 p.m. on your designated pick-up day.
- Food will be cold at pick-up and labeled with heating instructions.
- Refrigeration required after pick-up.

To place your order, Call x 7370 or Text 757-206-3212
(No voicemails please)
Monday – Friday by 10:00 a.m. for same day pickup

PRICES INCLUDE 13.5% Tax
Grab n' Go Available Daily from 7:30 a.m. to 1:30 p.m. ~ local - homemade - delicious - family-owned