

MENU

Gourmet DECISIONS

CAFE & GRILL

HOURS:

Tuesday-Friday: 7 am-3 pm

Saturday & Sunday: 8 am-2 pm

12 Washington Street

Natick, MA 01760

508-647-4024

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gourmetdec@aol.com



BREAKFAST

FRESHLY BREWED COFFEE

House (our own blend) Full bodied	1.75	Hot chocolate (in season)	1.50
Decaf (actually tastes like coffee)	1.75	Iced Coffee (in season)	2.00
Espresso	2.00	Milk	small: 1.75 large: 2.25
Cappuccino	3.25	Chocolate milk	small: 2.00 large: 2.50
Tea (ask for Tazo flavors) or regular	1.50		

JUICES

Orange	small 2.25	large 3.00	Cranberry	small 2.00	large 2.75
V8		2.00	Water (bottled)		1.15
Apple	small 1.50	large 2.25	Sparkling Water		1.75

SMOOTHIE OF THE DAY

Made with fresh cut fruits, natural juices & fat free yogurt. 3.25

MARTINI GLASS OF FRESH FRUIT & BERRIES

Cantaloupe, honey dew, golden pineapple, watermelon, seedless grapes and strawberries — hand cut daily. 3.25
With strawberry crème fraiche add 1.50
With fat free yogurt add 1.00
With almonds add 1.00

GOURMET DECISIONS' FABULOUS BLUEBERRY MUFFINS

We make them, we bake them fresh & from scratch daily — with wild Maine blueberries (while they last). 1.75

Gold Corn Cinnamon Chip Carrot & Spice
Have it split, buttered & griddled 2.00

BOSTON BAGELS

Split & toasted or just split

Plain Sesame Raisin Poppy Seed
Served with whipped cream cheese & preserves.
1.75

CONTINENTAL & QUICK

Mug of coffee, today's muffin & a cup of fresh cut fruit & berries.
5.50

CEREAL

Old fashioned hot oatmeal with brown sugar, raisins & warm milk.
4.95
Fresh blueberries add 1.00

FROM THE MIDDLE OF THE GRIDDLE

FRENCH TOAST *(My Dad's recipe)*

Griddled thick cut French bread dipped in our own batter & grilled golden brown and baked with real maple syrup.

6.50

With sliced bananas & pecans add 1.50

TUSCAN TOAST

Our French toast using panini bread.

Stuffed with sautéed fresh apples, mascarpone cheese, cinnamon & spice, drizzled with real maple syrup and dusted with powdered sugar.

7.50

GRIDDLE CAKES

(Old fashioned pancakes)

Fluffy golden buttermilk	Full stack	5.95
	Short stack	4.50
Loaded with wild Maine blueberries or sliced Chiquita banana — Add an egg (your way)		add 1.50 1.25

COUNTRY GRIDDLE CAKES

Our own recipe with buckwheat, oats, rye, wheat and walnuts.

Full stack 6.95 Short stack 5.50

Griddle cakes, French & Tuscan toast all served with warm, real maple syrup & creamy butter.

***EGGSAMPLE OF EGGS**

Served with griddle fried potatoes, toast and preserves

Your preference

Sunny . . . over easy . . . over hard . . . wrecked . . . scrambled . . . poached

Two eggs	4.75
With maple smoked bacon, homemade spicy hot Italian sausage, baked pit ham, breakfast sausage links.	6.25
With corned beef hash	7.50
Each additional egg	1.25

BASIC AMERICAN BREAKFAST SANDWICH

One egg, two pieces of bacon & American cheese on a toasted English muffin, served with griddle fried potatoes.

5.95

CLASSIC FULL HOUSE BREAKFAST *(as requested)*

3 eggs, as you like them, 2 sausage links, 2 strips of bacon, griddled fried potatoes and toast or short stack of buttermilk pancakes.

8.50

*Consuming under cooked meat, seafood or eggs increases the risk of food borne illnesses.

OMELETTE STATION

3 Farm Fresh Eggs

Our omelettes are prepared in classic French omelette pans, resulting in a fluffy, soufflé like quality served with griddle fried potatoes & toast.

FLORENTINE

Baby Tuscan spinach, wild mushrooms, sun dried tomatoes & Fontina cheese.
7.95

NAPOLITAN

Fresh Bufala mozzarella, ripe Roma tomatoes & sweet basil pesto topped with fried proscuitto cracklings.
7.50

SOUTHWEST

Natural smoked turkey breast, Guacamole, plum tomato salsa & cheddar Jack cheese topped with sliced pickled jalapeños & lime sour cream.
7.95

BREADS AVAILABLE

Country white (thick slice) marble rye hand sliced multigrain
extra large Thomas's English muffin add .75
Muffin of the day add 1.00

FROM MY SPANISH FRIENDS (AMIGOS!)

MEXIAN HASH OMELETTE

Shredded beef tossed with black beans, bell peppers, onions, enchilada sauce, herbs & spices topped with Jack cheese, lime sour cream & green onions.
7.50

GOOEY LOUIE OMELETTE

Our blend of 4 classic cheeses: Vermont cheddar, Wisconsin American, domestic provolone & imported Fontina — creamy & gooey.
7.50
With crisp bacon & chopped tomato add 1.25

OMELETTE CLASSICS

Classic western-diced ham, peppers & onions	6.95
Add cheddar cheese	7.50
Broccoli & cheddar	7.50
Wild mushroom	7.50
Ham, sausage & bacon	8.50
Corned beef hash & cheddar cheese topped with Hollandaise sauce	8.50

***THE BENNIES**

Two large eggs poached & nestled atop toasted Thomas' English muffin topped with Hollandaise sauce.

CLASSIC BENEDICT

Our own baked pit ham.

8.25

WEST COAST BENEDICT

Natural smoked turkey, guacamole & plum tomato salsa topped with crisp crumbled bacon & green onions.

8.50

BREAKFAST WITH A TEX MEX FLAVOR

***HUEVOS RANCHEROS**

Two eggs (any style) on grilled corn tortilla with refried beans, cheddar Jack cheese, enchilada sauce, lime sour cream, green onions and griddle fried potatoes.

7.95

BREAKFAST BURRITO

Scrambled eggs, spicy shredded beef, griddle fried potatoes, jalapeño Jack cheese, wrapped in a flour tortilla served with fresh salsa & lime sour cream.

7.50

KID'S BREAKFAST

Cold Cereal — Ask your server	2.25	One kid's pancake	2.25
With sliced banana	2.95	Chocolate chip pancake	3.00
With sliced strawberries	3.50	Banana pancake	3.00
Or both	3.95	Blueberry pancake	3.00
One egg & bacon with toast	3.95	Kid's French toast	3.25

BREAKFAST SIDES

Bacon	2.95	English muffins	1.75
Hot sausage	2.95	Fried potatoes	2.75
Link sausage	2.95	Single pancake	2.50
Ham	2.95	Slice of cheese on egg	.75
Hash	3.25	Cream cheese	.75
Toast	1.50		

LUNCH

HOMEMADE SOUPS

Good & Good for You! Fresh & From Scratch

Gourmet Decisions' famous chicken vegetable with escarole

Cup 1.75 Bowl 2.50

Today's Soup Priced Each Day

Today's Smoothie 3.25

HEART HEALTHY SALADS

TEX MEX COBB SALAD

Flame grilled marinated chicken breast, crisp bacon, tomato, cucumber, boiled egg, corn and black bean salsa, cheddar Jack cheese and lime sour cream.

Tex Mex Vinaigrette.

8.50

SIENNA ROASTED VEGETABLE SALAD

Zucchini, summer squash, sweet bell peppers, eggplant, carrots and red onions over baby field greens and crisp lettuce with gorgonzola cheese and roasted croutons.

Roasted Tomato Balsamic Dressing

8.95

GOURMET DECISIONS' OWN CAESAR SALAD

Crisp romaine greens and shredded parmesan cheese tossed in our own recipe Caesar dressing, topped with roasted croutons, boiled egg and a wedge of lemon.

6.50

PEKING SPICED SHRIMP AND VEGETABLES

Sambal spiced shrimp (hot Thai chili relish) and julienne of raw vegetables served over nappa cabbage and crisp greens with roasted peanuts, Mandarin oranges and crisp rice noodles. Toasted Sesame and Ginger Soy Dressing.

9.95

COUNTRY SALAD

An assortment of baby greens and crisp romaine with julienne vegetables, grape tomatoes, English cucumber and olives. Choice of dressing.

6.95

Small version of Country Salad as a side salad.

4.50

FRESH CUT SEASONAL FRUITS AND BERRIES

Served over mesclun greens with crumbled bleu cheese and Red Raspberry Balsamic Drizzle.

7.95

ADD TO ANY SALAD

Grilled Chicken 2.00 Spicy Shrimp 4.00

DRESSINGS:

Tuscan Picante, Dijon Vinaigrette, Bleu Cheese,
Balsamic Vinaigrette, Tex Mex Vinaigrette

***GREAT STEAK BURGERS**

We make them fresh daily.

Char broiled 8 oz. Ground Angus beef on a bulkie roll. All burgers served with French fries, sliced tomato, crisp lettuce, red onion and a pickle.
7.95

With cheese 8.95
American, Cheddar or Swiss

With apple smoked bacon add 2.00
Sautéed mushrooms add 1.50
Caramelized onions add 1.00

SPECIALTY SANDWICHES

All breads baked fresh daily.

FLAME BROILED CHICKEN BREAST CIABATTA

With roasted sweet peppers and warm goat cheese.
Served with Balsamic dressed baby greens.

7.95

WEST COAST SMOKED TURKEY CLUB ON MULTI GRAIN BREAD

Smoked all natural turkey breast, smoked bacon, guacamole, tomato and Havarti cheese.

8.50

SLOW ROASTED ANGUS BEEF ON BULKIE ROLL

With roasted garlic herb cream cheese, caramelized onions and sliced tomato.

8.95

TONGOL TUNA SALAD MELT

Tuna salad with chopped apples, capers, celery and a hint of red onion on a slice of grilled parmesan panini bread with Swiss and Cheddar cheese and thick sliced beefsteak tomato.

8.50

TUSCAN ROASTED VEGETABLE WRAP

With fontina cheese and white bean humus.

7.50

KENTUCKY HOT BROWN SKILLET SANDWICH

Roasted fresh turkey breast and sliced tomato on toasted French bread with a rich Cheddar cheese sauce, baked and topped with chopped crisp bacon.

Also available with baked pit ham instead of turkey

7.95

ROASTED FRESH TURKEY BREAST WRAP

Freshly roasted turkey, homemade herb stuffing, our own cranberry chutney, lettuce and tomato.

7.50

CAJUN CHICKEN SALAD WRAP

Red and green grapes with celery in a light Cajun mayonnaise.

7.50

HOT ENTRÉES

NEW, EXCITING AND DELICIOUS!

Daily Hot Entrée
Ask your server for Today's Special
Priced Daily

Hot entrées served with a small side salad and warm bread.

DESSERTS

Freshly Baked Pies — Slice of apple or blueberry À la mode	2.25 add \$1.00
Flourless Chocolate Cake — raspberry coulis and whipped cream	3.25
Old fashioned strawberry shortcake — on a buttermilk biscuit with lots of strawberries & whipped cream	3.50
Homemade Fudge Brownies	2.25
Luscious Lemon Square — with fresh blueberries & powdered sugar	2.25

KIDS' SANDWICHES

Peanut Butter & Jelly	2.25
Sliced Turkey	4.50
Ham & Cheese	4.50
Grilled Cheese	3.95

All sandwiches come with French fries. Choice of white or multigrain bread.

BEVERAGES

Coffee	1.75	Bottled Water	1.15
Tea (ask for Tazo flavors) or regular	1.50	Sparkling Water	1.75
Espresso	2.00	Apple Juice	Small 1.50
Cappuccino	3.25		Large 2.25
Hot Chocolate	1.50	Orange Juice	Small 2.25
Coke	1.75		Large 3.00
Diet Coke	1.75	Cranberry Juice	Small 2.00
Ginger Ale	1.75		Large 2.75
Sprite	1.75	V8	2.00

SIDES

French Fries	2.95
Onion rings—hand cut, lightly battered & deep fried in canola oil	3.95
Grilled vegetables	2.95