

Senior's Breakfast Menu

A special menu for our guests 62 and over

Two golden brown pancakes.....	4.25
1/2 order of French toast.....	4.95
Three Bacon or Sausages with 2 eggs, hash browns, and toast.....	6.95
Pancake Combo - two pancakes, 1 egg, 2 bacon or 2 sausages.....	6.95
French toast Combo - 1 egg, 2 bacon or 2 sausages.....	6.95

Two egg Omelette and cheese with a choice of one of the ingredients:

HAM.....MUSHROOM.....BACON.....SAUSAGE.....LINQUISA.....	7.25
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HOT OR COLD SANDWICHES

All sandwiches are served with the choice of: fries, potato salad, soup, salad

Cold sandwiches get to choose any one of these delicious ingredients

HAM.....TURKEY.....TUNA.....BEEF.....	6.25
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Hot Turkey, Beef, or Meat Loaf all served with Mashed Potatoes.....7.25

DINNER

Dinners are served with potatoes and vegetables and soup or salad

Country Fried Steak..... (beef).....	8.50
Chicken Fried Chicken..... (chicken Breast).....	8.50
Home made Meat Loaf with (brown) Gravy.....	7.95
Fried Chicken Strips.....	7.95
Spaghetti with meat ball topped with parmesan.....	7.95
Grilled liver with sautéed onion and bacon.....	8.50

CHILDREN'S MENU

Under 12 years please

Served with a choice of: small soda or small milk

#1 Three small pancakes - with 1 scrambled egg, and 3 bacon or 3 sausages.....	5.75
#2 Hamburger with Fries.....	5.25
#3 Grilled Cheese Sandwich with Fries.....	5.25
#4 Mini Corn Dogs with Fries.....	5.25
#5 Fried Chicken Strips with Fries.....	5.75
#6 Spaghetti and meat balls.....	5.75

Menu Side Orders

French fries.....	2.50	Potatoes salad.....	2.50	Onion rings.....	3.00
Chicken strips.....	4.95	Garlic bread.....	2.50	Cottage cheese.....	2.50
Cheese sticks.....	5.99	Country fried steak.....	6.75	Burger steak.....	6.50
Cup of Soup.....	3.10	Bowl of Soup.....	3.99	Vegetables.....	2.99
Cup of Chili.....	3.10	Bowl of Chili.....	4.10	Salsa.....	1.10

WELCOME TO L & M RESTAURANT

Business Hours:

Monday to Thursday

7:00am - 2:30pm

Reopen at

4:30pm To 9:00 pm

Friday & Saturday

7:00 am To 9:00 pm

Sunday

7:00 am To 3:00 pm

(925) 447-5535

We Accept: Visa - MasterCard - or Cash
We reserve the right to refuse services to anyone.
Parties of 8 or more are subject to 15% gratuity
We're not responsible for lost or stolen items

GOOD MORNING

Breakfast at L & M is served all day

Served with Country potatoes or Hash browns, and toast with jelly

Two eggs any style.....	5.15
Bacon, Sausage, or Sausage Patties and two eggs.....	7.25
Ham, Linguisa, or Corned Beef Hash and two eggs.....	7.95
Country Fried Steak and three eggs (Beef).....	9.95
Chicken Fried Chicken and three eggs (Chicken Breast).....	9.95
Hamburger Steak and three eggs.....	9.95
Two Center cut Pork Chops and three eggs.....	10.95
NY Steak and three eggs.....	12.95
Diced ham scrambled eggs, topped with cheddar cheese.....	7.99
Diced Vegetables Scrambled eggs topped with cheddar cheese (Tomato, onion, mushroom, bell pepper).....	7.99

OMELETTES

Served with Country potatoes or Hash browns, and toast with jelly

All Omelets are topped with cheddar cheese

Three Cheese Omelet - cheddar, Monterey Jack, American.....	6.95
L&M Omelet - ham, sausage, onion, tomato, bell pepper.....	7.99
Denver Omelet - ham, onion, bell pepper.....	7.99
Ham or Mushroom Omelet.....	7.75
Chili Bean Cheddar Cheese Omelet.....	7.99
Fresh Spinach Mushroom Omelet.....	7.99
Linguisa onion cheese omelet.....	7.99
California Omelet - bacon, tomato, avocado.....	7.99
Garden Omelet - mushroom, onion, tomato, bell pepper, avocado.....	7.75
Spicy Sausage Omelet - spicy sausage, mushroom, Cheese.....	7.99
Chicken Breast Omelet - mushroom, onion, tomato, bell pepper.....	7.99

Each of the following ingredients added to the price of an omelette is \$1.10 each

Pancakes - French Toast - Waffles - Crepes

Three Pancakes.....	4.99	Waffle.....	5.25	Belgian Waffle.....	5.25
French Toast.....	5.75	Cinnamon swirl French toast.....	5.75		
Biscuits & Gravy.....	4.10	1/2 Order of Biscuits & Gravy.....	2.95		
Three pancakes and two eggs.....	6.50	Six Swedish pancakes.....	6.25		
Three pancakes with one egg and three bacon or sausage.....	8.25				
Waffle and one egg and three bacon or sausage.....	8.50				
French Toast with one egg and three bacon or sausage.....	8.75				
Cinnamon French toast with one egg and three bacon or sausage.....	8.75				
Swedish pancakes with one egg and three bacon or sausages.....	8.75				

*Add strawberries, blueberries, apple cinnamon, or bananas with whipped cream for \$1.50

Add Bacon or pecan in Waffle for \$ 1.25

Breakfast Side Orders

Bacon or Sausage.....	2.99	Ham or Linguisa.....	3.75
Hash Browns or Country potatoes.....	2.50	English muffin.....	1.75
Two eggs.....	2.50	Country Gravy.....	1.30
Bowl of Fresh Fruit (seasonal).....	4.95	Toast.....	1.50
		Oat meal.....	4.10
		Cup of Fruit (seasonal).....	3.75

SKILLETS

Topped with two eggs any style and toast with jelly

Chef Skillet - country potatoes, mushroom, tomato, onion, bell pepper, cheddar cheese (plus) 2 bacon or 2 sausage links.....	8.75
Country Skillet - country potatoes, mushroom, tomato, onion, bell pepper, topped with a country fried steak served with a side of country gravy.....	8.75
Garden Skillet - country potatoes, mushroom, tomato, onion, bell pepper, cheddar cheese.....	7.95

HOT OR COLD SANDWICHES

A choice of one of the following: French fries, potato salad, soup, or salad

Add cheese on a sandwich \$.60 add avocado \$1.00 Onion rings add \$1.25 Cottage cheese add \$ 1.00

Egg Salad Sandwich.....	6.25
Tuna Salad Sandwich (Albacore).....	6.75
Tuna Melt Sandwich (Albacore) grilled on Sourdough bread, Swiss cheese.....	7.55
Grilled Cheese Sandwich (add ham \$ 1.10).....	5.75
Cold Turkey, Beef, or Ham Sandwich.....	6.75
Club House - Turkey, bacon, lettuce, tomato.....	7.95
Double BLT - Bacon, lettuce, tomato.....	7.95
Bacon Ortega - Swiss cheese, Ortega, bacon, grilled on sourdough.....	7.95
Linguisa on French Roll.....	7.95
French Dip Sandwich.....	7.95
Chicken Fried Steak Sandwich.....	7.95
Monterey Chicken - Grilled chicken on sourdough with Swiss cheese.....	8.95
Philly Cheese Steak - Grilled beef, onion, pepper, Swiss cheese.....	8.95
NY Steak Sandwich.....	10.50
*Hot Turkey, Beef, or Meat loaf all served with Mashed Potatoes.....	7.99

CHAR BROILED BURGERS

1/3lb of beef, broiled to served with fries, potato salad, soup, or salad

Onion rings add \$1.25 Cottage cheese add \$ 1.00

Hamburger.....	6.25	Cheese Burger.....	6.75
Chili Cheese Burger.....	8.25	Bacon Cheese Burger.....	7.95
Salmon Cheese Burger.....	7.95	Garden Cheese Burger.....	6.75
Sourdough Cheese Burger.....	6.75	Turkey Burger with cheese.....	7.95
Cobb Burger - Blue cheese, crumble bacon, avocado.....	8.25		
Patty Melt - grilled onion, Swiss cheese, on Sourdough bread.....	7.95		
Double Cheese Burger - served on a French Roll.....	8.95		

SALADS

We offer: ranch, thousand, Bleu cheese, oil vinegar or Italian

Dinner salad.....	4.25
Chef Salad - ham, turkey, tomato, olives, egg, and cheese.....	8.50
Grilled Chicken Salad - olives, tomato, avocado, onion, egg, cheddar cheese.....	8.50
Oriental Chicken Salad - crisp chicken, crisp noodles, with oriental dressing.....	8.50
Cobb Salad - chicken breast, bacon, avocado, tomato, olives, bleu cheese.....	8.50
Chicken Fajita Salad - chicken, pepper, onion, tomato, olives, avocado, cheese.....	8.50
NY Steak Salad - olives, tomato, avocado, onion, egg.....	9.50

Dieter's Delight: A Low Calorie Plate

Served with cottage cheese and fruit or salad and hard boiled egg

#1 1/2 lb Hamburger steak.....	9.95	#3 Grilled Salmon.....	11.95
#2 Grilled chicken Breast.....	11.25	#4 Pan fried Cat fish.....	11.95

DINNER

All dinners are served with soup or salad with vegetables and potatoes

Spaghetti with meat balls or meat sauce.....	8.75
Home made Meat Loaf with (beef) gravy.....	9.25
Chicken Fried Steak or Chicken Fried Chicken with country gravy.....	9.99
Fried Chicken Strips.....	8.95
Two Center cut Pork Chops (Char broiled).....	10.50
Grilled liver with sauteed onion and bacon.....	9.25
Grilled Salmon.....	10.75
Pan fried Cat fish.....	10.25
Fish and chips.....	9.75
Char broiled Burger Steak - sauteed onion, mushroom, with gravy.....	10.50
Chicken Alfredo - chicken, broccoli, parsley, penne pasta, alfredo sauce.....	11.75
Spicy Sausage Pasta - mushrooms, parsley, chili flakes, penne pasta.....	11.75
NY Steak (Char broiled).....	13.95

BEVERAGES

Coffee or Hot Tea.....	1.80	Hot Chocolate (no refills).....	1.95
Milk -	Small.....	1.90.....	Large.....
Chocolate Milk -	Small.....	2.10.....	Large.....
		Juices:	
		V-8 - Orange - Cranberry - Apple - Tomato - Grapefruit (No refills)	
		Small.....	2.00 Large.....
iced Tea.....	2.10		
Soft Drinks: Coke, Diet Coke, Sprite, Lemonade, Root Beer.....	2.10		
Milk shakes: Vanilla, chocolate, strawberry.....	3.75		

Senior's, Children's, and side orders Menu are on the back