

Specialty Coffee and Tea

Intelligentsia Coffee 2.25
Espresso- Regular or Decafe 1.75
Cappuccino 2.95 Latté 3.25 Chai Latté 3.50
White Chocolate Latté, Mocha Latté, Caramel Latté, Vanilla Latté 3.50
Mighty Leaf Hot Tea 2.35

Fresh Beignets

Served Monday - Saturday 7AM - 11AM

Classic Beignets <i>Drenched in powdered sugar.</i> 3.00	Apple Beignets <i>Drizzled with caramel sauce</i> 4.95	Savory Beignets <i>Parmesan cheese & herbs.</i> 4.95
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Traditional Breakfast

*All traditional breakfast items are served with choice of breakfast potatoes or fresh fruit and English muffin.
All egg dishes are prepared with trans-fat free oil.*

Two Fresh Eggs
Any Way You Like Them 4.75
*Add choice of bacon, sausage patties or links,
turkey sausage, or turkey bacon.* 7.50

Poached Eggs with Sweet Potato Hash
*Sweet potatoes, butternut squash, red and green
bell peppers, onion and fresh herbs topped with
two poached eggs and a touch of hollandaise.* 7.45

Pot Roast and Eggs
*Slices of our fresh juicy pot roast served
with two eggs as you like them.* 8.95

Two Fresh Eggs & Corned Beef Hash
*Two fresh eggs as you like them served with a
generous portions of our corned beef hash.* 8.25

Steak and Eggs Our Way
*4 oz. filet medallions seasoned then grilled
to your temperature, topped with sautéed
mushrooms, served with two eggs as you
like them.* 12.95

Jones Country Ham and Eggs
*with an 8 oz. ham steak. Served with
two eggs as you like them.* 8.95

Smoked Salmon Plate

*Fresh Nova Scotia smoked salmon served with toasted bagel, cream
cheese, onion, tomato slice and capers. (Not served with potatoes or muffin)* 9.95

Our Own Biscuits and Gravy

*Two homemade savory scones covered with our homemade turkey sausage gravy.
Served with two eggs of your choice and fresh fruit.* 7.95

Breakfast Sandwiches and Such

Served with choice of breakfast potatoes or fresh fruit

Ham, Peppadew and Egg Sandwich
Ham, egg, Vermont white cheddar cheese and peppadews on grilled sourdough bread. 6.95

Breakfast Burrito
*Red and yellow peppers, tomatoes, scrambled eggs
and guacamole, folded into a multi-grain tortilla,
with jack cheese.* 6.95
Add chorizo. 7.95

Healthy Veggie White Wrap
*Baby spinach, asparagus, red and yellow peppers,
garlic, scallions, and a touch of low-fat
mozzarella, folded into egg whites and wrapped in
a multi-grain tortilla.* 7.95

Mom's Favorites™

Served with 2% milk, skim milk or soymilk, English muffin or fresh fruit.

Steve's Old Fashioned Oatmeal
Served with brown sugar on the side. 4.50

Organic Steel Cut Oatmeal
Served with brown sugar on the side. 4.95
Add bananas, blueberries or strawberries 5.95

Mary's Apple Baked Oatmeal
*Chopped apples, brown sugar, cranberries and
cinnamon, topped with vanilla yogurt and
honey-toasted walnuts.* 5.50

Healthy Apple Oatmeal Combination
*A smaller version of our apple baked oatmeal
served with two eggs any style and choice of
bacon or sausage.* 7.25

Stratas

*Baked bread and egg casseroles layered with a variety of flavors and ingredients.
Served with fresh fruit or breakfast potatoes.*

Goat Cheese, Artichoke and Smoked Ham Strata

Ham, artichoke hearts, goat cheese, and parmesan. 8.95

Mediterranean Strata

Spinach, artichokes, kalamata olives, roasted red peppers, parmesan and feta cheeses and marinara sauce. 8.95

Breakfast Strata

Breakfast sausage, cheddar cheese, mushrooms and touch of mustard. 7.95

Sesame Crusted

Red Pepper Asparagus Strata

Red peppers, asparagus, cheddar cheese, sesame seeds and paprika. 8.95

Auntie Elaine's Blueberry Strata

Fresh blueberries and cream cheese blended into egg and bread custard, baked 'till golden brown, then topped with blueberry compote. 7.95

Frittatas

*An opened faced three egg omelet baked on both sides.
Served with English muffin and breakfast potatoes.*

Crab, Shrimp and Red Pepper

Maryland blue crab, fresh poached shrimp, red peppers, jack cheese and hollandaise. 9.95

Four Cheese

A blend of jack, cheddar, parmesan, and Swiss topped with a dab of sour cream. 7.25

Frittata Olé

Chorizo sausage, onions, tomatoes, green peppers, and jack cheese topped with homemade black bean salsa and a dollop of sour cream. 8.95

Spinach, Artichoke and Goat Cheese

Baby spinach, artichoke hearts, goat cheese and a touch of fresh herbs baked into three eggs. 8.45

Frittata Italiano

Italian Sausage, green and red peppers, onion, mozzarella cheese, herbs and a touch of marinara. 8.95

Omelets

*All omelets are made with three fresh eggs, served with English muffin & breakfast potatoes.
Egg Beaters or egg whites may be substituted upon request.*

Sweet Potato Hash and Ham

Sweet potato hash, ham, jack cheese and grilled pineapple. 7.95

Healthy White Eggs and Turkey Sausage

Turkey sausage, egg whites, touch of jack cheese and homemade black bean salsa. 7.95

Sundried Tomato & Spinach Omelet

Sundried tomatoes, baby spinach, bacon and jack cheese. 7.95

Crab and Avocado Omelet

Maryland blue crab, avocado, jack cheese and a touch of hollandaise. 9.95

Fresh Spinach and Feta Cheese

Fresh leaf spinach, feta cheese. Served with sliced tomatoes on the side. 7.95

Wild Mushroom and Gruyère Cheese Omelet

Shiitake mushrooms, gruyère cheese, shallots, chopped garlic and fresh parsley. 7.95

Tenderloin Steak Omelet

Tenderloin steak, mushrooms, onions, tomatoes, potatoes, and cheddar cheese sauce. 8.95

Healthy Veggie White Omelet

Baby spinach, asparagus, red and yellow peppers, garlic, shallots, and a touch of low-fat mozzarella egg whites with homemade black bean salsa on the side. 8.95

Ham and Peppadew Omelet

Diced ham, peppadew peppers, and jack cheese. 7.95

Bavarian Omelet

Grilled bratwurst, onions, potatoes, swiss cheese and mustard sauce. 7.95

It's Your Omelet

We start with three eggs, choice of cheese: cheddar, swiss, feta, American, jack cheese or low-fat mozzarella. 6.95 Add bacon, Canadian bacon, ham, sausage, onion, spinach, tomato, green pepper, homemade black bean salsa, or mushrooms. (.75 for each additional item)

Skilletless Skillets

All skilletless skillets served with a generous portion of our breakfast potatoes, cheese and two eggs as you like them and English muffin.

Farmers Skillet

Crisp bacon, green peppers, onions, cheddar and jack cheese. 7.95

Steak Skillet

Slices of tenderloin steak with sautéed mushrooms, grilled onions and cheddar cheese. 8.95

Veggie Skillet

Roasted red peppers, baby spinach, sun-dried tomatoes and feta cheese. 7.95

Create Your Own Skillet

We start with our breakfast potatoes, two eggs as you like them, choice of cheese. 6.95 Add bacon, Canadian bacon, ham, sausage, spinach, onion, tomato, green pepper, homemade black bean salsa, or mushrooms. (.75 for each additional item)

Homemade Crepes

Served with small fruit or breakfast potatoes.

Fresh Fruit Crepe of The Day

Three delicate crepes filled with fresh fruit of the day. 7.95

Spinach Florentine Crepe

Spinach, bacon, eggs, and jack cheese topped with hollandaise. 8.95

Seafood Crepe

Lobster, crab, scallops, and shrimp blended in a creamy sauce. 11.95

Pancakes and Waffles & Toasts

All pancakes & waffles are served with fresh creamery butter and warm pancake syrup.

Vermont maple syrup available for 1.25

Pumpkin Pancakes

Candied pecans and cinnamon butter. 6.95

Belgian Waffle

A crisp malted waffle dusted with powdered sugar. 5.95

Lemon Zest Pancakes

Two lemon zest pancake with seasonal berries and whipped cream. 6.95

Pumpkin Pecan Waffle

Candied pecans and cinnamon butter. 6.95

Fresh Blueberry Pancakes loaded

with fresh blueberries. 5.95

Pecan Belgian Waffle 6.45

Organic Multi-Grain Pancakes

A stack of three. 5.95

Potato Pancakes applesauce & sour cream.5.95

Buttermilk Pancakes

A stack of three. 4.95

Classic French Toast

Classic French bread sliced, dipped in egg batter, grilled with a touch of cinnamon, and then dusted with powdered sugar. 5.95

Make it a Combination

Add two eggs, two pieces of bacon, sausage, turkey bacon or sausage to a smaller portion of any of the above, add two dollars.

Ms. Cyndi's Cherry Stuffed French Toast

A thick slice of egg bread stuffed with cream cheese and red tart Door County cherries, then dipped in egg batter and placed on the griddle 'till golden brown. Finished with cinnamon and powdered sugar. 6.95

French Toast with Pears and Pomegranate Sauce

Two pieces of French bread dipped then grilled 'till golden then capped with caramelized pears and finished with our pomegranate reduction. 7.95

Benedicts And

Those That Think They're Benedicts

All of our Eggs Benedict creations are served with fresh fruit or breakfast potatoes.

Classic Eggs Benedict

Canadian bacon, poached eggs, hollandaise and paprika. 7.95

Benedict's Ala Munich

Grilled Sheboygan bratwurst, caramelized onions poached eggs and a mustard hollandaise on two potato pancakes. 8.95

Hearts of Benedict

Artichoke hearts, baby spinach nested on top of English muffin halves with tomato wheels and two poached eggs with hollandaise sauce. 8.95

Crab Cakes Benedict

Two Maryland crab cakes, topped with two poached eggs then finished with a roasted red pepper chipotle sauce. 11.95

Benedicts Ala Risotto

Two wild mushroom risotto cakes, fresh asparagus and a touch of hollandaise. 8.95

Benedict Florentine

Fresh sautéed spinach and slices of tomatoes poached eggs and hollandaise. 7.95

Breakfast Benedict

Country sausage on English muffin halves topped with two poached eggs and cheddar cheese sauce. 7.95

Portabella Benedict

Grilled portabella caps, baby spinach, tomato wheels topped with two poached eggs and hollandaise. 7.95

Smoked Salmon Benedict

Toasted bagel halves with a touch of cream cheese, smoked salmon, two poached eggs, and finished with caper hollandaise sauce. 8.95

St. Patrick's Benedicts

Corned beef stacked on rye then capped with two poached eggs and horseradish sauce. 8.95

Surf and Turf Benedict

4 oz. lobster tail paired with a 4 oz. filet mignon nested on two English muffin halves with sautéed baby spinach and two poached eggs finished with béarnaise sauce. 16.95

Elegant Eggs

Served with fruit

Hector's Chilaquiles

Blue corn tortilla chips sautéed in homemade green salsa with grilled chicken breast and jack cheese. Topped with two eggs as you like them, finished with avocado slices and fresh salsa. 7.95

Kevin's Fresh Zucchini Cakes and Eggs

Fresh zucchini cakes capped with two poached eggs, a drizzle of hollandaise and sprinkled with red peppers. Served an English muffin. 7.95

Portabella and Eggs

Two portabella mushroom caps seasoned and sautéed, topped with herbed cheesy scrambled eggs. Served an English muffin. 7.95

Jambalaya Eggs

Shrimp, andouille sausage, onion, green pepper all scrambled up and finished with a touch of cheddar cheese and hollandaise sauce. Served with an English muffin. 8.95

Salmon Wrapped Eggs

Two poached eggs wrapped with cold smoked salmon (lox) then nested on two potato pancakes with a drizzle of hollandaise and a sprinkle of scallions. 8.95

Huevos Rancheros

Two blue corn tortillas layered with refried black beans, two eggs as you like, chorizo and jack cheese then finished with green and red pepper sauce and cilantro. 7.95

Homemade Quiche

Veggie Quiche of The Day

Served with fresh fruit. 7.95

Savory Quiche of The Day

Served with fresh fruit. 7.95

Soups & Chili

Chicken Noodle Soup
Bowl of Soup 3.95

Soup of the Day
Cup of Soup 2.95

Our Famous Black & White Bean Chicken Chili

Served with sour cream and oyster crackers. Bowl of Chili 4.65 Cup of Chili 3.25

Sandwiches

All sandwiches and wraps are served with a dill pickle wedge and choice of potato salad, orzo feta & asparagus pasta salad, **caesars slaw**, fresh fruit cup or kettle potato chips.
(Lunch served daily at 11:00 a.m.)

Benedict's Egg Salad -Chicken Salad -Tuna Salad

On multi-grain bread. 7.95

Corned Beef On Rye

A generous portion of our warm lean corned beef served on fresh marble rye bread with Dijon mustard on the side. 7.95

Smoked Turkey with Orange Cranberry Relish

Slices of smoked turkey breast, baby greens and orange cranberry relish on fresh multi-grain bread. 7.95

Half of A Sandwich with Soup or Salad

Choose ½ of any of the **above** sandwiches and a cup of soup or small chopped salad. 7.95

Grilled Chicken Pear and Brie

Grilled chicken breast, sliced pear, brie cheese, mixed greens, and cranberry walnut aoli, in a grilled ciabatta roll. 7.95

Pot Roast

Our fresh juicy pot roast served on a ciabatta roll with lettuce, tomatoes, and a touch of mayo. 8.95

Grilled Mediterranean Chicken

Grilled chicken breast, topped with a Mediterranean salad of cucumbers, tomatoes, feta cheese, and kalamata olives blended with olive oil and lemon on a warm ciabatta roll. 7.95

Tenderloin of Beef

Slices of roasted tenderloin of beef nested on a toasted ciabatta roll with caramelized onions, baby greens and, brie cheese and a horseradish aioli. 8.95

Turkey Club

A triple decker sandwich with fresh turkey breast, tomato, bacon, lettuce, and mayonnaise on toasted multi-grain bread. 7.95

Muffin Melt

Chicken salad or tuna salad nestled on top of a tomato capped English muffin with melted white cheddar cheese. Served with chopped salad and breakfast potatoes. 8.95

Burgers

All burgers are served with a dill pickle wedge and choice of potato salad, orzo feta & asparagus pasta salad, **caesar slaw**, fresh fruit cup or kettle potato chips

California Club Burger

Our 8 oz. certified Angus burger capped with avocado, bacon, brie cheese, lettuce, and tomato served on a fresh pretzel bun. 8.95

Benedict's Burger

Our 8 oz. certified Angus burger with lettuce, tomato and slice of raw onion, served on a fresh pretzel bun. 7.45 Add your choice of cheese .75.

Wild Mushroom Burger

Our 8 oz. certified Angus burger topped with shiitake mushrooms, gruyère cheese, shallots, chopped garlic and fresh parsley, served on a pretzel bun. 8.75

Healthy Mediterranean Turkey Burger

Grilled seasoned turkey burger on a toasted ciabatta covered with Mediterranean salad. 7.95

Wraps

All wraps are served with a dill pickle wedge and choice of potato salad, orzo feta & asparagus pasta salad, **caesar slaw**, fresh fruit cup or kettle potato chips.

Our California Wrap

Fresh turkey breast, bacon, mixed greens, avocado, tomato and a touch of mayonnaise wrapped in a multi-grain tortilla. 7.95

Portabella Wrap

Portabella mushrooms, grilled onion, roasted red peppers, goat cheese, mixed greens and a touch of balsamic vinaigrette in a multi-grain tortilla. 7.95

The Waldorf Chicken Wrap

Our famous Waldorf chicken salad wrapped in a multi-grain tortilla with baby greens. 7.95

Black and Blue Wrap

Sliced tenderloin, mix greens, red onions, bleu cheese and a touch of balsamic in a multi-grain tortilla. 8.95

Grilled Panini's

All paninis are served with a dill pickle wedge and choice of potato salad, orzo feta asparagus pasta salad, **ceaser slaw**, fruit cup or kettle potato chips.

Tuna Florentine

Our tuna salad, sautéed spinach, grilled onions and swiss cheese grilled on marble rye. 7.95
Substitute grilled Salmon 9.95

Reuben

Lean corned beef, sauerkraut, swiss cheese and thousand island dressing grilled on marbled rye. 7.95

California Club

Fresh turkey breast, tomatoes, avocado, bacon, mixed greens and a touch of mayo grilled on a fresh ciabatta roll. 7.95

Smoked Turkey, Apples and Brie Cheese

Smoked turkey breast, brie cheese, baby greens and a touch of honey Dijon mustard grilled on a fresh ciabatta roll. 7.95

Grilled Ahi Club

Sashimi grade Ahi tuna seared then stacked with fresh avocados, bacon, lettuce and tomatoes on grilled sourdough w/ a touch of chipotle aioli. 9.95

Ultimate Grilled Cheese

Cheddar and jack cheese with sliced tomatoes, and bacon grilled on sourdough bread. 6.95

Chicken Italiano II

Slices of grilled chicken breast, prosciutto, roasted red peppers, and provolone cheese grilled on fresh parmesan crusted inside out tomato focaccia bread. 8.95

Grilled Artichoke and Portabella

Marinated artichoke hearts, portabella mushroom, with roasted red peppers, kalamata olives, and low-fat mozzarella grilled on sourdough. 7.95

Salads

All salads served with assortment of crackers. Add chicken 2.00 Add Ahi Tuna 4.00 Add Salmon 4.00

Benedict's Chopped Salad

Chopped greens, crisp noodles, sugared pecans, shredded carrots, crumbled blue cheese, apples balsamic vinaigrette dressing. 7.95

Mediterranean Chopped Salad

Chopped greens and romaine lettuce, fresh vegetables, kalamata olives, and feta cheese. olive oil and lemon dressing. 8.95

Southwestern Fiesta Salad

A baked tortilla shell filled with chopped mixed greens, fresh corn, black beans, tomatoes, diced chicken breast, cheddar cheese, and tortilla strips tossed with a chipotle ranch dressing. 9.95

Waldorf Chicken Salad

A generous portion of chicken salad blended with walnuts, apples, grapes and dried cranberries on a bed of greens, surrounded by fresh fruit and served with crackers. 8.95

The Trio

Three generous scoops, one of Benedict's chicken salad, tuna salad and egg salad, set in a nest of spring greens served with fresh fruit and crackers. 8.95

Asian Chicken Salad

Mixed greens tossed with sesame dressing then topped with carrots, red bell pepper, and peanuts and grilled chicken breast. Topped with Asian noodles. 9.95

Cobb Salad

Mixed greens, topped with fresh turkey breast, ham, bacon, cheddar cheese, eggs, tomatoes, bleu cheese with choice of dressing. 8.95

Harvest Salad

Mixed greens, fresh pears, apples, walnuts and dried cranberries tossed with blueberry pomegranate dressing and gorgonzola cheese. 8.95

The Little Extras

Maple cured bacon or sausage	2.95	Breakfast potatoes	1.75	Potato pancakes (three)	3.50
Jones country ham steak 8 oz.	3.95	Toast	1.25	Short stack (two)	2.95
Jones country ham steak (1/2)	2.25	Side of Oatmeal	3.25	Cottage cheese	1.95
Corned beef hash	3.95	Side chopped salad	3.50	Cup of applesauce	1.25
Turkey bacon	2.95	English muffin	1.25	Organic Yogurt	1.75
Jones Canadian bacon	2.95	Extra egg	1.45	Black bean salsa	.75
Turkey sausage	2.95	Fruit cup small	1.75	Toasted Bagel	1.50
Andouille sausage	3.95	Side of grits	2.95	& cream cheese	2.20
		Side of Hollandaise	.75		

Ask your server about our homemade desserts of the day.

One check per table please. Groups of 8 or more may have 18% gratuity added to the check.

Beverages

Fresh Juices

	Small 7oz	Large 12 oz.
Fresh squeezed Orange Juice	2.25	2.75
Fresh squeezed Strawberry OJ	2.75	3.25
Pomegranate Orange Juice	2.75	3.25
Grapefruit Juice	2.25	2.75
Grape, Cranberry, Apple	1.95	2.25
Tomato or V8	1.95	2.25

Refreshing Cold Drinks

Traditional Iced Tea or Organic Blackberry Jasmine Iced Green Tea 2.25
2%, skim or chocolate milk 1.95

Italian Soda (Peach, Pomegranate, Mango) 1.95
Sanpellegrino Sparkling Mineral Water 8 oz. 2.00
Sanperlegrino Sparkling Mineral Water 16.9 oz. 3.95

Coke Products

Coke, Diet Coke, Sprite, Root Beer, Pink Lemonade 2.25
(Unlimited refills on Coke products)

Spirited Beverages

Screwdriver
Greyhound

Sea Breeze
Mimosa

Our Signature Bloody Mary
6.00

Pamosa
Peach Bellini

Bottled Beer

Miller Lite 3.00
Genuine Draft 3.00

Corona 4.00
Sam Adams 3.50

Heineken 4.00
Blue Moon 4.00

Wine by the glass

Chardonnay
7.50

Pinot Grigio
7.00

Pinot Noir
7.50

Cabernet
7.50

Merlot
7.50

Wines by the bottle

Ask your server for our unique wine list.

The Benedict's Experience

The "and then some attitude" prevails among our service, food and atmosphere.

*We are not just here to serve you a meal we are here to provide
you with a dining experience that you will never forget.*

One that you will be proud to tell others about.

"A neighborhood restaurant where everyone is familiar"

A little bit about Benedict's La Strata

On January 28, 2008 owners John and Sara Pilafas opened their second "Benedict's", Benedict's La Strata. "We loved the location. Our first restaurant Benedict's Eggs And More is located in a historic district as well (in East Dundee). Our customers have become a part of our family and friends. The fact that the history of the site combined both faith and food clinched it for us. We are thrilled to be serving our hometown friends and family of Crystal Lake. We pride ourselves on providing our customers excellent service, gourmet and traditional food with the freshest ingredients and making sure they walk away feeling special.

A little bit of history about this site...

In 1873 the Methodist- Episcopal Church was erected here at a cost of \$2,000. The church was extensively remodeled twice during the 80 years it was located here.

In 1952-53 the congregation made plans to move away from the "business" district and bought 5 acres of land on West Crystal Lake Ave., where they moved into their new church in 1954. In 1955, the old church was demolished to make way for a new Jewel grocery store. The store was 800' wide and 145' deep and at the time was the largest food store in Mc Henry County boasting 100,000 items. Eventually, Jewel moved out of downtown to Rt. 14. The roof of the old Jewel collapsed after a snowstorm and was bulldozed to the ground in the early 1980's. The Brink Street Market was built and the Italian restaurant Genovese's Cafe occupied this space for 13 years prior to Benedict's La Strata opening in 2008.

"We commissioned our once Dundee neighbor Tom Baldoni to complete the spectacular rooster paintings. He is a good friend and talented artist. Being next to the Raue Center we wanted to incorporate a little theater presence. Tom has done a wonderful job of blending the old theater poster style and our rooster concept. We hope you enjoy them."

To see more of Tom's work check his web site. www.tombaldoni.com.

*Ask your server about our
rewards program and sign up today!*

Join us for dinner!
Now serving our regular menu
and special chef selections!
Friday and Saturday nights! 5pm - 9pm
Benedicts La Strata location only!