

# Sweet Harmony Café & Bakery

158 Broad Street  
Middletown, CT 06457  
(860) 344-9646

Monday 11:00 a.m. – 2:00 p.m.  
Tuesday - Saturday 11:00 a.m. – 3:00 p.m.

## Join us for Dessert Night!

First Friday of the month (except June, July & August)

Live music 7:00 p.m. – 9:00 p.m.

### Appetizers

Garlic Bread \$2.00  
~ With Cheese \$3.25

### Soup of the Day

	Bowl	Cup
Served with small salad, buttermilk cornbread and black beans	\$8.00	\$6.00
Soup only (no salad or cornbread)	\$6.00	\$3.50

### Salads

Fresh Garden Mix \$6.95  
~ With Fresh Fruit \$8.95  
Baked Honey Apricot Chicken \$9.95  
Buffalo Chicken Tenders with Cheese and Olives \$9.95  
Black Forest Ham with Melted Brie \$9.95  
Prime Rib \$10.95  
Chef Salad with Ham, Turkey and American Cheese \$10.95  
Sweet Harmony \$9.95  
~ Goat Cheese, Dried Cranberries, Honey Roasted Pecans

### Salad Dressings

Blue Cheese, Buttermilk Ranch, Vidalia Onion, Italian, Balsamic Vinegar and Olive Oil, Lite  
Raspberry Vinaigrette

### Toppings

Real Bacon \$2.50  
Cheese: Goat, Brie or Gorgonzola \$1.50  
Black Olives \$ .75

## Sides

Croissant or Rosemary Focaccia	\$1.75
Buttermilk Cornbread with Black Beans	\$ .75

## Sandwiches

Served with a small salad. Substitute a cup of soup for an additional \$1.25.

Any sandwich can be made into a wrap or a salad for an additional \$1.00.

<b>Beer Battered Tilapia</b> on Toasted French Roll with Tartar Sauce, Lettuce & Tomato	\$9.95
<b>Eggplant Wrap</b> with hummus, Lettuce & Tomato	\$8.95
<b>Marinated Portobello</b> with Melted Cheese and Sweet Red Pepper on Focaccia	\$8.95
<b>Mozzarella Melt</b> with Fresh Basil Pesto, Tomato and Sweet Red Pepper on Focaccia	\$8.95
<b>Tuna Melt</b> with Sweet Red Onion and Swiss Cheese on Rosemary Focaccia	\$8.95
<b>Turkey Club</b> with Bacon on Rosemary Focaccia with Cranberry Horseradish & Mayo	\$9.50
<b>Black Forest Ham</b> with Dijon Mustard & Melted Brie on French Roll	\$8.95
<b>Roast Turkey</b> with Cranberry Horseradish & Mayo on Croissant	\$8.95
<b>Chicken Salad</b> on Croissant with Lettuce & Tomato	\$8.95
<b>BLT</b> (Bacon, Lettuce & Tomato) on Croissant	\$8.50
<b>Pork Tenderloin</b> with Gorgonzola Cheese on Croissant ( <i>Tropical Chutney upon request</i> )	\$8.95
<b>Liverwurst</b> on Rye Toast with Dijon Mustard, Red Onions, Lettuce & tomato	\$8.95

## Half Sandwich with Soup

Half sandwich available on toasted whole wheat or rye bread only.

Choose from ham, turkey, tuna, pork or chicken salad. \$8.00

## Quiche

Please ask your waitress for today's featured quiche

**Quiche of the Day with Salad** \$8.95

## Sweet Harmony Specialties

<b>Homemade Macaroni &amp; Cheese</b> with salad	\$8.95
<b>Chicken Bruschetta</b> w/melted cheese on rosemary focaccia & small salad	\$9.95
<b>Island Chicken Breast</b> w/pineapple over bed of greens w/dried cranberry, pecans, & mandarin oranges	\$10.95
<b>Fresh apples, gorgonzola, breaded crispy chicken, cranberry &amp; pecans</b> over salad	\$10.95
<b>Heavenly Chicken Salad</b> w/dried cranberries & pecans over a bed of salad	\$10.95
<b>Buffalo Breaded Crispy Chicken Wrap</b> w/Tabasco mayo, lettuce, tomato, mozz & salad	\$9.95
<b>100% Crab Wrap</b> w/lettuce, tomato & salad	\$10.95
<b>Prime Rib Wrap</b> w/mozz, onion, lettuce, tomato & salad	\$10.95
<b>Vegetarian Black Bean Patty Wrap</b> w/humus, lettuce, tomato & salad	\$8.95

## Hot Beverages

House Blend Coffee (regular or decaf)		\$1.95
Lipton Tea (regular or decaf)		\$1.75
Hot Herbal Chai with Whipped Cream		\$3.95
Chocolate Chai with Whipped Cream & Chocolate Covered Pretzel		\$4.50
Hot Apple Cider with Whipped Cream (in season)		\$3.25
Hot Chocolate Milk with Mini Marshmallows	<b>Small</b>	<b>Large</b>
	\$2.00	\$2.95

## Special Full Leaf Teas

Full Leaf Tea – herbal, green, black or white	\$2.25
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### Herbal Teas

Chamomile Orange Hibiscus, Honeybush, Licorice Mint, Licorice Spice, Vanilla Rooibus, Lemon Redbush, (naturally caffeine-free)

### Green Teas

Gunpowder, Jasmine, Makaibari Estate (naturally low in caffeine)

### Black Teas

Assam, Black Currant, Earl Grey, Orange Spice, Rani, Mango, Raspberry, Passion Fruit

### White Teas

Pomegranate, Shoumei

## Cold Beverages

Soda (Coke/Diet Coke, Pepsi/Diet Pepsi, Root Beer, Ginger Ale)	\$1.75
Sparkling Water	\$2.25
Bottled Water	\$1.50
Iced Tea—Sweetened or Unsweetened (in season)	\$2.95

## Specialty Drinks

Iced Vietnamese Coffee	\$3.25
Root Beer Float	\$3.25
Coffee Frappe (Mocha Truffle or Caramel with Whipped Cream)	\$4.50
Fruit Smoothie (Strawberry or Mango with Whipped Cream)	\$4.50
Herbal Chai Smoothie with Whipped Cream	\$4.50

## For the Young at Heart

<b>Chicken Nuggets</b> (5) with Baked Fries	\$6.95
<b>Pasta with Meatball</b> , Tomato Sauce & Cheese	\$6.95
<b>Hot Dog</b> with Baked Fries	\$4.95

Add baked fries to any of these selections for an additional \$1.50.

<b>Toasted Cheese</b> with fresh fruit	\$3.95
<b>Peanut Butter and Jelly</b> garnished with fresh fruit	\$3.95
<b>Peanut Butter with Sliced Apple or Banana</b>	\$3.95
<b>Macaroni and Cheese</b> garnished with fresh fruit	\$3.95
<b>Personal Pizza</b> (Cheese or Pepperoni) with fresh fruit	\$4.95

### **Beverages**

Milk	\$1.50
Chocolate Milk	\$1.75
Juice Box (Tropical Punch, Very Berry or Apple)	\$1.50

### **Desserts**

Please ask your waitress for a complete list of today's specials.

Add a scoop of vanilla ice cream to any dessert for \$1.00.

<b>Simple Pleasures</b>	\$4.95
~ Chocolate Cake served warm with Chocolate Truffle Sauce & Whipped Cream	
<b>Delightful Decadence</b>	\$5.95
~ Warm Chocolate Cake, Caramel Sauce, Pecans, Truffle Sauce & Whipped Cream	
<b>Strawberry Shortcake</b>	\$6.95
~ Butter Cake with Vanilla Ice Cream, Saucy Strawberries & Whipped Cream	
<b>Cream Puffs</b>	\$4.95
~ Smothered with Truffle Sauce and Slivered Almonds	
<b>Amaretto Cake</b>	\$5.95
~ Served warm with Chocolate Truffle Sauce & Whipped Cream	
<b>Gigantic Homemade Cookie</b> (ask for today's sweet selection)	\$2.50
<b>Sundae with Whipped Cream</b>	\$3.95
~ Strawberry or Chocolate Truffle	
<b>Scoop of Vanilla Ice Cream</b>	\$1.75
<b>Chocolate Fondue for Two</b>	
~ Harmony Platter (Assorted Fruits, French Bread & Croissant)	\$8.95
~ Bread Platter (Croissant & French Bread)	\$6.95

**We would love to cater your next special event, lunch or dinner—especially desserts!**