

# CAROL'S

# E S T A U R A N T

8 Franklin St.

LENOX, MA

637-8948

## massage

Heated tables • warm  
sheets • hot lotions/oils  
• hot stone therapy •  
whirlpool & steam  
• warm hearts & hands

15 MASSAGE  
MODALITIES

11 LICENSED  
THERAPISTS

LENOX  
myotherapy  
& massage  
CLINIC



21 FRANKLIN STREET  
LENOX, MA

413.637.0342

# CAROL'S Breakfast Served All Day

## BREAKFAST

Pure Berkshire Maple Syrup .....	add 1.00
3 Pancakes .....	3.95
3 Buckwheat Pancakes .....	4.75
3 Blueberry Pancakes .....	5.25
3 Blueberry Buckwheat Pancakes .....	5.50
3 Chocolate Chip Pancakes .....	4.75
2 X-Wide French Toast .....	4.00
3 X-Wide French Toast .....	4.75
<i>Our own special batter on homemade challah</i>	
2 Eggs, 2 Blueberry Pancakes, 2 Sausage and Coffee .....	6.50
Poor Richard's .....	5.25
<i>2 eggs, bacon or sausage, home fries, toast, coffee</i>	
Stone Broke Richard's .....	4.75
<i>2 eggs, toast, home fries and coffee or 2 eggs, bacon or sausage, toast and coffee</i>	
Create Your Own Omelette .....	4.50
Add the Extras .....	50¢ each
<i>Onions, peppers, tomato, olives, mushrooms, broccoli, spinach, ham, bacon, sausage, hash, Cheddar, American, Muenster, Swiss</i>	
Feta, brie .....	75¢ each

### CAROL'S Specialty Omelettes

#1 Kitchen Sinker .....	6.75
<i>Onions, bacon, mushrooms, cheese and sour cream on the side</i>	
#2 The Deli .....	6.75
<i>Pastrami, tomato, cheddar and horseradish</i>	
#3 The Pisano .....	6.75
<i>Hot sausage, onions, peppers, topped with melted cheese on grilled sourdough with sauce on the side</i>	
#4 Californian .....	6.50
<i>Sprouts, tomato, broccoli and sour cream on the side</i>	
#5 FTS .....	6.75
<i>Feta, tomato, spinach</i>	
Egg White Omelettes .....	add 1.25
Egg Beaters .....	add 75¢
<i>All omelettes served with home fries and toast.</i>	

**Try Homemade Toast – It's Delicious!**  
All toast is buttered.

Bob Well's Favorite .....	5.25
<i>1 egg, 1 pancake, bacon or sausage, toast, coffee</i>	
<i>Blueberry or buckwheat pancake ..... 1.00 extra</i>	
<i>Add home fries .....</i>	
Country Morning .....	5.75
<i>1 egg with your choice of pastrami, hash or ham, toast, home fries and coffee</i>	
<i>With 2 eggs .....</i>	
Eggs Benedict .....	6.50
<i>2 poached eggs served between ham and Carol's hollandaise sauce on an English muffin with home fries</i>	
Eggs Florentine .....	6.50
Bagel with Lox .....	6.75
<i>Nova Scotia lox with cream cheese, lettuce, tomato and onion</i>	
Breakfast Sandwich .....	3.25
<i>1 egg and cheese (cheddar, Swiss or American) with bacon, sausage or ham served on your choice of bread, bagel or English muffin</i>	
Brie .....	50¢ extra

### Sidekicks

Muffins .....	1.50
Bagel .....	1.25
<i>With cream cheese ..... 1.65</i>	
Homemade 7 grain, sourdough, ww sunflower .....	1.25
Buttered Toast – white, whole wheat, rye .....	85¢
English Muffin .....	1.25
1/2 Melon (seasonal) .....	2.00
1/2 Grapefruit .....	1.55
Egg, any style .....	85¢
Home Fries .....	1.75
Cold Cereal .....	1.95
<i>With fruit 2.25</i>	
Oatmeal (made with cinnamon) .....	2.75
<i>With fruit 3.15</i>	
Bacon .....	1.75
Veggie Sausage .....	1.95
Sausage (regular or hot) .....	1.75
Pastrami .....	1.95
Ham .....	2.25
Corned Beef Hash .....	2.50
<i>With 1 poached egg .....</i>	
2 Pancakes .....	2.95
2 French Toast (sourdough only) .....	3.95
2 Eggs and Toast – white, whole wheat, rye .....	2.75
2 Eggs and Homemade Toast – 7 grain, sourdough, whole wheat sunflower or bagel .....	2.95

# CAROL'S Breakfast Served All Day

## LUNCHEON

### Munchies

Soup of the Day .....	cup 2.25 .....	bowl 2.75
Gazpacho (summer months)		
.....	cup 2.95 .....	bowl 3.50
Potato Skins .....	5.25	
<i>Choice of broccoli, onions, mushrooms or bacon topped with melted cheese</i>		
Chicken Tenders .....	4.50	
<i>4 pieces of boneless white chicken, breaded and fried to a golden brown</i>		
Mozzarella Sticks .....	4.25	
Golden Fried Beer-Batter Onion Rings ....	2.75	
French Fries .....	1.95	
Spicy Fries .....	2.00	

### Two Birds in a Bush

Gobble It Up .....	6.25
<i>Turkey breast, onion and spicy mustard served on our homemade sourdough topped with melted cheese</i>	
Memphis Chicken Breast .....	5.75
<i>Skinless, boneless chicken breast served on a grilled hard roll with lettuce, tomato, cheese and barbecue sauce</i>	

### Cat's Meow

Fish Fry .....	4.00
<i>Filletted fish lightly breaded with lettuce and tomato on a toasted 7 grain bread</i>	
Open Face Tuna Melt .....	5.95
<i>Tuna salad served on English muffin with tomato and topped with melted cheese</i>	
Charlie's Catch .....	5.50
<i>Tuna salad, tuna salad, tuna salad, served with lettuce and tomato on your choice of bread</i>	

### Salads

Greek Salad .....	6.50
Spinach Salad with Grilled Chicken .....	6.95
Caesar Salad with Grilled Chicken .....	6.95
Tossed Salad .....	3.75

Extra Plate Charge ..... 1.25

### Seven Grain Wonders

Berkshire Brie .....	6.50
<i>Double cream brie, sprouts, lettuce, tomato and cucumber with mayo on the side</i>	
Wild Turkey .....	6.75
<i>Turkey breast, lettuce, tomato, sunflower seeds and sprouts with mayo on the side</i>	
Chicken Salad Supreme .....	6.50
<i>Try Carol's famous homemade chicken salad with lettuce and tomato</i>	
<i>All of the above Wonders served between Carol's Homemade 7 Grain Bread (also sold by the loaf)</i>	

Lenox Burger .....	6.50
<i>1/3 lb. ground beef served on a grilled hard roll with lettuce, cheese, tomato and French fries</i>	
Burger Melt .....	5.00
<i>Swiss, grilled onion with chips and pickle on homemade 7 grain</i>	

### Deli Delights

#1 Make Believe Reuben .....	6.95
<i>Your choice of turkey breast, ham or pastrami served open face on grilled rye with melted Swiss cheese, sauerkraut and Russian dressing</i>	
#2 Carol's Club .....	6.95
<i>Turkey breast, ham and pastrami, thinly sliced and piled high together with bacon, lettuce and tomato, served on our homemade sourdough bread</i>	
#3 Veggie Sandwich on Sunflower Bread ....	5.50
<i>Toss a salad and put it on whole wheat sunflower bread with lettuce, tomato, cucumber, sprouts, carrots and broccoli served with a lo-cal dressing on the side</i>	
#4 Pastrami Delight .....	6.25
<i>Pastrami, Swiss cheese, onion, lettuce, tomato, horseradish and spicy mustard on homemade sourdough bread</i>	

**Don't Forget Your Take-Out!**

25¢ fee on all take-out orders

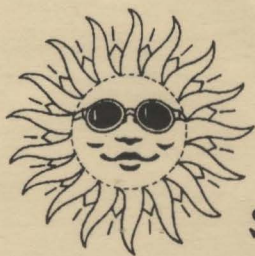
# CAROL'S Breakfast Served All Day

## Sandwich Board

B.L.T. ....	4.50
<i>Bacon, lettuce, tomato</i>	
T.C.B. ....	4.25
<i>Tomato, cheese, bacon</i>	
T.L.T. ....	5.75
<i>Turkey breast, lettuce, tomato</i>	
Grilled Ham and Cheese .....	5.50
<i>On homemade 7 grain</i>	
Grilled Cheese .....	3.25
<i>Your choice of Cheddar, Swiss, American or Muenster</i>	
Egg Salad .....	3.95

## The Combo

Soup of the Day with Half a Sandwich Board	
cup .....	5.00
bowl .....	5.50
Cup of Soup with a Tossed Salad .....	5.50



### Special tip from us to you...

We are not too busy in the summer on weekdays,  
and during the months of May and June.

Come on in to see us, we would love to have you!



## Beverages

Coffee (regular or decaf) .....	1.25
Tea (herbal, regular or decaf) .....	1.15
Juices .....	small ... 1.50 large ... 1.85
<i>Tomato, apple, cranberry, grapefruit or orange</i>	
Fresh Orange Juice ... small ...	2.25 large ... 2.50
Milk 2% .....	1.25
Chocolate Milk .....	1.50
Milk Shakes .....	3.00
<i>Chocolate, strawberry or mocha</i>	
Ice Coffee (in season) .....	1.50
Ice Tea (in season) .....	1.50
Hot Chocolate .....	1.25
Specialty Drink .....	1.50
Soda .....	1.50
Lemonade .....	1.50
Hot Water .....	50¢

## Kid's Menu

Breakfast .....	3.75
<i>3 silver dollar chocolate chip or blueberry pancakes</i>	
<i>3 silver dollar pancakes with bacon or sausage</i>	
<i>2 French toast with bacon or sausage</i>	
<i>2 eggs, home fries and bacon or sausage</i>	
<i>- juice or milk included -</i>	
Lunch .....	4.10
<i>Grilled cheese and french fries</i>	
<i>Chicken fingers and french fries</i>	
<i>Burger and fries</i>	
<i>- drink included -</i>	