Entrees

- Spaghetti with Tomato Sauce: ¥600
- Yakisoba: ¥850
- Chicken Curry: ¥1,000
- Beef con Carne: ¥1,000
- Deep Fried Chicken: ¥1,000
- Prawns Maruvia: ¥1,500
- Boboli Crust Cheese Pizza, 6": ¥600

First vegetable topping free!

Pizza Toppings: each ¥200
- Mushrooms, Onions, Pepperoni, Italian Sausage,
- Green Peppers, Ripe Olives, Double Cheese.

Independence Day Celebrations at TAC

CARNIVAL - Saturday July 2, 11 a.m. - 3 p.m.
- games, balloons, clowns, fire cars, music & BBQ;
- in the parking lot, for family and friends!

RED WHITE & BLUE BBQ - July 2, 6-10 p.m. in the American Room, two live bands, casual dress; children & guests welcome; tickets available at the front desk;

JULY 4TH RECEPTION - Monday, July 4, 5-7 p.m. in the ballroom with free cocktails! All adult TAC members are invited!

Beverages

- Coffee (regular and decaffeinated): ¥250
- Tea (English, Oolong, herbal): ¥250
- Hot Chocolate: ¥250
- Milk (whole or low-fat): ¥250
- Chocolate Milk: ¥300
- Orange Juice (freshly squeezed): ¥800
- Orange Juice (100% pure Florida squeezed): ¥500
- Perrier Water: ¥550
- Beer: ¥550
- Wine: ¥550

- Coca Cola, Diet Coke
  - regular: ¥200
  - large: ¥250
- Sprite: ¥200
- Lemonade: ¥200
- Aquarius: ¥200
- Root Beer: ¥200
- Dr. Pepper: ¥200
- Fanta Orange: ¥200
- Milk Shakes: ¥400
- Juices: ¥500

(tomato, orange, grapefruit or apple)

Sandwiches

- Egg Salad: ¥500
- Hot Dog: ¥500
- Cheese Dog: ¥600
- Hamburger: ¥600
- Cheeseburger: ¥700
- Tuna Salad: ¥650
- Grilled Ham and Cheese: ¥700
- Sausage, Kraut and Gruyère: ¥800
- Bacon, Lettuce and Tomato: ¥800
- Bacon Cheeseburger: ¥800
- Club House: ¥900
- Shrimp and Chicken Pita: ¥1,100

All sandwiches are served with pickles and choice of French fries, chips, slaw or potato salad.

Tokyo American Club, June 13, 1994
### Health Picks

- **Power Punch** -- 125 calories $300
- **Sliced Chicken Sandwich** -- 382 calories $700
- **Chinese Style Chicken Salad** -- 245 calories $900
- **Cold Tofu with Crudités** -- 242 calories $1,000
- **AHA Teriyaki Sesame Chicken** -- 474 calories $1,200
- **Minute Swordfish Steak with Green Chilies** -- 380 calories $1,400
- **Plain Yogurt** -- 144 calories $300
- **Yogurt with Fruit** -- 198 calories (variable) $600
- **American Cherries** $600
- **Fresh Fruit in Season** seasonal

### Side Dishes

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doughnut</td>
<td>¥100</td>
</tr>
<tr>
<td>Danish Pastry</td>
<td>¥150</td>
</tr>
<tr>
<td>Croissant</td>
<td>¥150</td>
</tr>
<tr>
<td>English Muffin</td>
<td>¥150</td>
</tr>
<tr>
<td>Toast</td>
<td>¥150</td>
</tr>
<tr>
<td>Toasted Bagel</td>
<td>¥250</td>
</tr>
<tr>
<td>with Cream Cheese</td>
<td>¥400</td>
</tr>
<tr>
<td>with Cream Cheese and Lox</td>
<td>¥850</td>
</tr>
<tr>
<td>French Fried Potatoes</td>
<td>¥200</td>
</tr>
<tr>
<td>Steamed Rice</td>
<td>¥200</td>
</tr>
<tr>
<td>Onion Rings</td>
<td>¥300</td>
</tr>
<tr>
<td>Carrot Cole Slaw</td>
<td>¥350</td>
</tr>
<tr>
<td>Potato Salad</td>
<td>¥350</td>
</tr>
<tr>
<td>Home Fried Potatoes</td>
<td>¥400</td>
</tr>
<tr>
<td>with Bacon and Sour Cream</td>
<td>¥600</td>
</tr>
<tr>
<td>Hash Brown Potatoes</td>
<td>¥250</td>
</tr>
<tr>
<td>Ham, Bacon, or Sausage</td>
<td>¥350</td>
</tr>
<tr>
<td>Sliced Tomatoes</td>
<td>¥300</td>
</tr>
</tbody>
</table>

### Desserts

- **Mexican Nut Cookie** -- light & crispy $150
- **Hazelnut Carrot Cake** $400
- **Apple Pie** $400
- **Ice Cream** $300
- **Hot Fudge Sundae** $400
- **Banana Split** $650

Please also see our daily cake and pie selection in the glass display case.
á la carte

HEARTY STARTS

Eggs any Style One ¥450 Two ¥550
With hash brown potatoes.
French Omelette ¥800
Two egg omelette with your choice of ham, onions, cheese,
green peppers or mushrooms.
Scrambled Egg & Ham Croissant ¥900
Corned Beef Hash ¥1,000
With poached eggs and hash brown potatoes.

All Hearty Starts, except Egg & Ham Croissant,
are served with toast or toasted English muffin.

GRIDDLE

French Toast ¥400
Plain Pancakes or Waffle ¥600
Single Pancake ¥200
Blueberry or Banana Pancakes ¥700

All above items are served with butter and maple syrup.

SIDES

Cold Cereal with Milk ¥250
Doughnut ¥100
Danish Pastry ¥150
Croissant ¥150
Toast ¥150
English Muffin ¥150
Cinnamon Toast ¥300
Toasted Bagel ¥250
with Cream Cheese ¥400
with Cream Cheese and Lox ¥850
Plain Yoghurt ¥300
Yoghurt with Fresh Fruit ¥600
American Cherries ¥600
Hash Brown Potatoes ¥250
Ham, Bacon or Sausage ¥350

Breakfast Menu available 8 am - 11 am.

6-13-94

The Garden Cafe
FAMILY RESTAURANT

Tokyo-American Club, Japan
Happy 218th Birthday, America!

Good Morning!

CONTINENTAL
Your choice of a juice, beverage and bakery item. ¥600

AMERICAN
Your choice of a juice, beverage and bakery item. ¥1,000
Two eggs any style, ham, bacon or sausage, served with hash brown potatoes.

HEALTH KICK
Your choice of a juice, beverage and bakery item. ¥1,200
Yoghurt with today's fresh fruit.

PROVENCALE
Your choice of juice, beverage and bakery item. ¥1,500
Three egg French rolled omelette topped with demi-glace and sautéed tomatoes, garlic and mushrooms.

EGG WHITE
Choice of juice and beverage and bakery item. ¥1,400
No-cholesterol egg white omelette, with your choice of peppers, mushrooms, spinach, onions or tomatoes.

Choices

Juices
Tomato, orange, grapefruit or apple

Beverages
Coffee, tea, milk, hot chocolate

Bakery Items
Homemade croissants, today's muffin, toast (white, whole wheat or rye), English muffin. All breads are served with butter, margarine, and a selection of jams.

Breakfast Menu available 8 a.m. - 11 a.m. daily.