



Serving Memorable Breakfasts & Lunches for over 30 years. Flo Klewin, Chef/Owner

CONNECTICUT MAGAZINES
BEST OF '09
 CONNECTICUT
 WINNER

As seen on **The Food Network** and **Yankee & Gourmet Magazine**

the unusual usuals

Please order by number!

- 1 Two eggs scrambled fluffy with cheese 3.95
 . Add a light blend of fresh herbs 4.95
 Both served with an English muffin
- 2 S'medley: One of our breakfast originals. Two fluffy scrambled eggs atop a medley of homefries, breakfast sausage, fresh mushrooms and onions, all smothered with melted American cheese, served with white or whole wheat toast 9.95
- 3 Two fried eggs beneath diced bacon, fresh mushrooms & melted cheese, served with raisin toast 7.25
- 4 Pancake Sandwich: ham, two eggs & cheese nestled between two buttermilk pancakes 8.95
- 5 Heart Healthy Scramble: our own low cholesterol eggs mix: herbs, fresh baby spinach, tomato, onion, peppers, carrots, and mushrooms, served with dry multi-grain toast 8.95
- 6 Fresh broccoli, mushrooms and Monterrey Jack cheese scrambled together with fresh eggs, served with toasted rye bread 7.95
- 7 Two scrambled eggs with gooey melted cream cheese, served with raisin toast 5.95
- 8 The Mystic Melt: fresh lump crab and melt-in-your-mouth cream cheese scrambled with two eggs, served with raisin toast 9.95
- 9 Fresh baby spinach, mushrooms & gooey melted cream cheese, scrambled with two eggs, then smothered with melted American cheese, served with whole wheat toast 9.95
 Add fresh, lump crab 12.95
- 10 Spicy jalapeño cheese scrambled with eggs atop grilled corned beef hash, served with rye toast 8.95
- 11 The Portuguese Fisherman: spicy hot chourico and linguica from Fall River, scrambled together with eggs, peppers, onions and jalapeño cheese in a lightly spiced sauce served with a Portuguese English muffin 9.95
- 12 Scrambled eggs, Canadian bacon, onions and peppers with a hint of garlic, smothered with Monterrey Jack cheese, all atop red potatoes, served with rye toast 9.95

A.M. Eggstasy!

AT
KITCHEN LITTLE®

OPEN 7 DAYS
MONDAY THROUGH FRIDAY: 6:30 AM - 2:00 PM
Breakfast & Lunch

SATURDAY & SUNDAY: 6:30 AM - 1:00 PM
Breakfast Only

(860) 536-2122
Just North of The Mystic Seaport

KITCHEN LITTLE® is proud to exclusively serve Eggland's Best Eggs, and is a patron of SYSCO Food Distributors and Seawell Seafood at the Stonington Town Dock.
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WE THANK YOU FOR DINING WITH US!

our famous benedicts

- 13 Eggs Benedict: Two poached eggs with Canadian bacon on an English muffin crowned with our own Hollandaise sauce 9.95
- 14 California Benedict: Fresh asparagus, fresh lump crab and two poached eggs layered atop a toasted English muffin and crowned with our owned Hollandaise sauce 13.95
- 15 Avocado & Tomato Benedict: Two poached eggs, one half fresh avocado, sliced fresh tomato on an English Muffin, crowned with our own Hollandaise Sauce. 10.95
- 16 Portuguese Benedict: Two poached eggs, spicy hot chourico patties on a Portuguese English Muffin, crowned with our own spicy Hollandaise Sauce. 12.95

We Have a Little Kitchen, Please No Substitutions.

www.kitchenlittle.org

basically tasty

One egg, scrambled or fried	.95
One egg, scrambled or fried, served with white or wheat toast	1.95
Two eggs, scrambled or fried, served with white or wheat toast	2.95
Low cholesterol eggs... Our own blend of one fresh Eggland's Best egg plus 3 egg whites scrambled together for a low cholesterol meal. With dry white, wheat or multi grain toast	4.95

wet your whistle

Coffee, Tea or Herb Tea	1.95
Omar brand coffee freshly ground and brewed. We grind fresh for every pot! Free refill too!	
Orange, Cranberry or V-8 Juice	Small 1.00 and Large 1.95
Apple Juice Box	1.00
Milk	Large 1.75
Chocolate Milk,	Large 2.50
Hot chocolate	1.25
Iced coffee	1.95
Unsweetened Iced Tea	1.95

carbohydrate city

Three light & fluffy buttermilk pancakes topped with cinnamon, sugar and butter	4.95
Three slices of French toast, white or whole wheat	3.95
Four slices of cinnamon raisin French toast	4.95
Add Grade A 100% maple syrup from Holly Creek Farms, Holland, Vermont	1.00
Homefries made with red potatoes	1.50
Homefries topped with Hollandaise sauce	2.95
White or whole wheat toast	1.00
English muffin, rye, raisin, or multi-grain toast	1.25
Bagel	1.50
With cream cheese	1.95
Portuguese English muffin	1.50
Granola with milk	4.95
With yogurt	5.95
With seasonal fruit and yogurt	6.95

did you know...



that we choose to serve EGG-LAND'S BEST EGGS because their hens are fed a strictly controlled, high quality all vegetarian diet.

more breakfast

eggstasy® omelettes

All omelettes are made with three large, fresh Eggland's Best eggs and include your choice of white or whole wheat toast. Please add \$1.00 for Home Fries.

Plain	3.95
American cheese	4.95
Monterrey Jack, Jalapeño or Swiss cheese	5.95
Monterrey Jack and American cheese combo	6.95
Fresh asparagus and cheese	
(American, Monterrey Jack, Swiss, Jalapeño)	8.95
Fresh mushroom and cheese	6.95
Fresh broccoli, mushroom and cheddar cheese	8.95
Fresh baby spinach, fresh mushrooms and cheese	8.95
Fresh asparagus and fresh lump crab crowned with our own Hollandaise sauce	13.95
Ham and cheese	7.95
Western style with ham, cheese, peppers, onions	8.95
Bacon and cheese	7.95
Sweet Italian Sausage and cheese	7.95
Hot Italian sausage and cheese	8.95
Sweet Italian Sausage, onion and jalapeño cheese	8.95
Grilled corned beef hash with cheese	8.95
Grilled corned beef hash with fresh mushrooms	8.95
Grilled corned beef hash, sour cream, onions & jalapeño cheese	10.95

Kitchen Little® Sinker Omelet

Everything but the kitchen little sink!

Bacon, American cheese, fresh mushrooms, peppers and onions, home fries, and sour cream	10.95
You want sausage, too!	11.95

Heart Healthy Omelet

Our own low cholesterol egg mix with herbs, fresh baby spinach, tomatoes, peppers, onions, carrots and mushroom with dry multi-grain toast 9.95

Low Cholesterol Omelet

Choose an omelet from above and we'll make it lower cholesterol by using our own blend of one fresh Eggland's Best egg plus 3 egg whites. Just add \$1.50 to any item.

**Souvenir
Mugs for
purchase.
Ask your
server.**



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www.kitchenlittle.org

additionally good

Add any of these fresh ingredients to your breakfast

Mushrooms, or tomato, or onions	1.00
Sour cream	1.00
Herbs	1.00
Our own salsa	1.95

pork heaven

Bacon	1.95
Sausage	1.95
Hot Italian sausage	2.95
Canadian bacon	2.95
Grilled corned beef hash	3.25
Ham Steak	3.25



Enjoy outdoor dining on the Mystic River on our wildflower & rock garden patio featuring spectacular views of the historic Mystic Seaport

enjoy lunch

flo's famous clam chowder

Flo's RHODE ISLAND clear broth clam chowder as featured in Gourmet Magazine. An Ocean State tradition, made with plenty of fresh (never canned!) clams. Full of flavor and made right in our little kitchen!

cup 3.95 bowl 5.95

sea food plates

We select & serve the highest quality fresh seafood from the Stonington Town Dock

Served with french fries, cole slaw, tartar sauce, lemon wedge.

Fresh Stonington Fish and Chips	11.95
Fresh Stonington Bomster Sea Scallops, 1/2 lb., lightly seasoned	14.95
Combo of fresh fish and scallops	13.95

WE THANK YOU FOR DINING WITH US!

for the youngsters

Grilled Cheese Sandwich with Potato Chips	1.95
Mini Burger, 4 oz. hamburger with fries	3.95
Add cheese	4.25
All Beef Hot Dog with Chips	1.95
Chicken Tenders served with fries	4.95
Half an Egg Salad Sandwich with Chips	2.25
Peanut Butter and Jelly Sandwich	2.95

hot n'cold beverages

Coffee, Tea (free refill)	1.95
Iced Coffee	1.95
Iced Tea	1.95
Milk	large 1.75
Chocolate Milk	large 2.50
Coke, Diet Coke, Sprite, or Ginger Ale	1.00
Apple Juice Boxes	1.00
V-8, Orange, or Cranberry Juice	small 1.00 large 1.95

the leafy greens

Classic Caesar Salad	5.95
Add 5 oz. warm chicken breast slices	8.95
Romaine lettuce with carrots and tomato	4.95

seafood sandwiches

Fresh native seafood from our local Stonington Town Dock.

Fresh Lobster Roll, hand picked 100% meat from the tail and claw, hot or cold, with fries	PTM
Fresh Stonington Bomster Sea Scallop Roll served with fries, tartar sauce, and lemon	8.95
Fresh Fish Filet Sandwich delicately spiced and breaded, served with fries, tartar sauce, and lemon	8.95
Fresh, lump Crabmeat (no fillers!) on a grilled roll with mayo and seasoning, served with fries and a pickle	10.95

Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of food borne illness.

more lunch

our sandwiches

Marinated 5 oz. Grilled Chicken Breast filet, superbly seasoned with Italian herbs and spices, and lettuce, tomato & cheese, served with fries

Black Angus 1/2 lb. burger, served with fries and a pickle

Black Angus Cheeseburger, 1/2 lb. served with fries, a pickle and your choice of cheese

Grilled Ham and Cheese on rye with your choice of Jalapeño, American, Cheddar or Swiss cheese. Served with chips and pickle

A Classic Tuna Sandwich made with white Albacore tuna fish, lettuce and tomato, chips and a pickle; on white, wheat or rye

Tuna Melt Sandwich with white Albacore tuna, Cheddar cheese melted and grilled on whole wheat bread. Served with chips and a pickle

Kitchen Little Classic Egg Salad Sandwich with lettuce, served with chips and a pickle

Bacon, Lettuce and Tomato on a sweet Portuguese muffin, chips and a pickle

Absolutely Fresh Veggie Wrap: Fresh spinach, tomato, onions, peppers, and other vegetables cooked in a light Italian dressing and served in an over-sized garlic and herb tortilla

Caesar Salad Wrap: Warm sliced chicken (5 oz.) nestled with a classic Caesar salad. Scrumptious!

sandwich extras

Lettuce and tomato	1.25
Fresh mushrooms	1.00
Cheese: Cheddar, Swiss, Jalapeño, American	1.25
Grilled onions	1.00
Cole Slaw	1.95
French Fries	1.50

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