

Sweet_ness 7 Café

independently owned & operated

BRUNCHY FEASTS – all day long!

EVERY RECIPE IS MADE FRESH USING THE HIGHEST QUALITY INGREDIENTS. Our eggs and produce are locally sourced and organic whenever possible. Fresh chorizo, bacon, local pork sausage, and Boar's Head ham are available for the meat lovers.

KNOWING WHERE YOUR FOOD COMES FROM MATTERS. Thanks for choosing Sweetness_7 Café.

PROPER PORRIDGE – organic steel-cut oats with seasonal fruit & nuts	\$5
HIGHLAND COW – natural vanilla yogurt, house-made granola, fresh fruit.....	\$5
GRANT SLAM – HOUSE CLASSIC! Two scrambled eggs with melted cheddar and tomato on our own house-made toasted English muffin.....	\$4.5
OLD ENGLISH BREAKFAST – local, natural smoked ham, two eggs, toast	\$7.5
S7 OMLETTE – three eggs with choice of two fillings & toast: Swiss, cheddar, provolone, tomato, ham, red peppers or caramelized onion, toasted bread.....	\$9
egg whites only.....	add \$2
FARMER'S BREAKFAST – two eggs any style, grilled bacon or chorizo, house made russet hash browns, baked beans, choice of toasted bread.....	\$9
SPANISH SCRAMBLE – three eggs, sausage or chorizo slices, tomatoes, caramelized onions, red peppers, cheddar jack cheese, hash browns, toasted bread.....	\$10
HUEVOS RANCHEROS – two eggs, sliced chorizo sausage with Mexican beans, guacamole, sour cream, salsa, pepper jack, on a flour tortilla.....	\$10
IRISH PEASANT – pillow-soft pancakes served w/ real maple syrup	\$7.5
add blueberries, bananas & walnuts, or chocolate chips.....	add \$2.5
add meat.....	add \$2.5
BIRKENSTOCK MADNESS – same pillow-soft house-made pancakes served with yogurt, house-made granola, seasonal fruit, and drizzled honey.....	\$10
MEGAN MCLEOD'S STACKS – two farm fresh eggs stacked over spicy, cheesy grits, local pork sausage, and fresh tomato with toasted bread.....	\$9
LOVE & BUTTER – two slices French toasted bread served with pure maple syrup	\$7
add meat.....	add \$2.5
CROQUE MADAME – toasted ham & cheese sandwich on country white bread with two fried eggs on top, and a side of field greens with sea salt and olive oil.....	\$9

Daily Brunch @ Sweet_ness 7 Café Just what does brunch mean to us? Sitting, sharing, spending time with friends and family. This should be a daily celebration as far as we're concerned. So we serve brunch all day, every day! We strive to have a delicious, nutritious menu made from locally sourced ingredients, fresh daily, for your enjoyment. Thanks for visiting us. We appreciate it!

SIDES

HOUSE-MADE QUICHE	made fresh daily, per slice	\$4.5
	add side salad	...	\$2.5
DAILY HOUSE-MADE SOUP	with crostini cup \$3
	 bowl \$4.5
ALL-BUTTER CROISSANT	 plain \$3.5
	 toasted with butter & jam \$4.5
HOUSE-MADE ENGLISH MUFFIN	toasted with butter & jam	\$2.5
TOAST	choose marbled rye, wheat, white	\$1.5
BAGEL	toasted with cream cheese	\$2.5
TWO EGGS	any style	\$4
RUSSETT HASH BROWNS		\$4
SUGAR-BAKED <i>APPLEWOOD</i> SMOKED BACON	two slices	\$3
GRILLED FRESH CHORIZO SAUSAGE LINK	locally made	\$4
GRILLED FRESH PORK SAUSAGE		\$3.5
GRILLED FRESH SMOKED HAM SLICE	locally made	\$4
GRILLED <i>BOAR'S HEAD</i> BAKED HAM	two slices	\$2
SPICY CHEESE GRITS		\$4
VEGETARIAN BAKED BEANS		\$2.5
SIDE SALAD	mixed field greens & house dressing	\$5
PURE MAPLE SYRUP	one ounce	\$2
HOUSE-MADE PASTRIES		priced in case
	We bake once daily; when they're gone, they're gone!		

Sandwich menu is separate. Dinner specials daily on front chalkboard.

FYI, at S7 we compost, recycle, use recyclable materials, are carbon neutral, and dedicate a lot to our community in both time and donations. We hire local people and do business with local merchants. We embrace our position in this transitional neighborhood and are so happy that you chose to support our efforts.

We care, and obviously, so do you! So, thank you for coming.

SANDWICH MENU

Monday – Saturday, 11 am – 8:30 pm

Sunday, after 1 pm

*Sandwiches come with a side of field greens dressed in sea salt and extra virgin olive oil.
For your sandwich, choose one of our local Al Cohen's sliced breads or an English muffin.*

GRILLED THREE CHEESE	choose any three cheeses	\$5.95
CAPRESE	grilled tomato, mozzarella, pesto	\$6
GRILLED HAM & PROVOLONE	\$7
VEGGIE	tomato, avocado, red onion, house hummus, provolone	\$6.95
GRILLED TUNA	pesto, tomato, provolone	\$7.95
GRILLED BLT	bacon, fresh lettuce & tomato, tiger sauce.....	\$7.5
	<i>Gilded BLT: add avocado slices.....</i>	<i>add \$2</i>
TURKEY, SWISS, TOMATO, & CARMELIZED ONION	\$8.95
	<i>add bacon or avocado.....</i>	<i>add \$2</i>
HOUSE-MADE SOUP (fall/winter)cup	\$3
	cup, with sandwich order ...	\$2.5
	bowl ...	\$4.5

Ask about our daily specials. Hearty options on special boards, too.

All of the ingredients for our sandwiches are sourced locally and are of the highest quality. Our English muffins are house-made. We use Boar's Head meats and Applewood smoked bacon, as well as Al Cohen's breads, the venerable 150-year-old bakery on Buffalo's East Side.

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