

# Sweet Harmony Café & Bakery

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

Monday	11:00 a.m. – 2:00 p.m.
Tuesday/Wednesday/Thursday/Saturday	11:00 a.m. – 3:00 p.m.
Friday	11:00 a.m. – 3:00 p.m. (We will stay open until 8:00 p.m. with a reservation only)

## 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

BBQ Chicken Wingettes (5)	\$5.95
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

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[www.sweetharmonycafebakery.com](http://www.sweetharmonycafebakery.com)

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 Fish</b> on Toasted French Roll with Tartar Sauce, Lettuce & Tomato	\$10.95
<b>Eggplant Wrap</b> with Spinach Dressing, 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>Egg Salad</b> with Spinach on Whole Wheat Bread	\$7.00
<b>BLT</b> (Bacon, Lettuce & Tomato) on Croissant	\$8.50
<b>Pork Tenderloin</b> with Gorgonzola Cheese on Croissant ( <i>&amp; 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

## Seasoned Sliced Baked Potatoes with Olive Oil

Cooked to order—please allow at least 15 minutes for us to prepare for you.

<b>Vegetarian</b> (Broccoli, Olives, Gorgonzola Cheese, Black Beans, Red Onion)	\$9.95
<b>Cheese &amp; Broccoli</b>	\$8.50
<b>Traditional</b> with Sour Cream	\$7.00
Add Bacon	\$8.50

## Quiche

Please ask your waitress for today's featured quiche

<b>Quiche of the Day with Salad</b>	\$8.95
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## 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	small \$2.00 large \$2.95

## Special Full Leaf Teas

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

Chamomile Orange Hisbiscus, Honeybush Herbal, Moroccan Mint, Peppermint Hibiscus, Vanilla Rooibus, Lemon Redbush Organic Tissani (naturally caffeine-free)

### Green Teas

Ginger Peach Orange, Ginger Peach Oolong, Gunpowder, Jasmine, Makaibari Estate Organic (naturally low in caffeine)

### Black Teas

Assam, Black Currant, Cherry Blossom, Earl Grey, Orange Spice, Organic Mango, Organic Raspberry, Passion Fruit

### White Teas

Pomegranate, Shoumei White

## 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!**