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Restaurant Menus

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1982

Second Ceres, 1982

Second Ceres

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21 Pleasant Street
Portland, Maine
207-774-5408

Hours

Breakfast Mon. thru Fri. 7:00-10:30 a.m.
Sat. 8:00-11:30
Sunday Brunch 9:30-2:00
Lunch Mon. thru Sat. 11:30-3:00 p.m.
Dinner Wed. thru Sat. 5:30-8:30 p.m.
Feel free to bring your own wine.

STARTERS

- soup of the day 1.50
- * crab bisque 3.00
- baba ganoosh 2.50
- * spiced cream cheese plate 2.50
- * seafood strudel 3.00

SIDE ORDERS

- japanese noodle salad 1.75
- marinated vegetables 1.25
- tossed salad 1.50
- vegetable of the day 1.25
- brown rice .95

DESSERTS

- * cashew pie 2.25
- * mississippi mud cake 2.00
- * Damian's ice cream .60/1.20
- Soy vanilla ice .50/1.00
- desserts of the day

BEVERAGES

- coffee or tea .45
- milk .50/.80
- juice .70/1.00

feel free to bring beer or wine. There will be a .25 charge per person.

DINNERS

Shish Kebab 7.25
marinated seitan and tofu skewered and baked with mushrooms, green peppers, onions

Baked Stuffed Tofu 6.75
tofu pockets filled with a changing selection of herbed stuffing, served with cashew gravy

* Adhi Shakti 6.75
a Mexican enchilada bake. Layers of tortillas, jack cheese, spicy tomato sauce, and sour cream

* Mushroom Bean Stroganoff 7.00
mushrooms and chick peas in a sherried sour cream sauce

Fresh Fish of the Day

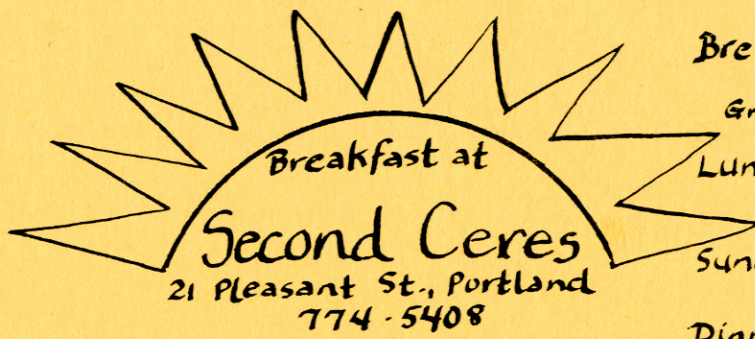
pan fried in garlic infused oil and served with a piquant cold curried mayonnaise (dairy or non-dairy)

Haddock with Ginger Garlic Sauce 8.50
fresh haddock cooked with scallions and julienned carrots and served with a spicy ginger garlic sauce

* Seafood Strudel 9.00
layers of Greek pastry leaves with a rich crab and scallop filling

all dinners served with brown rice, sprout salad, vegetable of the day, and bread

ask your waitress for daily changes and additions to the menu
* contains dairy products



Breakfast: Mon.-Sat.
7:00-11:30 a.m.
Grill closes at 10:30.


Lunch: Mon.-Sat.
11:30-3:00 p.m.

Sunday Brunch:
9:30-2:00 pm

Dinner: Wed thr sat
5:30-8:30 p.m.

Hearty Fare

scrambled tofu	2.25
one egg	1.00
two eggs	1.25
plain omelette	2.00
vegetable omelette	2.35
Second Ceres omelette	2.35

.30 extra for cheese 

* all of the above served with whole wheat toast *

Buckwheat Pancakes 2.25

Blueberry Buckwheat Pancakes . 2.50

* pancakes served with dairy or soy butter and
real maple syrup *

Mexican Eggs . . a crisp tortilla with melted jack cheese
covered with two fried eggs, spicy tomato sauce, more
cheese and sour cream 3.50

Eggs Foo Yung . . sauteed bean sprouts, onions and
mushrooms in a three egg patty covered with garlic
ginger sauce 3.50

Side Orders

home fries50
whole wheat toast40
whole wheat bagel55
w/cream cheese80
corn muffin40
blueberry muffin45
hot cereal85
granola with milk	1.25
granola with yogurt	1.50

Beverages

fresh squeezed orange juice .70/1.20
fresh carrot juice 1.25/1.75
hot spiced carob50
grain beverage45
coffee45
herb teas45
Earl Grey tea45
cashew milk for cereal40
maple syrup for cereal40

* please check our menu board for changes and additions *