

## LUNCH SPECIALS

### HAMBURGERS

Made Fresh Daily (All Burgers Served with lettuce tomato and onions on side, with fries, pickle and coleslaw)

Hamburger.....	\$8.99
Swiss Mushroom Burger .....	\$8.99
<i>swiss cheese, mushroom and bacon</i>	
Cajun Burger.....	\$8.99
<i>spicy beef with provolone cheese</i>	
Mexican Burger.....	\$8.99
<i>spicy beef with 3 beans, avocado with cheddar cheese</i>	
NY BBQ Burger.....	\$8.99
<i>made with fresh ground beef, homemade bbq sauce, smoked bacon and american cheese</i>	
Veggie Burger.....	\$8.99
<i>served with your choice of cheese</i>	

### CLUB SANDWICHES

All clubs served with coleslaw, pickle and fries

Tuna Club.....	\$9.99
Ham and Cheese Club .....	\$9.99
Turkey Club .....	\$9.99
Roast Beef Club .....	\$9.99
Cheeseburger Club.....	\$9.99
BLT Club .....	\$7.99
Chicken Salad Club.....	\$9.99

### SANDWICHES

All sandwiches served with coleslaw, pickle and fries

Tuna .....	\$7.99
Ham and Cheese.....	\$7.99
Turkey.....	\$7.99
Roast Beef.....	\$7.99
BLT.....	\$7.99
Monte Cristo.....	\$7.99
<i>turkey &amp; ham with swiss cheese on french toast</i>	
Steak Sandwich.....	\$7.99
<i>steak with peppers, onions and provolone cheese</i>	
Grilled Chicken .....	\$7.99
<i>lettuce, tomato, mayo and your choice of cheese</i>	
Veggie .....	\$7.99
<i>lettuce, tomato, avocado, olives, cucumbers and scallions, and your choice of cheese</i>	
HALF SANDWICH & SIDE.....	\$5.99
<i>served with your choice of cup of soup, salad or fries, with coleslaw and pickle</i>	

## TERIYAKI

"World Famous"

Served with fresh garden salad & spinach fettuccini tossed in vinaigrette

Chicken Teriyaki lunch portion .....	\$9.99
Steak Teriyaki lunch portion.....	\$9.99
Combination lunch portion.....	\$10.99
Have it your way - Pick Any Two.....	\$5.99
<i>spinach fettuccini noodles, cup of soup or salad</i>	

### SALADS

Salads come with a mixture of romaine and green leaf lettuce, served with your choice of dressing (Ranch, Russian, House Vinaigrette, Honey Mustard, Quintessence Creamy House Dressing)

Grilled Chicken Salad .....	\$6.99
<i>lettuce, tomatoes, onions, carrots, radishes, cucumbers with fresh grilled chicken breast</i>	
Tuna Salad.....	\$6.99
<i>lettuce, tomatoes, onions, carrots, radishes, cucumbers with tuna</i>	
Cajun Chicken Salad.....	\$6.99
<i>lettuce, tomatoes, onions, carrots, radishes, cucumbers with fresh grilled cajun spiced chicken breast</i>	
Garden Salad.....	\$3.99
<i>lettuce, tomatoes, onions, carrots, radishes, cucumbers</i>	

### SOUPS

Soup Du Jour .....	\$4.99
<i>ask server for today's selection</i>	
French Onion.....	\$4.99

### DESSERTS

Chocolate Cake.....	\$3.99
Cheese Cake .....	\$3.99
Carrot Cake .....	\$3.99

### \*SERVING OUR FULL BAR

Here are some of the morning favorites:

Champlain Split .....	\$6.00
Mimosa .....	\$6.00
Bloody Mary .....	\$6.00
<i>our own spicy homemade mix</i>	
Pint-sized Bloody Mary .....	\$7.00

Plus our full selection of bottled beer, wine & mixed drinks.

\*Everyday from 11am - close

## Hospital Employees

# \$2.00 OFF

orders of \$10.00 or more  
Dine-In or Carry-Out

Must show hospital ID



11 NEW SCOTLAND AVENUE  
ALBANY, NY

518-434-8186

www.quintessenceny.com

Breakfast  
Lunch • Dinner  
Late Night  
(Kitchen Open til Close)

Dine-In  
Carry-Out • Catering

Free Valet Parking  
Free Wifi,  
Drink Specials, Music

### HOURS

MONDAY - THURSDAY  
7AM - Midnight

FRIDAY  
7AM - 2AM

SATURDAY  
8AM - 2AM

SUNDAY  
8AM - MIDNIGHT

## BREAKFAST MENU

Served Weekdays starting at 7am - 2pm,  
Brunch served Weekends from 8am to 2pm

### SPECIALTIES

Peppers & Eggs North Miami Beach Style.....	\$7.49
Homemade corned beef hash <i>and eggs any style</i> .....	\$9.99
New Englander .....	\$8.95
<i>Poached eggs, Canadian bacon &amp; melted cheddar cheese on an English Muffin</i>	
University Heights Healthy Start.....	\$10.99
<i>Tofu &amp; farm fresh veggies with egg whites</i>	
Choice Sirloin & eggs any style .....	\$15.99
House smoked pork chops <i>with eggs any style</i> .....	\$13.99
Honey-eyed French Toast .....	\$8.95
Multi-grain, multi-nut, multi-seed granola.....	\$6.99
Fruit Bowl <i>with fresh &amp; seasonal selections</i> .....	\$7.99
French Toast .....	\$6.99
Ducktrap River .....	\$11.95
<i>Naturally smoked trout fillet with eggs any style</i>	
Spruce Point.....	\$11.95
<i>Naturally smoked Atlantic salmon with onion &amp; Eggs any style</i>	

### EGGS & OMELETS

3 Large Eggs... with home fries and toast.....	\$6.99
with bacon.....	\$7.99
with sausage or ham .....	\$7.99
with Canadian bacon.....	\$9.99
with prime sirloin steak .....	\$15.99
3 Egg Omelet... with cheese, home fries & toast .....	\$7.99
with ham & cheese .....	\$8.99
with mushrooms & cheese.....	\$8.99
with chef's choice fresh veggies .....	\$8.99

### PANCAKES & WAFFLES

3 Pancakes or Belgium Waffle.....	\$7.99
Topped with blueberries or strawberries .....	\$9.99
<i>(whipped cream optional)</i>	

## EARLY BIRD SPECIAL

(7:00AM - 9:00 AM only)

2 Eggs, home fries, toast and coffee.....\$3.99  
*(Sorry, no substitutions.)*

### CHOICE OF TOAST

Cinnamon Raisin .....	\$2.35
English Muffin .....	\$1.95
White.....	\$1.79
Wheat .....	\$1.95
Rye.....	\$1.95

### MUFFINS & BAGELS

Corn Muffin.....	\$2.39
Bran Muffin .....	\$2.39
Blueberry Muffin .....	\$2.39
Plain Bagel .....	\$2.35
Bagel with Lox & Cream Cheese.....	\$10.99

## BRUNCH MENU

(Saturday and Sunday only)

### SPECIALTY OMELETS

Greek Omelet .....	\$8.99
<i>Spinach, tomato, onion &amp; feta cheese</i>	
Creole Omelet .....	\$8.99
<i>Spicy salsa, tomato, carrot, pepper &amp; onion</i>	
Italian Zucchini Omelet .....	\$8.99
<i>Zucchini with red sauce</i>	
Western Omelet .....	\$8.99
<i>Diced ham, peppers &amp; onion</i>	
Eastern Omelet .....	\$8.99
<i>Julienned turkey, pepper &amp; onion</i>	
Barbeque Chicken Omelet .....	\$8.99
Steak & Pepper Omelet.....	\$12.99
<i>(All specialty omelets are served with home fries &amp; toast)</i>	

### SPECIALTY EGGS

Eggs Florentine.....	\$10.99
<i>with spinach &amp; topped with hollandaise sauce</i>	
New Englander .....	\$10.99
<i>with Canadian bacon &amp; topped with melted cheddar cheese</i>	
Eggs Benedict .....	\$10.99
<i>with Canadian bacon &amp; topped with hollandaise sauce</i>	
New Yorker .....	\$10.99
<i>with corned beef hash &amp; topped with hollandaise sauce</i>	
Manhattan .....	\$10.99
<i>with lox &amp; topped with hollandaise sauce</i>	

*(All specialty eggs are poached and served  
on an English muffin with home fries)*

## GRILL MENU

### APPETIZERS

French Fries .....	\$3.99
Onion Rings.....	\$3.99
Jalapeño Poppers .....	\$7.99
Mozzarella Sticks.....	\$7.99
Chicken Tenders .....	\$7.99
<i>our own homemade recipe</i>	
Shrimp Wrapped in Bacon .....	\$8.99
Scallops Wrapped in Bacon .....	\$8.99
Calamari .....	\$8.99

### DINNERS

*The Following Items Are Served With Fresh Garden Salad  
& Spinach Fettuccini Tossed In Vinaigrette:*

Chicken Teriyaki.....	\$13.99
Steak Teriyaki.....	\$13.99
Shrimp Teriyaki.....	\$14.99
Shrimp Scampi.....	\$14.99
8 Oz. Sirloin.....	\$15.99
1 Pork Chop.....	\$8.95
2 Pork Chops .....	\$13.99
Teriyaki Combination .....	\$15.99
Chicken Pataki.....	\$15.95
<i>Blackened Chicken With 3-Bean Sauce, Avocado &amp; Brie Cheese</i>	

*These Items Served With Coleslaw,  
Tomato & Pickle:*

Hamburger.....	\$8.99
Cheeseburger .....	\$9.99
Garden Burger .....	\$9.99
add fries .....	\$1.00

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Quintessential Salad.....	\$8.99
Fruit & Cheese Plate.....	\$9.99

### SIDES

Garden Side Salad.....	\$3.99
Spinach Fettuccini .....	\$4.35
French Onion Soup.....	\$4.95
Soup Dujour .....	\$2.99 / \$3.99

### KIDS' MENU

Chicken Tenders .....	\$7.99
Mozzarella Sticks.....	\$7.99
French Fries .....	\$3.99
Onion Rings.....	\$3.99
Jalapeño Poppers .....	\$7.99