

breakfast

eggs

1 egg, home fries and toast	4.00
2 eggs, home fries and toast	4.75
2 eggs, home fries, toast with bacon, ham or sausage	6.50

omelets

zorba feta cheese. yasoul	6.50
western ham, cheddar, peppers and onion	6.75
spanish cheddar, fresh salsa and sour cream	6.50
b and cheese bacon and cheddar	6.75
veggie toms, mushrooms and cheddar	6.50
salmon and swiss fresh salmon and swiss	7.25
farmer's market kitchen's inspiration	7.00

etc. etc.

cinnamon buns	4.00
fresh baked muffins	2.00
english muffin	1.25
toast	1.50
bagel & cream cheese	3.00
bacon, ham or sausage	3.75
loukanico	2.75
tasty homefries	2.00
half grapefruit	1.50
fruit cup	4.00
lisa's beans	4.00
tony's hash	5.00
real maple syrup	1.75
bowl o' cereal	3.00
oatmeal with fixins	5.00

from the bar

fresh squeezed mimosa	6.00
bloody mary	7.00
bloody caesar	7.25

good favorites

tony's corn beef hash no cans here. homemade. with eggs, home fries and toast	8.50
eggs beni with hollandaise from the heavens always on Saturdays and Sundays	10.00
maine guide breakfast lisa's best beans, ham, eggs, home fries and toast	8.50
greek soul food scrambled eggs tossed with peppers, tomatoes, onions, home fries and feta with toast	7.00
add loukanico sausage	2.00
market street scrambled eggs tossed with peppers, toms, onions and home fries with toast	6.50
italian villa scrambled eggs tossed with portobellos, sweet bells, basil and parmesan	8.00
juanita's burrito served with home fries and focaccia	9.00
scrambled eggs, cheddar, black beans, spiced black angus beef in a tortilla with fresh salsa and sour cream served with homefries	8.00
jose's veggie burrito 86 the beef add veggies chef's choice of salsa and sour cream	8.00
do the continental handmade bagel, fruit cup, scrambled eggs and home fries	8.00
almond crusted french toast 'nuff said	6.50
french toast made with french bread	6.00
banana walnut pancakes you won't believe these	6.50
pancakes like mom used to make	6.00
add blues or choc. chips	1.00
add raspberries	1.50
belgium waffle chef's choice	8.00
from the tree maple syrup add	1.75
bowl of goodness yogurt, fresh fruit, homegrown granola	6.50
breakfast of the gods yogurt, greek honey, nuts	6.50

lunch

soups

fish chowder	3.75/5.75
tony's all star haddock	
clam chowder	4.00/6.00
chef's best	
soup of the day	2.75/ 5.25
always from scratch	

salads

the good table lobster cobb salad - market price our fresh picked maine lobster meat, bacon, tomatoes, blue cheese, red onion, hard boiled eggs, and honey vinaigrette	
classic grilled chicken cobb salad	11
our best caesar salad	7
crisp romaine, parmesan cheese, croutons, and creamy caesar dressing	
*caesar with cambridge steak tips 14	
fried maine shrimp caesar	15
grilled chicken caesar	8.50
fried oyster caesar	13
traditional greek salad	10
our toss up piled high with feta and olives, served with pita bread	
side greek salad	3.75
toss up	9
a big toss of fresh veggies & grilled pita	

also

baked haddock	16
always fresh gulf of maine haddock baked with our herbed crumb topping	
fried haddock	16
lightly dusted and fried	
fish & chips	16
chunks of haddock lightly dusted and fried, served with french fries and cole slaw	
classic maine fried shrimp	16
lightly dusted and fried, served with french fries and cole slaw	
fried clams	market price
whole clams, lightly dusted and fried, served with french fries and cole slaw	
fried east coast oysters	market price
fresh shucked oysters lightly dusted and fried, served with french fries and cole slaw	
chicken chunks	12
fresh chicken with fries & slaw	
hot turkey dinner	17
fresh roasted, mom's stuffing, gravy, salad & potatoes or rice	
quiche of the day	8.50
chef's choice with salad	
spanakopita	14
spinach & feta pie in filo dough with greek salad	

sandwich board

turkey sandwich	9
fresh roasted, lettuce, tomato & mayo	
grilled turkey sandwich	10
with cheddar, cranapple chutney, on oat nut bread	
open faced turkey sandwich	9.50
fresh roasted turkey, mom's stuffing & gravy on toast	
grilled turkey rachel	11
with swiss, coleslaw & 1,000 island dressing on rye	
tuna classic	9
white tuna, lettuce & tomato	
tuna melt	9
tuna & swiss in a grilled pita	
pastrami & swiss	10
black pastrami & swiss on rye	
the rachel	11
black pastrami, swiss, coleslaw and 1,000 island dressing on rye	
gyros sandwich	8.50
spiced beef & lamb strips in pita with tzaziki, tomatoes and onion	
the good table burger	10
* 1/3 pound ground beef, flame grilled topped with bacon jam and frizzled onions	
classic burger	8.50
* 1/3 pound ground beef flame grilled, served with lettuce & tomato	
with bacon	9.50
with cheese	9
spicy black bean burger	9
house made with a kick, grilled and served on a toasted bun with lettuce, tomato, and sweet and spicy chipotle aioli	
1/2 sandwich & soup	6
ham, tuna or turkey	
with fish chowder	8
with clam chowder	8.50
classic maine lobster roll	market price
fresh maine claw and knuckle meat with a touch of mayo on a toasted bun, served with french fries and cole slaw	
haddockwich	12.50
fried haddock served on a grilled bun with lettuce, tartar sauce, french fries, and cole slaw	

sides

french fries	3
sweet potato fries	4
onion rings	5

dinner

starters

maine mussels

irish

mussels steamed in white wine, shallots, garlic, lemon, fresh herbs, parmesan reggiano, extra virgin olive oil finished with sweet cream butter 6 / 12

mussels of the day

kitchen's desire 6 / 12

lisa's mezze platter

market price

seasonal salad

inspired by the season

market price

soups

the good table traditional clam chowder - a house favorite 4/6

tony's best haddock chowder
3.75/5.75

soup of the day
2.75/5.25

salads

the good table lobster cobb salad

our fresh picked maine lobster meat, bacon, tomatoes, blue cheese, red onion, hard boiled eggs, and honey vinaigrette
market price

classic grilled chicken cobb salad

grilled chicken breast, bacon, tomatoes, blue cheese, red onion, hard boiled eggs, and honey vinaigrette 11

the good table toss up salad

mixed greens, tomatoes, cucumbers, red onion, and carrots. served with pita bread 9 - side toss up 3

our best caesar salad

crisp romaine, parmesan cheese, croutons, and creamy caesar dressing 7

*caesar with cambridge steak tips 14

fried maine shrimp caesar 15

grilled chicken caesar 8.50

fried oyster caesar 13

side caesar 3.50

side caesar sub 2

traditional greek salad

our toss up piled high with feta and olives, served with pita bread 10
side greek salad 3.75

burgers

the good table burger

*1/3 pound ground beef, flame grilled topped with bacon jam and frizzled onions 10

classic burger

*1/3 pound ground beef flame grilled, served with lettuce & tomato 8.50
with bacon 9.50
with cheese 9

spicy black bean burger

house made with a kick, grilled and served on a toasted bun with lettuce, tomato, and sweet and spicy chipotle aioli 9

etc. etc.

french fries 3

sweet potato fries 4

onion rings 5

rice pilaf 2

upside sweet potato fries 1.50

upside onion rings 2.50

mashed potato 2

side of veggies 2.75

beef and bird

the good table steak

a classic rib eye, grilled to your liking, with horseradish creme, frizzled onions, and a baked potato with chive butter
market price

cambridge steak tips

marinated and flamed grilled served with lisa's best bbq sauce 17

mixed grill

cambridge steak tips, st. louis ribs, and loukanico 18

bbq ribs

st. louis ribs, flame grilled with lisa's best bbq sauce 17

hot turkey dinner

fresh roasted turkey, mom's stuffing, pan gravy with cranberry apple chutney 17

seasonal chicken

chef's desire market price

from greece

plaki scallops

fresh sea scallops baked in a tomato, sweet bell pepper, onion, olive oil, and fresh herb sauce

market price

lamb kabob

marinated, skewered grilled lamb and veggies served with pita bread and tzaziki sauce 18

spanakopita

feta and spinach filling nestled between layers of buttery filo 16

psari plaki

always fresh gulf of maine haddock baked in a tomato, sweet bell pepper, onion, olive oil, and fresh herb sauce 17

gyros platter

grilled ground beef & lamb served with pita bread, onions, tomatoes, and tzaziki sauce 15

from the sea

seasonal pasta

chef's desire market price

baked haddock

always fresh gulf of maine haddock baked with our herbed crumb topping 16

fried haddock

lightly dusted and fried 16

haddockwich

fried haddock served on a grilled bun with lettuce, tartar sauce, french fries, and cole slaw 12.50

fish & chips

chunks of haddock lightly dusted and fried, served with french fries and cole slaw 16

baked sea scallops

scallops baked with our classic herbed crumb topping market price

classic maine fried shrimp

lightly dusted and fried, served with french fries and cole slaw 16

fried clams

whole clams, lightly dusted and fried, served with french fries and cole slaw
market price

fried east coast oysters

whole fresh shucked oysters lightly dusted and fried, served with french fries and cole slaw market price

classic maine lobster roll

fresh maine claw and knuckle meat with a touch of mayo on a toasted bun, served with french fries and cole slaw
market price

the good table restaurant take out menu



good honest food

207.799.4663

route 77, cape elizabeth, me 04107
www.thegoodtablerestaurant.net

ALL PRICES ARE SUBJECT TO CHANGE
|| the local health service wants you to be aware that the consumption of undercooked or raw meat, fish or eggs may cause health problems ||