

(203) 924-0200
Call to pick up
www.GROWShelton.com



434 Howe Ave Shelton, CT
Tues- Thurs 11-9
Fri, Sat 11-10 / Sun 10-3

BRUNCH

Cinnamon Raisin French Toast

9

Handmade cinnamon raisin bread dipped in our special batter. served with bacon or sausage

Pineapple Sausage French Toast

11

Caramelized pineapple and sweet Italian sausage with a ginger honey mint spread sandwiched in two slices of french toast

Hash!

10

Corned beef or local sausage hash served with 3 eggs over easy and toast

Lox Flatbread Pizza

12

Our own Lox atop an herbed cream cheese spread served on a warm flatbread crust. Accompanied by a radish & caper relish

Baked Goods

3

Cinnamon Chip Scones, Cranberry Scones or Banana Bread Muffins

Death Burrito

10

Scrambled eggs, sausage, bacon, home-fries, cheddar, avocado & hot sauce

LBLT

12

Get fancy with our own lobster, muenster, local bacon, lettuce & tomato sandwich

Pancakes

8

3 stack of buckwheat pancakes served with bacon or sausage

Apple Rings

9

We take a local apple, cut it into rings, batter dip and fry it and serve it with cinnamon sugar and caramel sauce

Cinnamon Rolls

6

Jumbo cinnamon roll dripping with cinnamon and cream cheese frosting

From our Lunch Menu

Seafood Arancini

11.95

Rice balls filled with Lobster, shrimp & apples served with a saffron cream sauce

Seven Layer Salad

9.79

Spinach tossed in honey mustard dressing topped with turkey, bacon, avocado, tomato, egg, cheddar & red onion

Bleu Cheese Burger

13.99

Grass-fed beef burger topped with melted bleu cheese, roasted leeks, bacon, greens and a bacon aioli

Shrimp & Corn Fritters

9.95

Locally sourced corn, tender shrimp lightly fried and served with a creamy pepper relish

Nantucket Salad

9.49

Baby spinach tossed in a balsamic vinaigrette and topped with Granny Smith apples, goat cheese and candied almonds

Greek Chicken Burger

12.99

Free-range, house ground chicken burger topped with lettuce, onions, sweet cucumber feta sauce & olive tapenade

♡ Thoroughly cooking meat, poultry, seafood, eggs and shellfish reduces the risk of food borne illness