

Talias

BREAKFAST & EATERY

BREAKFAST | LUNCH | CATERING

603.260.5339

www.taliaseatery.com

44 Nashua Road • Unit 17
Londonderry, NH 03053

Monday - Saturday | 6am - 2pm

Sunday | 7am - 2pm

BREAKFAST

Basically Basics

Served with your choice of hand cut home fries or baked beans.

Substitute: fresh cut fruit (1.85), sweet potato home fries (1.50), corned beef hash (1.99), potato hash (1.99), or fresh strawberries and blueberries (2.99)

ONE EGG

One egg, any style and toast. 4.25

TWO EGGS

Two eggs, any style and toast. 5.25

THREE EGGS

Three eggs, any style and toast. 6.25

ONE EGG PLUS

One egg accompanied by one buttermilk pancake or one slice French toast. 7.95

TWO EGG PLUS

Two eggs accompanied by two buttermilk pancakes or two slices of French toast. 8.95

EGGS IN A BASKET

Two fried eggs centered inside grilled Texas toast. 7.95

FILL 'ER UP

Three eggs, any style, two slices of bacon, two sausage links, one ham steak, one kielbasa, and two buttermilk pancakes or two slices of French toast. 10.99

THE LONGHORN

Our certified Angus hand cut sirloin steak, char grilled, and accompanied by three eggs and your choice of toast. 11.95

Beverages

COFFEE (free refills!) 2.25

TEA 1.95

HERBAL TEA 2.50

HOT CHOCOLATE 2.25

FRUIT JUICES

(orange, cranberry, apple, tomato)
Small 1.75 | Large 2.25

MILK Small 2.25 | Large 2.75

CHOCOLATE MILK Small 2.50 | Large 2.95

The Griddle

Try our NH made maple syrup! 1.95
Add fresh strawberries or blueberries 2.99
Add whipped cream 1.00

TWO STACK

Two buttermilk pancakes or two slices of French toast. 4.50

THREE STACK

Three buttermilk pancakes or three slices of French toast. 6.75

THE POCKET

Our Belgian waffle served with butter and syrup. 5.25

ODD COUPLE

Two buttermilk pancakes and two slices of French toast. 9.25

SWEET STACK

Three buttermilk pancakes with your choice of chocolate chips, blueberries, or bananas. 8.00

STUFFED FRENCH TOAST

Our thick cut French toast stuffed with strawberries, blueberries, bananas, and our homemade light and sweet cream cheese filling. 9.95

Fold It Over

All omelets are made to order with three eggs and are accompanied by your choice of toast and hand cut home fries or baked beans. Additional ingredients may be added to any omelet for an additional .85 cents per item.

Substitute: fresh cut fruit (1.85), sweet potato home fries (1.50), corned beef hash (1.99), potato hash (1.99), or fresh strawberries and blueberries (2.99), egg whites or egg beaters .85 cents per egg

CHEESE

Choice of American, cheddar, provolone, Swiss or feta. 6.95

BACON AND CHEESE

Smoked bacon and cheddar cheese. 8.95

SAUSAGE AND CHEESE

Diced sausage and cheddar cheese. 8.95

HAM AND CHEESE

Black Forrest ham and cheddar cheese. 8.95

HASH AND CHEESE

Home-style corned beef hash and cheddar cheese. 8.95

MEAT LOVERS

Bacon, sausage, Black Forrest ham, and cheddar cheese. 9.95

WESTERN CLASSIC

Black Forrest ham, onions, peppers, and cheddar cheese. 8.95

A LITTLE SOUTH OF THE BORDER

Black beans, corn, peppers, onions, tomatoes, and cheddar cheese. Served with salsa and sour cream. 8.95

GARDEN VEGETABLE

Spinach, onions, peppers, tomatoes, mushrooms, broccoli, and cheddar cheese. 8.99

ARTICHOKE HEART

Artichoke hearts, roasted red peppers, kalamata olives, and feta cheese. 8.99

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. Prior to ordering, please inform your server if anyone in your party may have a food allergy.

BREAKFAST

Braeya's Benedicts

All benedicts are accompanied by hand cut home fries or baked beans and topped with hollandaise sauce.

Substitute: fresh cut fruit (1.85), sweet potato home fries (1.50), corned beef hash (1.99), potato hash (1.99), or fresh strawberries and blueberries (2.99)

TRIED AND TRUE

Two poached eggs served atop a grilled English muffin and Black Forrest ham. 9.95

LUCK OF THE IRISH

Two poached eggs served atop a grilled English muffin and corned beef hash. 9.95

THE CANADIAN

Two poached eggs served atop a grilled English muffin, Canadian bacon, and potato hash. 10.95

CRAB CAKE BENEDICT

Two poached eggs served atop a grilled English muffin and delectable crab cakes. Served with a side of remoulade sauce. 11.99

THE GARDEN

Two poached eggs served atop a grilled whole grain English muffin, baby spinach, tomatoes, and sliced mushrooms. 9.95

Fresh Start

CALI EGG WHITE SANDWICH

Egg whites, roasted turkey, baby spinach, avocado, and sliced tomato served on toasted multigrain bread. 8.25

SUNRISE STEEL CUT

Organic steel cut oatmeal.
Small 3.75 | Large 6.99

Toppings: cran raisins, candied pecans, shredded coconut or honey.
Substitute fresh strawberries and blueberries 2.99

EGG WHITE GARDEN

A two egg white omelet filled with spinach, tomatoes, mushrooms, onions, peppers, broccoli, and cheddar cheese. Topped with a dollop of red pepper pesto and served with a whole grain English muffin. 8.95

CRUNCHY TOAST

Three slices of whole wheat bread dipped and grilled as French toast, and topped with cran raisins and candied pecans. Served with NH pure maple syrup. 9.00

FRUIT 'N YOGURT PARFAIT

Low fat vanilla yogurt topped with organic granola, fresh strawberries, blueberries, bananas, and finished with a drizzle or honey.
Small 3.25 | Large 6.50

PAPA ARNIE'S LOX 'N CREAM CHEESE

New York style made with smoked salmon, cream cheese, red onion, and fresh sliced tomatoes. Served on your choice of bagel. 9.95



It's a Handful

Served on your choice of toast, English muffin, or wrap.
Substitute a bagel for 1.00

THE ORIGINAL SANDWICH

A fried egg and American cheese. 3.50

EGG MELT SANDWICH

A fried egg, cheddar cheese, and your choice of bacon, sausage or ham. 5.25

CANADIAN EGG 'N CHEESE SANDWICH

A fried egg, cheddar cheese, and Canadian bacon. 5.95

CHEESE PLEASE WRAP

Three eggs scrambled with American cheese. 3.75

CYPRUS WRAP

Two eggs scrambled with feta cheese, baby spinach, tomatoes, and kalamata olives. 5.99

WESTERN CLASSIC WRAP

Two eggs scrambled up with diced ham, onions, peppers, and cheddar cheese. 5.99

GARDEN TO GO WRAP

Two eggs scrambled with cheddar cheese, onions, peppers, mushrooms, broccoli, tomatoes, and baby spinach. 5.99

ULTIMATE TALIA'S HANDFUL

A fried egg topped with cheddar cheese, ham, Canadian bacon, and sausage on grilled Texas toast and finished with hollandaise sauce. 6.99

Add It On

TOAST White • Wheat • Multigrain • Rye
Cinnamon Raisin • Pumpernickel • Sourdough
English Muffin • Whole Grain English Muffin 1.50

BAGELS Plain • Honey Wheat • Everything
Asiago • Cinnamon Raisin

Butter 2.25 | Cream Cheese 2.75

FRESH BAKED MUFFINS 2.25 | Grilled 2.75

BAKED BEANS 2.95

HAND CUT HOME FRIES 2.50

SINGLE EGG 1.00

FRESH FRUIT CUP 3.95

STRAWBERRIES AND BLUEBERRIES 4.50

BACON, SAUSAGE, HAM 2.25

KIELBASA 3.75

CANADIAN BACON 3.75

POTATO HASH 3.25

CORNED BEEF HASH 3.95

NH PURE MAPLE SYRUP 1.95

LUNCH

MORE Than Just A Bite

All sandwiches are accompanied by chips and a pickle

Substitute: French Fries - 1.99 | Sweet Potato Fries - 2.25
Onion Rings - 2.75 | Fresh Fruit Cup - 1.85

CHICKEN COOP

Our homemade all white meat chicken salad topped with lettuce and tomato. Served on a toasted bulkie roll. 8.99

TUNA MELT

Grilled tuna salad with melted cheddar cheese on grilled sourdough bread. 9.25

A BITE FROM SANTA CARLA

Grilled chicken, avocado, lettuce, tomato, provolone cheese, and basil pesto served on a whole grain bulkie roll. 9.95

REAGAN'S REUBEN

Lean corned beef, sauerkraut, Swiss cheese, and Thousand Island dressing. All grilled to perfection on pumpernickel bread. 9.75

DANTE'S INFERNO

Grilled blackened chicken, cheddar cheese, lettuce, tomato, red onion, and Cajun mayonnaise. Served on toasted focaccia bread. 9.75

THE CORNER DELI

Pastrami, Swiss cheese and coarse ground mustard, grilled and served on rye bread. 9.75

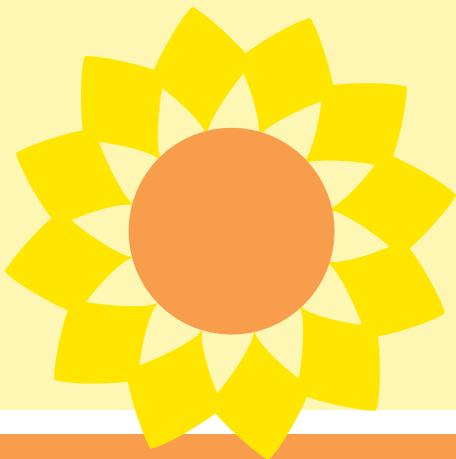
THE SPARTA

A true warriors sandwich!

Roasted turkey, Canadian bacon, cheddar cheese, lettuce, tomato, red onion with roasted red pepper pesto. Served on grilled focaccia bread. 10.99

THE CLUB

Our roasted turkey, lettuce, tomato, smoked bacon, cheddar cheese and mayonnaise served on three slices of toasted sourdough bread. 9.75



The Londonderry Market

All salads are made to order with the freshest ingredients!

Dressing Choices: House Italian, Balsamic Vinaigrette, Blue Cheese, Ranch, Thousand Island, Honey Dijon, Greek, Raspberry Vinaigrette, Cilantro Lime, Salsa Ranch and Oil and Vinegar

APPLE PECAN GRILLED CHICKEN SALAD

Field greens topped with char grilled chicken, crisp diced apples, cran raisins, mandarin oranges, candied pecans, cucumbers, and grape tomatoes. Served with balsamic vinaigrette. 10.99

CRUNCHY TENDER SALAD

Fresh mixed greens topped with crunchy tenders, cheddar cheese, grape tomatoes, red onion cucumbers, and crisp tortilla strips. Served with honey dijon dressing. 10.99
Add buffalo sauce for a zing! .99

BAJA COBB SALAD

Fresh mixed greens topped with char grilled chicken, smoked bacon, cheddar cheese, grape tomatoes, red onions, avocado, hard boiled eggs, and jalapeños. Served with our salsa ranch dressing. 10.99

SAVORY SIRLOIN

Fresh mixed greens topped with our hand cut sirloin, grape tomatoes, cucumbers, cheddar cheese, and seasoned croutons. Served with your choice of dressing. 11.99

ATHENIAN SALAD GF

Field greens topped with char grilled chicken, grape tomatoes, red onion, cucumbers, kalamata olives, and feta cheese. Served with a side of hummus and Greek dressing. 10.99

CAYENNE SHRIMP SALAD

Fresh mixed greens topped with grilled Cayenne shrimp, avocado, grape tomatoes, cucumbers, crisp tortilla strips, and black bean and corn mix. Served with cilantro lime dressing. 15.99

TURKEY CLUB SALAD

Fresh mixed greens topped with roasted turkey, smoked bacon, grape tomatoes, cucumbers, red onions, seasoned croutons, and cheddar cheese. Served with your choice of dressing. 10.99

HOME STYLE CAESAR SALAD

Crisp romaine lettuce topped with grilled chicken, tossed with Tuscan Caesar dressing, seasoned croutons, and shredded Parmesan cheese. 10.99

Add Shrimp 5.99 | Add Steak 5.75

Warm It Up

SOUP

Cup 3.50 | Bowl 5.25

CLAM CHOWDER

Cup 4.95 | Bowl 6.50

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The Bun

All of our burgers are USDA choice sirloin, char grilled to order, and served on a toasted bulkie roll with lettuce, tomato and red onion. Accompanied by French fries, sweet potato fries, or onion rings and a pickle.

CLASSIC CHEESEBURGER

Choice of American, cheddar, provolone, or Swiss. 9.90

Add bacon 1.25

MUSHROOM CHEDDAR BURGER

Topped with sautéed mushrooms and cheddar cheese. 10.50

SAN DIEGO BURGER

Topped with avocado and cheddar cheese. 11.25

COWBOY BURGER

Topped with cheddar cheese, smoked bacon, and BBQ sauce. 11.25

GARDEN BURGER

Our vegetarian burger topped with provolone cheese, spinach, tomatoes, cucumbers, red onion, and basil pesto. Served on a whole grain bulkie roll. 10.99

Classic Faves & Sides

CHICKEN TENDER DINNER

Our crunchy fried tenders accompanied by French fries and honey dijon sauce for dipping! 10.95

BUFFALO TENDER DINNER

Our crunchy fried tenders, dipped in Buffalo sauce and accompanied by French fries and blue cheese dressing. 11.95

GRILLED CHEESE

Our thick sliced sourdough bread grilled with cheddar cheese.

Accompanied by chips and a pickle. 7.75

Add tomato .85 | Add bacon 1.25

BLT

Smoked bacon, lettuce, tomato, and mayonnaise served on toasted white bread. Accompanied by chips and a pickle. 7.99

POWER BOWLS

MEDITERRANEAN

Our power blend sautéed with red quinoa, jasmine rice, corn, red peppers, and poblano peppers. Topped with grilled chicken and served with side of hummus.

SOWABI

Our power blend sautéed with brown rice, red and white quinoa, garbanzos, yellow squash, red peppers, and Sowabi sauce. Topped with grilled chicken.

FIVE GRAIN

Our power blend sautéed with barley, wild rice, wheat berries, white and red quinoa. Topped with grilled chicken.

CALIFORNIA

Our power blend sautéed and topped with grilled chicken avocado slices, and a sunny side egg.

Reagan's Wraps

All wrap ingredients are rolled together in your choice of white, wheat, sundried tomato or spinach wrap. Accompanied by chips and a pickle.

Substitute French Fries - 1.99 | Sweet Potato Fries - 2.25
Onion Rings - 2.75 | Fresh Fruit Cup - 1.85

TASTE OF AUTUMN

Grilled or crispy chicken, diced apples, cran raisins, cheddar cheese, lettuce, tomato, and raspberry vinaigrette. 8.95

B-52 BOMBER

Freshly grilled steak, cheddar cheese, pepperoni, onions, peppers, and mushrooms. 9.25

SEA VOYAGE

Char grilled jumbo shrimp, lettuce, tomato, deli pickles, and remoulade. 10.99

BUFFALO STAMPEDE

Crunchy fried chicken tenders, Buffalo sauce, lettuce, tomato, red onion, and blue cheese dressing. 8.95

COOL AS A CUCUMBER

Fresh sliced cucumbers, tomatoes, kalamata olives, onions, roasted red peppers, field greens and hummus. 8.95

JULIUS CAESAR

Char grilled chicken, romaine lettuce, season croutons, Tuscan Caesar dressing and Parmesan cheese. 8.95

VEGETABLE GARDEN

Grilled spinach, tomatoes, roasted red peppers, artichoke hearts, red onions, mushrooms, provolone cheese, balsamic glaze, and basil pesto. 9.95

Available grilled! Just ask your server!



For our customers who have Celiac Disease or follow a gluten free diet. You can once again enjoy going out to eat! Ask your server for our gluten Friendly menu.

*Talia's Breakfast and Eatery is not a gluten free kitchen, however we make every attempt to meet your needs. Please alert your server to any allergies.

SMOOTHIES, BEVERAGES & ADD ONS

BEVERAGES

FOUNTAIN BEVERAGES 2.50

Free refills when dining in!

Coke, Diet Coke, Sprite, Ginger Ale, Lemonade, and Raspberry Iced Tea

FRESH BREWED ICED TEA 2.50

BOTTLED SODA 1.95

BOTTLED JUICES/TEAS 2.50

Add Ons

FRENCH FRIES 2.50

SWEET POTATO FRIES 2.99

ONION RINGS 3.50

Super Fruit Smoothies

A FRESH, REFRESHING AND HEALTHY WAY TO GET YOUR MORNING (OR AFTERNOON!) GOING!

STRAWBERRY BANANA · MANGO BURST · WILDBERRY BLAST 4.75

Meal Replacement Smoothies

CHOCOLATE COVERED STRAWBERRY

CHUNKY MONKEY

VERY BERRY

GLUTEN FREE MENU

FOR OUR CUSTOMERS WHO HAVE CELIAC DISEASE OR FOLLOW A GLUTEN FREE DIET. YOU CAN ONCE AGAIN ENJOY GOING OUT TO EAT!

Breakfast

TWO FREE EGGS

Two eggs, any style, gluten free toast, and home fries. 6.99

Substitute: Fresh Cut Fruit 1.85

Corned Beef Hash 1.99 | Potato Hash 1.99

Fresh Strawberries And Blueberries 2.99

STUFFED FRENCH TOAST

Gluten free toast grilled as French toast. Stuffed with strawberries, blueberries, bananas, and our homemade light and sweet cream cheese filling. 11.50

FREE POCKET

Our gluten free Belgian waffle. 9.99

FREE STACK

Two gluten free pancakes. 9.99

FREE TOAST

Three slices of French toast made with gluten free bread. 8.99

PARFAIT

Low fat vanilla yogurt topped with gluten free organic granola, fresh strawberries, blueberries, bananas, and finished with a drizzle of honey. 7.95

Lunch

SPINACH SALAD

Fresh baby spinach topped with char grilled chicken, hard boiled egg, smoked bacon, cucumbers, grape tomatoes, red onion and feta cheese. Served with gluten free balsamic dressing. 10.99

FRESH FROM THE GARDEN SALAD

Fresh mixed greens topped with char grilled chicken, grape tomatoes, cucumbers, red onion, and cheddar cheese. Served with gluten free house Italian dressing. 10.99

Add Shrimp 5.99 | Add Steak 5.75

ROAST TURKEY CLUB

Roasted turkey, lettuce, tomato, smoked bacon, cheddar cheese, and mayonnaise served on gluten free bread and accompanied by gluten free potato chips. 11.25

CAPRESE

Char grilled chicken, spinach, roasted red peppers, artichokes, kalamata olives, provolone cheese, basil pesto, and balsamic glaze served on a toasted gluten free bulkie roll. Accompanied by chips and a pickle. 11.50

CLASSIC CHEESEBURGER

Our burger, char grilled, and topped with cheddar cheese, lettuce, tomato, and red onion. Served on a gluten free burger bun and accompanied by gluten free chips and a pickle. 11.50

SMOKEHOUSE BURGER

Our burger, char grilled, and topped with cheddar cheese, smoked bacon, and sautéed onions. Served on a gluten free burger bun and accompanied by gluten free chips. 11.75

Substitute GF French fries on any GF sandwich or burger for 1.99

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