



## CAFE FOOD

A cafe is a small informal restaurant where you can eat breakfast, lunch or dinner.

Let's make an omelet. First we gather the ingredients.  
**Ingredients** are the things you need to make something.

### **Omelet Ingredients:**

eggs, butter, cheese, meat, vegetables, salt, pepper





Omelets are made with eggs.



**stir** the eggs



**put** butter in skillet...**pour** in eggs



**add** ingredients (cheese, meat, peppers, onions, mushrooms...)



**turn** the omelet over...slide onto plate...eat

You can have **fried** eggs, **scrambled** eggs or **boiled** eggs.



You can have an **omelet** with a **side order**. A side order is at the side of your plate or on another small plate.



This is an omelet with bacon on the side.

What other **side orders** can you have with your omelet?



sausage

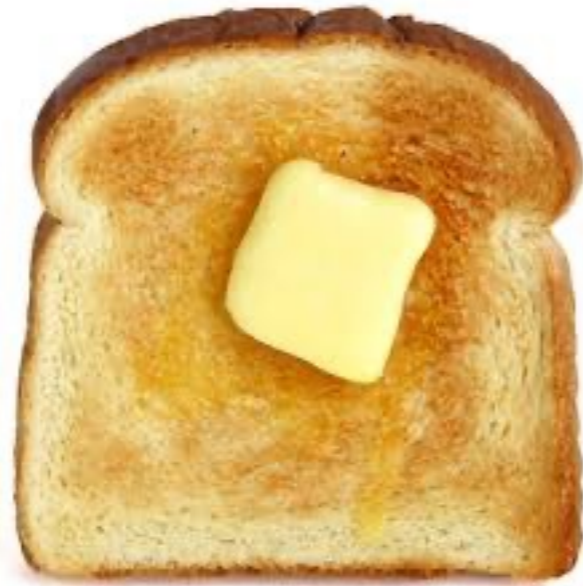


hash browns

Hash browns are chopped up potatoes, browned in butter in a skillet.



# Sides made from bread...



toast



English muffin

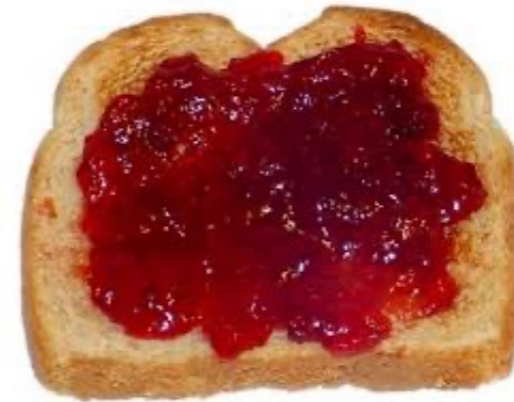


biscuits



bagel

You might want honey, jelly or jam on your bread.



Bees make honey. Jelly and jam are made from fruit.

You can have pancakes or waffles. You will probably want syrup with that. Syrup is sweet. Americans pour syrup over their waffles and pancakes.





Some people like **oatmeal** or **cereal** for breakfast.



This is **granola**. It is made from oatmeal and other grains with fruits and nuts.



This is **yogurt**. It is made from milk.

For lunch, you can have a **salad**, **soup** or a **sandwich**.



# Types of Sandwiches



peanut butter jelly sandwich (pbj)



bacon, lettuce and tomato sandwich (blt)



grilled cheese sandwich



sub sandwich (looks like a submarine)



Do you want a **pickle** with your sandwich?

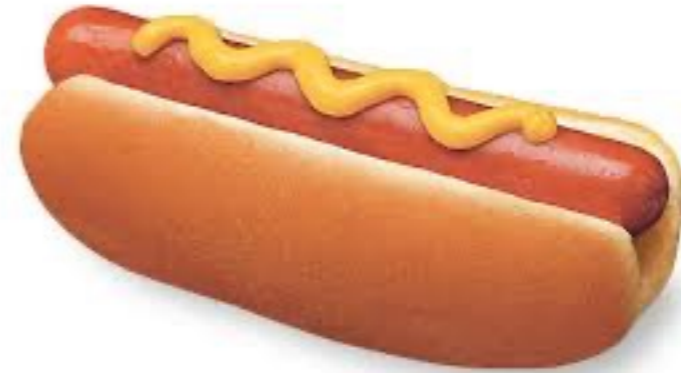


Do you want **chips** with your sandwich?



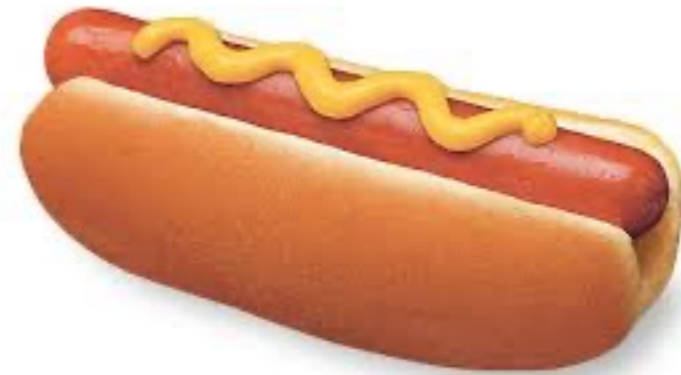
Do you want **fries** with your sandwich?

Can you name these foods?  
Do you eat these foods?  
Which one is your favorite?





hamburger



hot dog



pizza



taco

Do you want **crackers** with your soup?



Do you want **dressing** on your salad?



Do you want a **roll** with your salad?



There are many kinds of salad:



**pasta salad**



**cole slaw** is made with cabbage and carrots



**potato salad** is made with potatoes, boiled eggs, pickles, mustard and mayonnaise



**fruit salad**

For dinner you can have:



roast chicken with mashed potatoes

These potatoes have gravy on them. Gravy is made with the juice left in the pan where the meat cooks.



This woman is making gravy. She adds flour and milk to the meat juices in the pan. She cooks it over fire.

## Make mashed potatoes

**Peel** potatoes. **Cut** them up. **Boil** them in water. **Pour** out the water. **Mash** them with butter and a little milk. **Add** salt and pepper.



You can have grilled steak and baked potato.



This steak is cooking on the grill.

You can have spaghetti and meatballs with garlic bread.



You can have grilled fish with rice.



You can have meat loaf.

Do you want a beverage with your meal?  
A beverage is a drink.



coffee or tea?



milk?



juice?

Do you want caffeine in your coffee?

Or do you want decaf?

Decaf has no caffeine. Does caffeine keep you awake?



Tea has caffeine too. But herbal tea doesn't. Herbal tea is made with herbs.



Do you want cream and sugar in your coffee?





You can buy **whole milk**. It is 4% butterfat.  
You can buy **1%** or **2%** milk with less fat. Or  
you can buy **skim** milk with no fat.



Some people drink oat milk or almond milk.

At the end of your meal, you can have **dessert**.



chocolate cake



cherry pie



cheesecake



cookies



ice cream