

breakfast

entrees

Choice of Home Style Potatoes, Grits, Brown Rice, Black Beans, (Fruit or Cottage Cheese 1.00) & Toast or Tortillas
Scrambler

Ground turkey, spinach, green onion & jack cheese scrambled with eggs 11.95

Huevos Rancheros

Corn tortilla topped with eggs over medium, ranchero sauce & cheese 11.50

Louisiana Hot Link & Eggs

4oz hot link, 2 eggs any style 11.50

Turkey Maple Sausage & Eggs

Turkey Maple sausage served w/2 eggs any style 12.25

Avocado & Grilled Tomatoes

Eggs any style over grilled tomatoes with avocado 11.50

Eggs Benedict

Poached eggs over grilled ham & English muffin topped with Hollandaise sauce 13.50

Eggs Florentine

Poached eggs over sauteed spinach & English muffin topped with Hollandaise sauce 13.50

Ham & Eggs

Grilled ham & 2 eggs any style 13.50

Chorizo & Eggs

Chorizo scrambled with eggs 11.25

Chilaquiles

Tortilla chips, ranchero sauce & cheddar cheese scrambled with eggs 11.25

bowls & royales

Chorizo Bowl

Chorizo, eggs over medium, corn tortilla, avocado, sour cream, jack & cheddar cheese served over potatoes 12.25

Turkey Sausage King Royale

Turkey sausage, spinach, mushroom, tomato & scrambled eggs served over brown rice 11.95

healthy things

Gluten Free Pancakes

2 gluten free pancakes add blueberries or banana \$1 9.95

Honey Gluten Free Pancakes

2 gluten free pancakes with honey & walnuts 10.45

Veggie Royale

3 egg whites scrambled with veggies over brown rice no toast 11.95

Chicken Royale

Chicken, eggs, green onions, scrambled over brown rice no toast 11.95

Chicken Bowl

3 egg whites scrambled with chicken, spinach, green onions & tomato over brown rice no toast 12.95

beverages

Coffee 3.50

Cappuccino 4.50/5.20

Latte 4.50/5.20

Mocha 5.00/5.70

Hot Tea 3.75

Hot Chocolate 3.75

Iced Tea / Sodas / Pelligrino /

Milk / Apple Juice / Cranberry

Juice / Grapefruit Juice / 4.50

Orange Juice 4.85

Chocolate Milk 3.75

specials

Breakfast Special

3 bacon or 2 sausage, 3 eggs any style with a choice of side and toast (M-F before 11am \$10.25) \$11.50

Breakfast Burritos with a side

Bacon, sausage or chorizo scrambled with eggs and cheddar with a choice of side (M-F before 11am \$10.25) \$11.50

Breakfast Burritos a la carte

Bacon, sausage or chorizo scrambled with eggs and cheddar (M-F before 11am \$8.95) \$9.95

Egg Sandwich

Scrambled eggs, American cheese, grilled tomato, onion, arugula & mayo 8.95

Add ham, bacon or sausage 9.95

With a choice of side 11.50

omelettes, burritos or scrambles

The following can be made as an Omelette or Scrambled served with Toast or Tortillas, or rolled in tortillas as Burritos.

All served with a choice of Home Style Potatoes, Grits, Brown Rice, Black Beans, (Fruit or Cottage Cheese 1.00)

Spinach & Cheddar

Fresh spinach & cheddar cheese 12.45

Bacon Avocado

Bacon, avocado, red onion & cheddar cheese 14.95

Chicken Ortega

Chicken, Ortega chile, avocado, green onion & jack cheese 14.95

Build Your Own 9.95

\$2.00 for each of the following: Bacon, Sausage, Hot links, Ham, Chicken, Ground Turkey, Avocado, Fresh Spinach

\$0.50 for each of the following: Mushroom, Green Onion, Red Onion, Ortega Chile, Sun Dried Tomatoes, Jack,

Cheddar, Swiss or American

grains

Breakfast syrup or sugar free syrup included. 100% Pure Maple Syrup add \$1.75

Short Stack

2 buttermilk pancakes add blueberries or banana \$1 9.25

Tall Stack

3 buttermilk pancakes add blueberries or banana \$1 10.95

Pancake Special

2 pancakes, 2 eggs and 2 Bacon or 1 2oz. Sausage 11.75

Cinnamon Roll Pancakes

2 buttermilk pancakes with cinnamon swirl and vanilla icing 11.50

French Toast Combo

2 slices of French Toast, 2 eggs and 2 Bacon or 1 2oz.

Sausage 11.75

French Toast

2 slices topped with cinnamon & powdered sugar 9.25

Mickey Pancake 6.75

Oatmeal

12 oz. cup or 20 oz. bowl 7.95/9.25

Bagel and Cream Cheese 3.95

Toasted plain or onion 3.50