# breakfast

#### entrees

Choice of Home Style Potatoes, Grits, Arugula Salad, Black Beans, Brown rice, Fruit or Cottage Cheese and Toast or Tortillas

SCRAMBLER 14.50

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

LOUISIANA HOT LINK & EGGS 14.50

4 oz hot link & 2 eggs any style

CHICKEN MAPLE SAUSAGE & EGGS 14.50 Two 2oz. chicken maple sausage & 2 eggs any style

AVOCADO & GRILLED TOMATOES 14.25
Grilled tomato slices, sliced avocado & 2 Eggs any style

CHORIZO & EGGS 14.25
Pork chorizo scrambled with 3 eggs

EGGS BENEDICT 15.50

Poached eggs, grilled ham on an English muffin topped with Hollandaise sauce

EGGS FLORENTINE 15.50

Poached eggs, grilled spinach on an English muffin topped with Hollandaise sauce

HAM TORTA 14.50

Grilled Ham, American cheese, over hard egg, red onion, lettuce, pickled jalapeno & mayo on a bun

### early bird specials

BREAKFAST SPECIAL 13.95 (M-F before 11am \$11.95)

3 bacon or 2 sausage, 3 eggs any style with a choice of side and toast (no substitutions)

Breakfast Burritos a la carte 11.95 (M-F before 11am \$9.95) Bacon, sausage or chorizo scrambled with eggs and cheddar

BREAKFAST BURRITOS 13.95 (M-F before 11am \$11.95)
Bacon, sausage or chorizo scrambled with eggs and cheddar with a choice of side

# 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, Arugula Salad, Black Beans, brown rice, Fruit or Cottage cheese

THE LOCAL 14.50

Fresh spinach, onion, tomato & American cheese

BACON AVOCADO 15.25

Cheddar, avocado, bacon & onion

CHICKEN ORTEGA 15.50

Chicken, Ortega chile, avocado, green onion & jack

THE CALI 15.25

Avocado, roasted red pepper, red onion & goat cheese

BUILD YOUR OWN 10.75

\$2.00: Bacon, Sausage, Hot links, Ham, Chicken, Ground Turkey, Chicken Maple Sausage, Avocado, Fresh Spinach, Sour Cream & Goat cheese \$0.50: Mushroom, Green Onion, Onion, Ortega Chile, Jalapeno, Jack, Cheddar, American

# healthy things

PAMELA'S GLUTEN FREE PANCAKES 11.75

2 gluten free pancakes (blueberries, banana or Chocolate Chips \$1) (With honey & walnuts \$1) 12.75

GLUTEN FREE PANCAKE SPECIAL 15.50

2 pancakes, 2 eggs and 2 bacon or one 2oz. sausage or (4oz chicken maple sausage 2\$)

VEGGIE ROYALE 13.75

3 egg whites scrambled with veggies over rice no toast

CHICKEN BOWL 14.50

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

SPINACH & COTTAGE CHEESE OMELETTE 14.95

Egg whites, spinach, cottage cheese omelette sprinkled with Parmesan cheese, served with Arugula salad

# house specials

#### CHICKEN SAUSAGE KING ROYALE 14.50

Chicken maple sausage, spinach, mushroom, tomato & scrambled eggs served over rice & Hollandaise sauce (side included)

#### PAPAS CON CHORIZO 14.25

Potato, chorizo, green onion & cheddar cheese sauteed and topped with 2 over medium eggs and black beans (side included)

#### EGG SANDWICH A LA CARTE

Scrambled eggs, American cheese, grilled tomato, onion, arugula & mayo 10.50

with (ham, bacon or pork sausage) 11.95

With a choice of side 12.95

#### BREAKFAST FRIED RICE 14.25

Hot links or Chicken, egg, onion, green onion, peas & carrots scrambled with brown rice and seasoned with our soy sauce

#### 3 BREAKFAST TACOS 14.95

Roast pork, eggs, onion & cilantro

#### CHILAQUILES 14.25

Tortilla chips scrambled with eggs, cheddar, jack, & ranchero sauce, topped with sour cream, pico de gallo with a side of black beans

#### CHORIZO BOWL 14.95

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

#### HUEVOS RANCHEROS 14.25

Corn tortilla topped with eggs over medium, ranchero sauce & cheese side of black beans, pico de gallo & sour cream

### grains

Breakfast syrup or sugar free syrup included. 100% Pure Maple Syrup add \$1.75 (add blueberries, banana or chocolate chips \$1)

#### BUTTERMILK SHORT STACK 10.25

2 buttermilk pancakes

#### BUTTERMILK TALL STACK 12.75

3 buttermilk pancakes

#### BUTTERMILK PANCAKE SPECIAL 13.95

2 pancakes, 2 eggs and choice of 2 bacon, one 2oz. sausage or (4oz chicken maple sausage 2\$)

#### CINNAMON ROLL PANCAKES 12.50

2 buttermilk pancakes with a cinnamon & sugar swirl topped with a cream cheese icing

2 eggs and 2 Bacon or one 2oz. Sausage 15.95

#### STUFFED FRENCH TOAST 12.95

Stuffed & topped with fresh strawberries and sweet cream cheese filling and whip cream

#### FRENCH TOAST 11.25

2 slices topped with cinnamon & powdered sugar 2 eggs and 2 bacon or one 2oz. sausage or (4oz chicken maple sausage 2\$) 13.50

MICKEY PANCAKE 7.50

#### TEDDY BEAR FRENCH TOAST 7.95

1 piece of toast with banana & chocolate chips

OATMEAL 12 OZ. CUP OR 20 OZ. BOWL 7.95/9.50 Served with, brown sugar, blueberries or bananas

BAGEL AND CREAM CHEESE onion or plain bagel 4.75

### sides

Bacon or Sausage 5.25 Chicken Sausage 7.50 Home Style Potatoes 3.95 Toast or Tortilla 1.95 One Egg 2.95 Avocado 4.50 Fruit 3.95 Sour cream 1.75

Menu modifications subject to charge.
An 18% gratuity will be added to parties of 6 or more