

WELL FED

BREAKFAST | LUNCH
OPEN WED-SUN 8 AM-2 PM

FRESH EGGS

- EGG PLATTER**
2 FRESH EGGS, HOMEFRIES AND TOAST
ADD MEAT \$3 \$9
- VEGGIE OMELETTE**
PEPPERS, ONIONS, MUSHROOMS, SPINACH AND TOMATOES \$13
- FARMERS OMELETTE**
CRISPY BACON, SPINACH, CARAMELIZED ONION AND BLUE CHEESE \$14
- PHILLY OMELETTE**
SCRAPPLE, ONIONS AND SHARP CHEDDAR \$14
- ITALIAN OMELETTE**
SAUSAGE, HOUSE ROASTED LONG HOTS AND SHARP PROVOLONE \$14
- CHEF MIKE'S OMELETTE**
OMELETTE WITH CRISPY BACON, SAUSAGE, MUSHROOMS, ONION AND AMERICAN CHEESE \$15
- WESTERN OMELETTE**
HAM, PEPPERS, ONION AND AMERICAN CHEESE \$14
- CREATE YOUR OWN**
CHOOSE THE MEATS, CHEESE, AND VEGGIES OF YOUR CHOICE \$13 AND UP

OMELETTES COME WITH HOMEFRIES AND CHOICE OF TOAST

SPECIALS

- CAPRESE OMELETTE**
OMELETTE WITH SUN DRIED TOMATOES, FRESH SLICED MOZZERELLA, BASIL AND A BALSAMIC DRIZZLE SERVED WITH HOMEFRIES AND CHOICE OF TOAST \$16
- QUINOA POWER BOWL**
WHITE QUINOA COOKED IN CHICKEN BROTH TOPPED WITH CREMINI MUSHROOMS, PICKLED RED ONION, SUN DRIED TOMATOES, ARUGULA, FETA CHEESE AND 2 SUNNY EGGS WITH A CILANTRO LIME CREMA DRIZZLE \$17
- SWEET POTATO SCRAMBLE**
ROASTED HALF OF A SWEET POTATO TOPPED WITH SCRAMBLED EGGS, SWEET CORN, SMOKEY CHORIZO, RED ONION, MANCHEGO CHEESE (FROM THE GRAND FROMAGE!) AND CILANTRO LIME CREMA \$17

LIGHT OPTIONS

- LITTLE ITALY AVOCADO TOAST**
TOASTED SOURDOUGH WITH SMASHED AVOCADO, CHERRY TOMATOES, BASIL AND MOZZARELLA CHEESE TOPPED WITH 2 SUNNY SIDE UP EGGS, A BALSAMIC REDUCTION AND EVERYTHING SEASONING \$12
- AVOCADO TOAST**
SMASHED AVOCADO AND EVERYTHING SEASONING ON LEBUS WHEAT TOAST
ADD EGGS \$ 2 \$8
- OATMEAL**
MADE TO ORDER
RAISINS, CRAISINS, BROWN SUGAR OR WALNUTS \$.50 EACH \$6
BANANAS \$1 FRESH BERRIES \$2

BREAKFAST SANDWICHES

BREAKFAST SANDWICH
CHOICE OF BREAKFAST MEAT,
2 EGGS ANY STYLE AND CHEESE
SERVED ON A KAISER ROLL

\$9

NEW AGE BLT
FRIED EGGS, BACON,
JALAPENO CREAM CHEESE, SPINACH
AND TOMATO ON A TOASTED BAGEL

\$11