

WELL FED



BREAKFAST & LUNCH MADE FRESH TO ORDER
OPEN DAILY 8 AM - 2 PM

FRESH EGGS

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OMELETTES

OMELETTES COME WITH HOMEFRIES
AND CHOICE OF TOAST
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IN PLACE OF HOMEFRIES:
FRESH FRUIT CUP \$3
CHEF JOEY'S HASHBROWNS \$2
SIDE SLICED TOMATOES

- EGG PLATTER

2 FRESH EGGS, CHOICE OF
BREAKFAST MEAT, SEASONED
HOMEFRIES AND CHOICE OF
TOAST

\$12
- 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
- WESTERN OMELETTE

HAM, PEPPERS, ONION AND
AMERICAN CHEESE

\$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

CHECK OUT OUR SEPARATE
MENU FOR MONTHLY SPECIALS
AND FRESH JUICE SELECTION

ASK YOUR SERVER ABOUT OUR
CURRENT MUFFIN FLAVORS

SIGNATURES

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CREATE YOUR OWN

- THE OG SWEET POTATO SCRAMBLE

ROASTED HALF OF SWEET POTATO
WITH EGGS SCRAMBLED WITH
CRISPY BACON, MUSHROOMS,
SPINACH, MELTED CHEDDAR AND
GREEN ONION

\$16
- CLASSIC EGGS BENEDICT

TOASTED ENGLISH MUFFIN TOPPED
WITH GRILLED CANADIAN
BACON, POACHED EGGS AND HOUSE
HOLLANDAISE SAUCE SERVED WITH
HOMEFRIES

\$17
- NEW AGE BLT 🌱

FRIED EGGS, CRISPY BACON,
JALAPEÑO CREAM CHEESE, SPINACH
AND TOMATO ON A TOASTED BAGEL

\$12
- CYO BREAKFAST SANDWICH

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

\$9
- CYO OMELETTE

CHOICE OF BREAKFAST MEATS,
VEGGIES, AND CHEESE SERVED
WITH HOMEFRIES AND CHOICE
OF TOAST
- CHEESES

AMERICAN | CHEDDAR | SWISS
SHARP PROVOLONE | PEPPERJACK
MOZZARELLA | FETA* | BLUE CHEESE*
- BREAKFAST MEATS

BACON | TURKEY BACON | HAM
SAUSAGE | SCRAPPLE | PORK ROLL
CHICKEN SAUSAGE | CANADIAN BACON
- VEGGIES

ONION | BELL PEPPER | TOMATO
SPINACH | JALAPEÑO | MUSHROOM
CARAMELIZED ONION | AVOCADO*
HOUSE ROASTED LONG HOTS*
- TOASTS

WHITE | WHOLE WHEAT | MARBLE RYE
SOURDOUGH | CINNAMON RAISIN
ENGLISH MUFFIN
PLAIN BAGEL* | BISCUITS* | GLUTEN FREE*

LIGHT OPTIONS

- AVOCADO TOAST 🌱

SMASHED AVOCADO AND EVERYTHING
SEASONING ON LEBUS WHEAT TOAST
WITH 2 EGGS ANY STYLE

\$10
- 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

- OATMEAL

MADE TO ORDER
RAISINS, CRAISINS, BROWN SUGAR
OR WALNUTS \$.50 EACH
BANANAS \$1 FRESH BERRIES \$3

\$6
- FRUIT BOWL 🌱

LARGE BOWL WITH FRESH
BANANA, PINEAPPLE,
BLUEBERRIES, STRAWBERRIES
AND BLACKBERRIES

\$9

🌱 This symbol represents available options for those with gluten sensitivities, facility is not gluten free.

COMFORT FAVORITES		
WAFFLES ★ FRENCH TOAST ★ PANCAKES	SAUSAGE GRAVY AND BISCUITS 🍷 HOUSE MADE SAUSAGE GRAVY POURED OVER FRESH GRILLED BISCUITS GARNISHED WITH GREEN ONION \$13	THE CBG OUR SIGNATURE CRISPY FRIED CHICKEN OVER GRILLED BISCUITS SMOTHERED IN SAUSAGE GRAVY GARNISHED WITH GREEN ONION \$17
	CHIPPED BEEF 🍷 CHIPPED BEEF IN COUNTRY GRAVY OVER CHOICE OF TOAST GARNISHED WITH GREEN ONION \$10 ADD SIDE HOMEFRIES +\$2	
	MAKE YOUR PANCAKES OR FRENCH TOAST GLUTEN FREE +\$2 PLEASE TALK TO SERVER IF ALLERGY IS SEVERE	
WAFFLES ★ FRENCH TOAST ★ PANCAKES	CLASSIC PANCAKES 🍷 2 BIG PANCAKES DUSTED WITH POWDERED SUGAR SERVED WITH BUTTER AND HOT SYRUP ADD TO PANCAKES CHOCOLATE CHIPS BLUEBERRIES BANANAS STRAWBERRIES WALNUTS HOUSE WHIPPED CREAM	\$10
	CINNAMON SWIRLS 🍷 2 PANCAKES WITH A CINNAMON BROWN SUGAR SWIRL AND POWDERED SUGAR SERVED WITH HOMEMADE WHIPPED CREAM, BUTTER AND HOT SYRUP	\$12
	BRIOCHE FRENCH TOAST 🍷 2 PIECES OF THICKLY SLICED BRIOCHE FRENCH TOAST DUSTED WITH POWDERED SUGAR WITH BUTTER AND HOT SYRUP ADD FRESH BERRIES +\$3	\$10
	BANANA BREAD FRENCH TOAST HOUSE SCRATCH MADE BANANA BREAD DIPPED AND GRILLED LIKE FRENCH TOAST TOPPED WITH FRESH BANANAS AND POWDERED SUGAR SERVED WITH BUTTER AND HOT SYRUP	\$14
	CLASSIC BELGIAN WAFFLE FRESHLY MADE BELGIAN WAFFLE DUSTED WITH POWDERED SUGAR SERVED WITH BUTTER AND HOT SYRUP	\$10
WAFFLES ★ FRENCH TOAST ★ PANCAKES	WAFFLE WITH BERRIES FRESHLY MADE BELGIAN WAFFLE TOPPED WITH FRESH STRAWBERRIES, BLUEBERRIES & BLACKBERRIES DUSTED WITH POWDERED SUGAR, BUTTER AND HOT SYRUP	\$13
	CHICKEN AND WAFFLES *A WELL FED SIGNATURE* OUR SIGNATURE BUTTERMILK CRISPY FRIED CHICKEN ON TOP OF A FRESH BELGIAN WAFFLE DRIZZLED IN HOUSE HOT HONEY ADD 2 EGGS \$3	\$15
LITTLE PIGGIES	KIDS EGG PLATTER 1 EGG ANY STYLE, 1 PIECE OF TOAST WITH 1 SAUSAGE OR 2 PIECES OF BACON	\$6
	SILVER DOLLAR PANCAKES 🍷 3 SILVER DOLLAR PANCAKES TOPPED WITH POWDERED SUGAR WITH BUTTER AND SYRUP	\$6
	BABY PIGLET BREAKFAST 2 SCRAMBLED EGGS AND A SIDE OF SLICED AVOCADO	\$4
	CHICKEN FINGERS & FRIES BASKET OF HOUSE CUT FRENCH FRIES AND THREE CHICKEN FINGERS	\$9
	GRILLED CHEESE 🍷 WHITE OR WHEAT BREAD WITH AMERICAN CHEESE SERVED WITH A PICKLE AND CHIPS	\$11
LITTLE PIGGIES	KIDS SMASHBURGER 1 HOMEMADE FRESH ANGUS BEEF PATTY WITH AMERICAN CHEESE ON A TOASTED BRIOCHE BUN WITH A PICKLE AND CHIPS	\$11
	ALL LUNCH OPTIONS COME WITH CHIPS UPGRADE TO HOUSE CUT FRENCH FRIES OR MR. RON'S COLESLAW +\$2 FRESH FRUIT CUP +\$3	
WAFFLES ★ FRENCH TOAST ★ PANCAKES	CLASSIC LUNCH	BLT 🍷 CRISPY BACON, LETTUCE, TOMATO AND MAYO ON TOASTED LEBUS WHEAT TURKEY JR CLUB 🍷 THINLY SLICED TURKEY, LETTUCE, TOMATO, BACON AND MAYO ON TOASTED LEBUS WHEAT BAT GRILLED CHEESE 🍷 FRESH SOURDOUGH GRILLED WITH MELTED CHEDDAR, CRISPY BACON, TOMATO AND AVOCADO CHEESE SMASHBURGER 🍷 2 HOMEMADE FRESH ANGUS BEEF PATTIES WITH YOUR CHOICE OF CHEESE ON A TOASTED BRIOCHE BUN WITH LETTUCE, TOMATO & ONION CHICKEN SANDWICH 🍷 CHOICE OF OUR SIGNATURE CRISPY FRIED CHICKEN OR GRILLED CHICKEN ON A TOASTED BRIOCHE BUN WITH LETTUCE, TOMATO & MAYO
	A LA CARTE	GRILLED BANANA BREAD \$6 FRESH BAKED MUFFINS \$5 BASKET OF HOUSE FRIES \$4 SIDE OF HOMEFRIES \$3 SIDE BREAKFAST MEAT \$5 CHEF JOEY'S HASHBROWNS \$4 FRESH FRUIT CUP \$4 SIDE MR RON'S COLESLAW \$3
	DRINKS	JUICES SM/LG ORANGE CRANBERRY GRAPEFRUIT APPLE TOMATO LEMONADE COKE PRODUCTS UNSWEETENED ICED TEA COLD BREW COFFEE HOT FRESH COFFEE SPECIAL COFFEE FLAVOR FRESH JUICE OPTIONS
	WHOLE & CHOCOLATE MERRYMEAD FARM MILK	

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THE RACHEL

\$16

Thinly sliced turkey piled high with Swiss cheese,
Mr. Ron's coleslaw, house Thousand Island dressing,
served on toasted marble rye

GREEK OMELETTE

\$16

Mediterranean-style omelette filled with spinach, feta cheese,
kalamata olives, roasted red peppers, and red onion topped
with house-made tzatziki, served with your choice of
toast and homefries

OPA GRILLED CHICKEN SANDWICH

\$17

Marinated grilled chicken topped with thinly sliced cucumbers,
vine-ripened tomato, house-made tzatziki, and crumbled feta,
served on warm herbed focaccia

RUSTIC BREAKFAST SANDWICH

\$16

Fluffy scrambled eggs layered with sautéed spinach, mushrooms,
sweet caramelized onions, and house-made garlic aioli, served
in warm, herb-infused focaccia bread, served with a side of homefries

WELL FED CHEESESTEAK

\$17

Shaved marinated steak grilled with fried onions,
homemade garlic aioli, and mild provolone cheese
served on a long roll

CHEESESTEAK SWEET POTATO

\$16

Roasted half of a sweet potato topped with fluffy scrambled eggs,
shaved ribeye, sautéed onions and peppers, a drizzle of
house-made cheese sauce, topped with fresh scallions

ALMOND JOY FRENCH TOAST

\$15

Two slices of French toast stuffed with a sweet coconut filling,
topped with toasted almonds, fresh strawberries, and
topped with rich dark chocolate ganache

New specials release the **FIRST SATURDAY** of each month!

★ WELL FED ★



in partnership with

RAW REPLENISH

COLD-PRESSED. NUTRIENT DENSE. MADE FOR YOU.
SHIPMENTS EVERY FRIDAY AVAILABLE UNTIL SELL OUT

MOOD

pineapple, orange,
blueberry, lemon

Bright, fruity, and naturally
uplifting. Sunshine in a bottle.



*boosts
your mood*

SPRING FLING

orange, apple,
strawberry, dragonfruit

A vibrant blend to refresh,
energize and awaken.



*refresh
+
energize*

CLARITY

pineapple, kale, cucumber,
apple, spinach, mint,
ginger, lemon

Crisp and clean to support
focus and mental clarity.



*focus
+
clear mind*

ORANGE JUICE

100% raw cold pressed
orange juice

Pure, simple and packed
with vitamin C.



*pure
+
simple*

REVITA BLUE

blue spirulina powder,
lemon, alkaline water,
maple syrup

Antioxidant rich and revitalizing



*revitalize
glow*

REPAIR

beet, carrot, orange, ginger

Excellent for enhancing skin
complexion, immune support,
full body detox.



*restore
+
detox*