

OMELETS \$7.95

Our omelets are served with grilled tomato with 1 slice of toast (white, whole wheat, or rye) and choice of fruit or home fries. Substitute egg beaters or egg whites for \$1.00. No carb option: substitute sautéed spinach for fruit & toast for an additional \$1.75. Plate share \$1.00.

Garden Omelet vgt

Sautéed peppers, onions, green & yellow squash, mushrooms, spinach & American

Turkey Bacon & Swiss

Crisp Turkey Bacon & Swiss Cheese.

Omelet Florentine vgt.

Sautéed spinach & onion with melted mozzarella.

Omelet Bruschetta vgt

Our homemade bruschetta with Mozzarella cheese.

Mexican Omelet vgt

Sautéed peppers, onions, salsa & Mexican cheese.

Farmers Omelet vgt

Sautéed potatoes, peppers, onions & Squash with American cheese.

3 fer Omelet

Create your own choose any 3: onions, peppers, potatoes, mushrooms, tomatoes, spinach, mixed yellow & green squash, salsa, bruschetta, turkey bacon, turkey sausage American cheese, Swiss cheese, Mozzarella, Mexican Cheese, Parmesan cheese, Provolone & Feta.

Need more each additional after 3 is .50. Avacado \$1.00

From Our Griddle

All homemade served with fruit or home fries. Choice of syrup: traditional or light. Pure Maple AAA grade syrup for \$1.00 additional. Sub Vegan for .75 additional. Gluten free Pancakes, Waffles & French Toast .75 additional. Plate share charge \$1.00

Whole Grain Pancakes vgt

Short Stack (2) \$6.25

Kiddie Stack (1) \$5.25

Choice of Plain, blueberry, banana or chocolate chip.

Golden Waffles vgt

Single \$6.50 Double \$8.25

Choice of whole grain, blueberry, banana.

Banana Walnut Pancakes vgt \$7.95

3 wholegrain banana pancakes top with bananas and walnuts.

Waffle & Whip vgt \$8.95

Wholegrain, blueberry, or banana
Top with banana whip & fresh fruit.

French Toast vgt \$5.75

3 slices of white bread dipped in our orange vanilla mixture & grilled.

Orange French Toast vgt \$7.75

Slices of multi grain bread dipped in our famous orange vanilla mixture & grilled.

Stuffed French Toast vgt \$7.95

Multi grain bread dipped in our orange vanilla mixture & stuffed with cinnamon cream cheese.

Banana Walnut Toast vgt \$7.95

Our own banana oat muffin coated with orange vanilla mixture walnut & topped with banana & walnuts.

Omegasize it! Add 2 tablespoons of freshly ground flax seed to any pancake or waffle for an additional .75 and make your breakfast an Omega 3 treat.