

Breakfast- Savory

Lox & bagel- mini whole wheat bagel, cold smoked salmon, low fat cream cheese, fresh sliced tomato, red onion, dill & capers

Breakfast Burrito- roasted red potatoes, ham, bacon, or sausage, scrambled eggs, cheddar, onion, bell pepper, low-fat sour cream & salsa.

Avocado Toast- grilled whole grain bread, crispy bacon, poached egg, & fresh sliced avocado.

Huevos Rancheros- corn tortilla, refried beans, avocado, poached egg, low-fat sour cream & salsa.

Homemade corned beef hash- house roasted corned beef and hand cut potatoes.

Breakfast sandwich- toasted English Muffin, egg any style, ham, bacon, or Sausage and cheese.

Denver omelet- 2 eggs, ham, onions, bell peppers, cheddar & swiss cheese.

Veggie omelet- 2 eggs, broccoli, spinach, mushrooms, onions, tomatoes, cheddar & swiss cheese.

Smoked salmon scramble- 2 eggs, green onions, cold smoked salmon & cream cheese.

Breakfast- Sides

Chicken apple sausage

hardwood smoked turkey bacon

pork bacon

sausage Pattie

Sausage link

Roasted red potatoes

Eggs cooked any way

Fresh fruit plate

Breakfast- Sweet

Homemade granola- gluten free oats, walnuts, almonds, coconut, brown sugar & maple syrup

Whole wheat honey pancakes- regular, blueberry, or banana

Buttermilk pancakes- regular, blueberry, or banana

Thin buttermilk pancakes- plain or with cinnamon & sugar

French toast- choice of bread, dipped in cinnamon egg batter

Strawberry French toast- your choice of corn flake coated bread, with fresh strawberries & whipped cream.

Scratch made yeasted waffle- served plain or with fresh fruit & whipped cream.

Sandwiches, Burgers & More:

Organic grass-fed beef burger- lean grass-fed ground beef, made any way you like, bacon, cheese, mushrooms, you name it, you got it!

BBQ chicken- whole grain bun, grilled chicken breast, BBQ sauce, mayo, organic lettuce, tomato, onion, & pickle.

Chicken sausage dog: whole grain bun, sauerkraut, onions, relish, whole grain mustard, ketchup

Deli turkey or ham: thin sliced turkey breast or ham, organic lettuce, tomato, onion, pickle, & mayo.

Rueben- marbled rye, turkey pastrami, sauerkraut, 1000 island, & swiss.

green chili turkey melt- sourdough, turkey breast, mild green chilies, & swiss.

Thai peanut chicken bowl- grilled chicken, steamed rice, organic zucchini, broccoli, mushrooms, onion, bell peppers, peanuts, cilantro, & lime.

Fish taco- seasoned grilled cod, shredded cabbage, cilantro, fresh sliced jalapenos, sweet lime chili crema, corn tortilla, & lime.

Vegetarian Fare:

Veggie burger- organic lettuce sliced avocado, tomato, onion, pickle, & low-fat mayo on a toasted bun.

Soft taco- seasoned pinto beans, organic lettuce, tomato, onion, avocado, cheese, low fat sour cream, salsa, & corn tortilla

Sesame orange rice bowl- steamed rice, Organic zucchini, cauliflower, broccoli, mushrooms, onions, bell peppers & crispy chow mien noodles.

Stuffed baked potato- broccoli, tomatoes, green onions, sunflower seeds, cheese & low-fat sour cream.

Cream cheese veggie wrap- organic spinach, cucumber, tomato, alfalfa sprouts, avocado, sunflower seeds, & low-fat cream cheese.

Toasted veggie sandwich- choice of bread, organic lettuce, tomato, alfalfa sprouts, avocado, sliced mushrooms, low fat mayo.

Greek veggie wrap- organic lettuce, tomato, cucumber, avocado, kalamata olives, artichoke hearts, feta cheese, & herb vinaigrette.

Low carb options:

avocado

Wilted organic spinach w/ garlic & olive oil

Steamed or grilled organic zucchini in olive oil

Sautéed Mushrooms w/ wine, garlic, & olive oil

Steamed fresh cauliflower

Steamed fresh broccoli

Steamed fresh baby carrots

Steamed fresh green beans

Grilled liver & onions

*Grilled wild caught Coho salmon

*Grilled tilapia

Grilled chicken breast

*Grilled top sirloin steak

Starchy sides:

*Baked potato

Mashed potato
gravy

*Baked yam

Buttered peas

Steamed rice

Salads:

Sesame orange chicken salad

Classic cobb salad

Classic chef salad

Greek chicken salad

Classic Caesar salad

Garden salad

**Order these items 2 hours ahead*