

## Breakfast

### Sweet

**Homemade Granola** - gluten free oats,  
walnuts, coconut  
& brown sugar

**Buttermilk Pancakes** - regular,  
blueberry, or banana

**Thin Buttermilk Pancakes**- plain or  
cinnamon sugar

**French Toast** - choice of bread  
dipped in  
cinnamon egg batter

**Strawberry French Toast** - your choice  
of crunchy or regular,  
served with strawberries  
& whipped cream

**Homemade Waffles**- served plain or with  
fresh fruit & whip cream

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## Breakfast Sides

chicken apple sausage

smoked turkey bacon

sausage pattie

eggs cooked any way

muffins & danishes

fresh fruit plates

yogurt with fresh fruit

## Breakfast

### Savory

**Avocado toast** - grilled sourdough'  
crispy bacon & an egg any style

**Lox & Bagel** - mini whole wheat  
bagel, cold smoked salmon, low fat,  
sliced tomato, red onion,  
dill & capers

**Breakfast Burrito** - hash browns,  
ham, bacon, or sausage, scrambled  
eggs, cheddar, onion, bell peppers,  
sour cream & salsa

**Homemade corned beef hash** -  
house roasted corned beef & hand  
cut potatoes

**Smoked Salmon Scramble** - 2  
eggs, green onions, cold smoked  
salmon & cream cheese

**Build your own omelet or  
scramble** -

bacon, sausage, ham, onion, tomato,  
mushroom, bell peppers,  
spinach, broccoli, avocado,  
cheddar or swiss cheese



## **1 to 4 Menu**

1:00 - 4:00

**Grilled chicken sliders** - Lettuce, tomato, cheese, & bacon

**Ham, Turkey or Pastrami** - your choice of bread lettuce, tomato, pickle, & onion

**Omelet or scramble of choice**

**Any salad bar salad**

### **Sandwiches, Burgers, & More**

**Burger** - lean ground beef, made any way you like, bacon, cheese, mushrooms, you name it!!

**Patty Melt** - your choice of bread grilled to perfection with grilled onion, swiss cheese, and thousand island dressing

**Chicken Sandwich** - plain, BBQ, teriyaki or have it Malibu with ham & cheese

**Grilled Cheese** - add ham, bacon, or turkey

**Rueben Sandwich** - Marbled rye, pastrami, sauerkraut, swiss cheese and thousand island dressing

## **Rice Bowls**

**Teriyaki chicken & vegetables**

**Thai chicken & vegetables**

**Sesame orange chicken & vegetables**

### Available Vegetables

broccoli

zucchini

mushroom

onion

bell pepper

### **Vegetarian Fare**

**Veggie Burger** - lettuce, tomato, onion, pickle, avocado & mayo

**Soft Taco** - Seasoned beans, lettuce, tomato, onion, avocado, cheddar, sour cream & salsa

**Stuffed Baked Potato** - broccoli, tomato, green onions, sun flower seeds, & sour cream

**Veggie Sandwich** - Choice of bread, lettuce, tomato, alfalfa sprouts, avocado, mushrooms & mayo

**Cream Cheese Veggie Wrap** - spinach, cucumber, tomato alfalfa sprouts, avocado, sun flower seeds & cream cheese

**Greek Veggie Wrap** - 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

Sauteed 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

**\*order these items 2 hour ahead**



## Starchy sides

\*Baked potato

Mashed potatoes

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 hour ahead**

