



## Egg Sandwiches

Fried Egg .....	1.95	Bacon Egg & Cheese .....	3.95
Double Egg .....	2.95	Egg Whites .....	3.50
Egg & Cheese .....	2.95	Western Sandwich .....	4.95

*Extras: Egg Whites, Bacon, Ham, Sausage, Cheese 1.00*

## Breakfast Wraps

Protein Egg Whites grilled turkey, low-fat Swiss on wheat wrap .....	5.50
Veggie Egg Whites spinach, onions, broccoli, tomato & peppers .....	5.50
Greek feta cheese, roasted tomato and onions on tomato wrap .....	5.50
Bacon & Cheese Omelet Wrap .....	5.50
Ranchero Eggs cheddar cheese, onions, salsa and jalapeños .....	5.50
Pastrami & Eggs Melted Swiss Wrap .....	6.95

## Eggs & International Omelets

*Served with Homefries & Buttered Toast*

Two Eggs cooked any style, served with potatoes and toast .....	4.95
with Bacon or Ham or Sausage .....	5.95
Western smoked ham, peppers and onions .....	7.95
Italian roasted tomato and melted mozzarella .....	7.95
Tuscan roasted tomato, fresh mozzarella & pesto spread & focaccia .....	8.95
Greek fresh tomato, feta cheese and onions .....	7.95
French sautéed mushrooms, peppers, onions & Gruyère cheese .....	8.95
Supreme bacon, ham, peppers, onions and roasted tomatoes .....	8.95
Florentine Omelet sautéed spinach, feta cheese and fresh herbs .....	8.95
Ham & Cheese Omelet .....	7.95
Corned Beef Hash with 2 Eggs Sunny Side Up .....	8.95
Nova Scotia smoked salmon omelet with green onions, served with NY Bagel and cream cheese .....	12.95
Spanish Omelet tomato salsa, jalapeños and fresh herbs .....	7.95
Turkey Omelet with melted low-fat Alpine lace Swiss cheese .....	8.95
English Breakfast 2 eggs with bacon, sausage, mushrooms, baked beans and roast tomatoes with a toasted English muffin .....	11.95
Pastrami & Eggs with Jewish rye toast and home fries .....	12.95
Steak & Eggs 2 sunny side up eggs, homefries and Kaiser roll .....	12.95

*All Available with Egg Whites for an Additional 1.00*

## From the Griddle

Fluffy Buttermilk Pancakes with syrup .....	6.95
Brioche French Toast .....	7.95
with Seasonal Fruits & Berries .....	add 2.00
with Grilled Bacon or Ham or Sausage .....	add 2.00
Grand Slam Breakfast Sampler pancakes, French toast, bacon, sausage, ham and eggs .....	12.95
Belgian Waffle with butter and syrup .....	7.95
with Ice Cream, Seasonal Fruits & Berries .....	11.95
with Grilled Bacon or Ham or Sausage .....	add 2.00

**Fresh Fruit Salad: Small 3.95 • Large 4.95**

**Hearty Oatmeal: Small 2.50 • Large 3.50**  
add Raisins • Strawberries • Honey Granola • Walnuts • Banana .50

## New York Bagels, Muffins & Danish

**N.Y. Bagels:** plain • poppy • sesame • cinnamon raisin • everything  
salt • garlic • onion • egg • pumpernickel • whole wheat • bialy

with Butter .....	1.50	
with Cream Cheese .....	2.50	
with Salmon Spread .....	3.95	
with Chive Cream Cheese .....	2.95	
with Vegetable Spread .....	2.95	

## Fat-free Frozen Yoqurt Smoothies: 4.95 - 5.95

*add Whey Protein 1.00*

1. **Classic Strawberry/Banana** blended with frozen yogurt
2. **Wild Berry** blueberries, strawberries, raspberries with frozen yogurt
3. **Orange/Pineapple/Mango** blended with frozen yogurt
4. **Low Carb Strawberry/Blueberry** blended with sugar free yogurt
5. **Peanut Butter/Banana** whey protein blended with frozen yogurt

## Just Fresh Fruit. All Natural Smoothies 4.95 - 5.95

1. **Maui Pineapple** mango & strawberries blended w/fresh orange juice
  2. **Anti Oxidant** blueberries, strawberries, raspberries & fresh orange juice
  3. **Five Fruit** strawberry, melon, banana, pineapple, raspberries,  
pineapple juice
  4. **Tropical Mango** orange, strawberry & pineapple blended with  
pineapple juice
- Fat Free Frozen Yogurt** soft serve ..... 3.95 4.95  
**Sprinkles • Honey Granola • Fresh Strawberry Topping** ..... add .50  
**Ice Cream Shakes** ..... 4.50 5.50  
 vanilla bean, Belgian chocolate, fresh strawberry, black and white

## Off the Charcoal Grill

*8 oz. Fresh Ground Angus Beef Burgers Served Medium on Brioche Roll with  
Coleslaw & Pickle*

Angus Burger .....	5.95	<b>"Topless Cheese Burger"</b> no bun served over arugula salad w/grilled onions & cherry tomatoes .....	9.95
Cheese Burger .....	6.95	<b>Bacon Cheddar Burger</b> .....	8.95
Mushroom Swiss Burger .....	7.95	<b>Turkey Burger</b> .....	5.95
Greek Burger spicy feta spread 7.95		<b>Veggie Burger</b> .....	5.95
California Burger pepper Jack, avocado, onion & lettuce .....	7.95		

*add Idaho French Fries or Garden Salad 3.00 • add Onion Rings 4.00*

<b>Grilled Strip Steak</b> grilled onions, goat cheese, arugula, roasted tomatoes and lemon vinaigrette on ciabatta .....	11.95
<b>Chicken Souvlaki</b> with grilled vegetables & yogurt tzatziki on pita .....	8.95
<b>Chicken Souvlaki Platter</b> served over rice pilaf with Greek salad .....	11.95
<b>Gyro Lamb or Chicken</b> on pita bread with lettuce, tomato, onions and yogurt tzatziki .....	7.95
<b>Gyro Lamb or Chicken Platter</b> over rice pilaf and Greek salad .....	11.95
<b>Spinach Pie</b> feta cheese, sautéed scallions and fresh herbs .....	6.95
with Greek Salad and grilled pita .....	10.95
<b>Chicken Fingers</b> with french fries or side salad .....	8.95

## Quesadillas

*Served with Salsa, Guacamole & Sour Cream*

<b>Steak or Chicken</b> w/sautéed vegetables, pepper Jack, jalapeños ...	8.95
<b>Spicy Shrimp</b> w/sautéed vegetables, pepper Jack and jalapeños .....	9.95

## Italian Favorites

<b>Chicken Parmigiana Hero</b> ....	8.95	<b>Meatball Parmigiana Hero</b> ....	7.95
<b>Veal Parmigiana Hero</b> .....	10.95	<b>Sausage &amp; Peppers Parm. Hero</b> .....	8.95
<b>Eggplant Parmigiana Hero</b> ...	7.95	<b>Shrimp Parmigiana Hero</b> .....	10.95

*Any of the Above Served with Pasta, Side Salad & Garlic Bread add 3.00*