

Breakfast Specials



Body Builder's Breakfast

Six scrambled egg whites, steamed broccoli, and a 7 oz. chicken breast, with fruit garnish..... \$8.95

Flank Steak & Eggs

6 oz. grilled flank steak, three eggs, tomato & toast \$10.95

Breakfast Bagel

Fried egg, cheese and maple bacon on a toasted bagel & fruit side..... \$5.95

2+2 (Two Eggs, Two Sides)

Two eggs, any style, with toast and your choice of Maple Glazed Bacon, chicken sausage, or turkey patty, and 1 of our non-meat sides..... \$7.95

Non-Meat Sides: Avocado, sliced tomato, broccoli, fresh fruit, wild brown rice, cottage cheese, rosemary roasted potatoes, spinach

Omelet

Three whole eggs, toast and rosemary potatoes
Choose 2 fillings \$8.50

Mushrooms · Onions · Avocado · Olives · Tomatoes · Spinach · Broccoli · Green Pepper · Red Pepper · Bacon · Sausage · Gorgonzola · Swiss · Feta · Cheddar
Additional fillings - add 75¢ each

Fresh Fruit Plate

Seasonal fresh fruit and cottage cheese served with yogurt, lime, honey & ginger sauce..... \$6.95

Egg Whites substituted in any egg dish - add \$1.-

First coffee refill free with breakfast plates.

