

### PANCAKES & WAFFLES

#### LEMON POPPY SEED PANCAKES •

- two gluten-free pancakes with fresh strawberries, whipped cream, syrup & jalapeño bacon or turkey links 8.00

#### BELLA CHICKEN & WAFFLES

- crispy fried all-natural chicken breast served atop a multi-grain waffle with fresh strawberries, syrup & your choice of sausage or jalapeño bacon 11.00

#### KID'S SCRAMBLED EGGS & PANCAKES

- scrambled eggs served with turkey link or regular bacon & one kid's pancake 5.00

### SIGNATURE PLATES

#### SHRIMP & GRITS

three seasoned pan seared shrimp in a light butter sauce served over creamy cheese & bacon grits and finished with a sunny side up egg 9.00

#### BREAKFAST TACOS • •

three flour tortillas with black bean spread, scrambled egg, cheese & choice of potato, sausage or regular bacon; finished with green tomatillo sauce and choice of potatoes o' brien, cheese grits or fresh fruit 8.00

#### BREAKFAST PLATE • •

two pancakes with potatoes o'brien, two eggs your way & choice of regular bacon or turkey link sausage 8.00

### SANDWICHES

*all sandwiches served with choice of potatoes o'brien, cheese grits or fresh fruit.*

#### LOCAL EGG SANDWICH

- two fried local eggs with all-natural ham, cheddar & swiss cheese; served open-faced on organic sprouted wheat bread 9.99

#### SPICY BLT WITH AVOCADO

- organic sprouted wheat bread with jalapeño bacon, lettuce, tomato, avocado & chipotle mayo 8.00

### EGG SPECIALTIES

*all served with choice of potatoes o'brien, cheese grits or fresh fruit.*

#### CRAB & AVOCADO OMELET •

three egg omelet with crabmeat, avocado, pico de gallo, mozzarella & cheddar cheese, topped with spicy ranchero sauce & served with organic sprouted wheat toast 12.00

#### GREEN EGGS OMELET •

three egg omelet with spinach, mushroom, onion, tomato, mixed mozzarella & cheddar cheese; served with organic sprouted wheat toast 9.00

#### HUEVOS RANCHEROS • •

two crispy tostadas with black bean spread, two eggs over easy & queso fresco; topped with spicy ranchero sauce 8.00

#### EGGS BENEDICT FLORENTINE

english muffin with spinach, all-natural ham & poached eggs; topped with hollandaise sauce 12.00

### SIDES

- TWO TURKEY LINKS +2.00
- THREE SAUSAGE LINKS +2.00
- THREE STRIPS JALAPEÑO OR REGULAR BACON +2.00
- FRESH FRUIT • • •  
*with poppy seed dressing +3.99*
- ORGANIC SPROUTED WHEAT TOAST +1.00
- POTATOES O'BRIEN +3.00
- CHEESE GRITS +3.00
- EGG +1.50
- PANCAKE +1.50

#### GLUTEN-FREE, FOOD ALLERGIES:

While we take precautions to ensure there is no cross-contamination, guests with gluten sensitivities or celiac disease should exercise judgement in consuming our gluten-free food items.

● GLUTEN FREE ● DAIRY FREE ● VEGETARIAN