

BREAKFAST

SPECIALTIES

STEAK AND EGGS	\$18
8 oz sirloin steak grilled to your liking served with 3 eggs any style and toast and potatoes	
EGG WHITE OMELET	\$10
Smoked turkey, spinach, tomatoes, red onions, feta cheese with a choice of potatoes or fruit cup; choice of toast	
ALL AMERICAN	\$10
two eggs any style, potatoes, choice of toast and a choice of bacon, pork sausage, turkey sausage or grilled ham	
EGGS BENEDICT	\$12
poached eggs over a grilled English muffin and Canadian bacon topped with hollandaise sauce and served with breakfast potatoes	
GRANOLA SUNDAE	\$8
layers of vanilla yogurt, fresh berries and granola	
CREATE YOUR OWN OMELET	\$10
fluffy three egg omelet filled with your choice of three ingredients, served with breakfast potatoes	
*cheese *onions *peppers *mushrooms *bacon *sausage *ham *tomatoes *spinach substitute egg white omelet or eggbeaters \$2.00; each additional item will be \$.75	

HEALTHY OPTIONS BREAKFAST

PROTEIN PLATE	\$9
Three egg whites scrambled, joined with sautéed chicken breast, yellow squash and zucchini	
OATMEAL	\$6
a large bowl of oatmeal, add : raisins, brown sugar, almonds and choice of milk or cream	
FRUIT PLATE	\$8
seasonal fruit and berries served with fruit yogurt or plain yogurt	
VEGETABLE FRITTATA	\$11
Sautéed fresh vegetables layered over cheddar cheese and egg whites	

BREAKFAST BUFFET

COLD: Honey oat granola, cereal, fresh fruit, low fat yogurt, assorted pastries, oatmeal with one beverage **\$7**

HOT: Scrambled eggs, breakfast potatoes, bacon or sausage, breakfast entrée, waffle, includes cold buffet and one beverage **\$11.**

BREAKFAST FROM THE GRIDDLE

MONTE CRISTO BREAKFAST SANDWICH **\$9**

Grilled Texas toast, dipped in vanilla batter with a fried egg, grilled ham and provolone cheese

CINNAMON RAISIN FRENCH TOAST **\$8**

raisin bread, dipped in cinnamon vanilla batter, served with maple syrup, whipped butter

PANCAKE STACK **\$6**

Three pancakes served with butter and maple syrup

PANCAKES FORSTER **\$9**

Three pancakes topped with banana and caramel sauce

STAWBERRIES AND CREAM PANCAKES **\$9**

Three pancakes topped with strawberry sauce and whipped topping

BELGIUM WAFFLE **\$7**

House-made Belgium waffle served with whipped butter and maple syrup

WAFFLE FOSTER **\$10**

House-made Belgium waffle topped with bananas and caramel sauce

STAWBERRIES AND CREAM WAFFLE **\$10**

Belgium Waffle topped with strawberry sauce and whipped topping

PECAN CARAMEL FRENCH TOAST **\$8**

French toast with a rich butter-caramel sauce

ALA - CART

APPLE CIDER BACON	\$5	GRILLED HAM	\$4
CANADIAN BACON	\$5	ICED TEA	\$3
SAUSAGE	\$5	SOFT DRINKS	\$3
ONE EGG ANY STYLE	\$3	MILK, WHOLE, SKIM SOY,ALMOND	\$3
BAGEL W/CREAM CHEESE	\$4	DANISH PASTRY	\$3
MUFFIN OR CROISSANT	\$3	CEREAL	\$4
TOAST	\$3	YOGURT	\$3
FRESH FRUIT CUP	\$4	JUICE	\$3

consuming raw or undercooked meats, poultry, seafood, eggs or shellfish may cause food borne illness if you have certain medical conditions