



## BREAKFAST & BRUNCH

★ SIGNATURE DISHES    ♥ SMART CHOICE

### ■ Beginnings

- ★ House made Popover with strawberry butter 2.99
- ★ Currant Scone 2.59
- Muffin of the Moment 2.59
- Bagel with herb cream cheese 2.99
- Bagel with smoked salmon cream cheese 3.59
- Banana Bread 2.59
- Cinnamon Snail 3.99

### ■ Healthy Is The New “Light”

Oatmeal organic steel cut oats with bananas, currants, pecans and brown sugar bowl 5.29

- ★ Granola house made honey nut granola with strawberries, bananas and maple yogurt bowl 5.29

FYI seasonal fresh fruit with currants, pecans and vanilla yogurt bowl 6.59 cup 3.59

Morning Glory cup of seasonal fruit with choice of one from our pastry selections 5.99

- ♥ Way to Condition cup of steel cut oatmeal with bananas, pecans and currants, 5 scrambled egg whites, sliced tomatoes 5.59

Protein Plate hardboiled egg, toasted bagel with peanut butter, assorted cheese and seasonal fresh fruit 7.99

### ■ Omelettes

All omelettes served with whole wheat toast and brunch potatoes and cheese grits: egg whites available, Substitutions: cup fruit, oatmeal add 1.99

Farmer's country pork sausage, cheddar cheese, caramelized onions and bell peppers 7.99

Mile High smoked ham, cheddar cheese, caramelized onions and bell peppers 7.59

Glorified fresh spinach, swiss cheese and sauteed mushrooms 6.99

Grady's smoked salmon cream cheese, fresh spinach and tomato 8.99

- ★ Santa Fe basil pesto, sun dried tomato, and goat cheese 8.59

B-S-T smoked bacon, tomato and swiss 6.99

Three Cheese cheddar, herb cream cheese and jack 6.59

Greek goat cheese, olives, pesto, tomatoes and fresh spinach 8.59

VOP seared steak, tomatoes, onions, peppers and cheddar topped with hollandaise 8.99

### ■ Mary's Popover Scramblers

House made popovers stuffed with your favorite scramble, served with fresh fruit and poppyseed dressing

Spinach, mushroom and swiss 6.99

Smoked salmon cream cheese and tomato 7.99

- ★ Ham and Cheese 6.99

Goat Cheese, sun dried tomato and spinach 7.99

Bacon and Swiss 6.99

### ■ Southwestern Favorites All served with guacamole, sour cream and pico de gallo

- ★ Austin Tacos two whole wheat tortillas filled with eggs, potatoes and smoked bacon topped with picante cream sauce and jack cheese, served with organic black beans and brown rice 9.99

Migas scrambled eggs and red corn tortilla strips sauteed with salsa and jack cheese, served with whole wheat tortillas, organic black beans and brown rice 8.99

Huevos Rancheros two over easy eggs simmered in ancho and tomatillo sauce over two corn tortillas with jack cheese, served with organic black beans and brown rice 8.99

### ■ Griddle

All served with whipped butter and Vermont Maple syrup

- ★ Cloud Cakes our fluffy ricotta pancakes topped with fresh strawberries and crème fraiche 9.99

Whole Wheat Buttermilk Pancakes served with smoked bacon plain 7.59 blueberry 8.59 banana pecan 8.59

Granola Crusted French Toast with fresh strawberries, powdered sugar and crème fraiche 9.99

Three Squared two whole wheat pancakes, two eggs any style and two country pork sausages 9.59

Whole Wheat Waffle served with smoked bacon 6.99

Sky Waffle belgian waffle topped with fresh strawberries, powdered sugar and crème fraiche 8.59

2X2 two whole wheat pancakes and two eggs, any style 6.99

Sunny Side french toast, two eggs, any style, country pork sausage and smoked bacon 9.59

- ★ Monte Cristo grilled french toast sandwich with smoked ham, turkey and swiss and powdered sugar, served with honey mustard and fresh fruit 10.99

### ■ Benedicts

Served with hollandaise, brunch potatoes

Steak choice beef steak with sauteed onions, bell peppers and cherry tomatoes 11.99

- ★ Dream smoked ham, wilted spinach and cherry tomatoes 9.59

90210 artichoke hearts, spinach and grilled tomato slices 8.99

Belfast griddled smoked salmon, sliced tomatoes and spinach 11.99

JD's country pork sausage, bell peppers and caramelized onions 9.99

### ■ Breakfast Combos

Kitchen Sink two eggs, any style, smoked bacon, country pork sausage, hash browns and two whole wheat pancakes with Vermont maple syrup 10.59

Strap Hanger two eggs any style, served with your choice of hash browns or cheese grits and whole wheat toast 5.99

smoked bacon 7.59  
country pork sausage 7.99  
smoked ham 7.99  
vegetarian sausage 7.99

Steak and Eggs grilled choice beef steak with two eggs any style, whole wheat toast, and hash browns 12.99

- ♥ Hollywood scrambled tofu with spinach and mushrooms, hash browns, vegetarian sausage and wheat toast 7.99

- ★ Knox Street Hash hash browns topped with steamed mixed vegetables and melted jack cheese, served with two eggs, any style, and a warm popover with strawberry butter 7.99

The New Yorker toasted bagel with smoked salmon (lox), herb cream cheese, scrambled egg, sliced tomatoes, capers and red onion 11.99

