Omelets - $12.50

Served with grilled tomato, toast (white, whole wheat or rye), fruit or home fries. Substitute egg beaters or egg whites for $1.00. No carb option sub sautéed spinach for fruit and toast for $1.75.

Garden vgt– sautéed peppers, onions, squash, spinach, mushrooms & American cheese.
Turkey Bacon & Swiss-crisp turkey bacon and Swiss Cheese or sub Bacon.
Omelet Florentine vgt- Sautéed spinach & onion with melted mozzarella.
Omelet Bruschetta vgt -Our homemade bruschetta with Mozzarella cheese.
Mexican Omelet vgt -Sautéed peppers, onions, salsa & Mexican cheese.
Italian Omelet - Turkey sausage, roasted red peppers and provolone.
Greek Omelet vgt- Sautéed peppers & onions with olives and feta cheese.
Farmers Omelet vgt -Sautéed peppers, onions, squash , potatoes and American cheese.
3 fer Omelet- Create your own and choose any of the following three items: onions, peppers, potatoes, mushrooms, tomatoes, spinach, squash, salsa, bruschetta, bacon, turkey bacon, turkey sausage, American Cheese, Swiss Cheese, Provolone, Mexican Cheese, Mozzarella, & Feta. Want more? Each after three is .50
Avocado or Guacamole $1.00

Pancakes and French Toast

All homemade and served with fruit or fries. Choice of syrup: traditional or Light. Pure Organic Maple $1.00. Gluten Free choice on all off the following $1.00 Plate share includes you own fruit or home fries $1.00.
Omegasize-add flax seed for .75

Your choice of Whole Grain Vegan or Gluten Free
Short Stack (2) $8.00
Kiddie Stack (1) $6.50
Add Blueberry, Banana or Chocolate Chip $1.00
Each additional pancake $1.00
Banana Walnut Pancakes vgt $10.50
Three banana pancakes topped with bananas and walnuts.
French Toast vgt $9.75
Three slices of white bread dipped in our own egg orange vanilla mixture and grilled.
Stuffed French Toast vgt $11.95
House baked ciabatta dipped in our own egg orange vanilla mixture and stuffed with cinnamon, walnut cream cheese and topped with walnuts.
Banana Walnut Toast vgt $11.95
Our own banana oat muffin sliced and coated with egg orange vanilla mixture and topped with banana & walnuts. (Check with server on availability may have gf option $1.00)

Bashful Breakfast Bowls

Waffle Bowls– Choice of Whole Grain Vegan (sveg) or- Gluten Free (sveg).
Omegasize it—add flax seed for .75
Waffle & Whip $12.95 Waffle bowl stuffed with banana whip topped with fruit served with home fries or fruit.
The Big Eats Bowl $12.95 Waffle bowl stuffed with peppers, onions, scrambled eggs, Mexican cheese, turkey bacon (or sub bacon), sausage & home fries.
Fruity Bowl $11.95 Waffle bowl stuffed with fresh fruit walnuts and pepitas. Add yogurt or whipped cream .95

Tofu Scramble sveg -$11.25
Tofu seasoned with turmeric and nutritional yeast scrambled with peppers, mushrooms, onions served on sautéed spinach with grilled tomato and home fries.
Add Vegan Cheese $1.00 Sub Scrambled Eggs for Tofu w/ Mexican Cheese $11.25
Tex Mex Tofu Scramble sveg- $11.25
A bed of sautéed spinach topped with tofu seasoned with turmeric and nutritional yeast , sweet potatoes seasoned with smoked paprika, chopped tomatoes, black bean and roasted corn salsa and guacamole
Add vegan cheese $1.00 . Sub Scrambled eggs for the tofu and add Mexican cheese vgt $11.25