

## Omelets - \$9.95

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

Plate share includes your own fruit or home fries \$1.00

**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

**Whole Grain vgt or Vegan sveg**

**Short Stack (2)** \$6.95

**Kiddie Stack (1)** \$5.95

Choice of Plain, Blueberry, Banana or Chocolate Chip.

Each additional pancake \$1.00

**Banana Walnut Pancakes vgt** \$8.75

Three wholegrain or vegan banana pancakes topped with bananas and walnuts.

**French Toast vgt** \$7.255

Three slices of white bread dipped in our own orange vanilla mixture and grilled.

**Stuffed French Toast vgt** \$9.25

Home made whole grain bread dipped in our orange vanilla mixture and stuffed with cinnamon, walnut cream cheese and topped with walnuts.

**Orange French Toast vgt** \$8.50

Slices of home made whole grain bread dipped in our orange vanilla mixture and grilled.

**Banana Walnut Toast vgt** \$9.25

Our own banana oat muffin sliced and coated with orange vanilla mixture and topped with banana & walnuts. (Check with server on availability may have gf option \$.75)

## Bashful Breakfast Bowls

**Waffle Bowls**– Choice of Whole Grain (vgt), Vegan (sveg) Gluten Free (vgt).

Omegasize it—add flax seed for .75

**Waffle & Whip** \$9.95 Waffle bowl stuffed with banana whip topped with fruit served with home fries or fruit.

**The Big Eats Bowl** \$10.50 Waffle bowl stuffed with peppers, onions, scrambled eggs, Mexican cheese, turkey bacon (or sub bacon), sausage & home fries.

**Fruity Bowl** \$9.75 Waffle bowl stuffed with fresh fruit walnuts and pepitas. Add yogurt or whipped cream .75

**Tofu Scramble sveg** -\$8.25

Tofu seasoned with turmeric and nutritional yeast scrambled with peppers, mushrooms, onions served on sautéed spinach with grilled tomato and home fries.

**Tex Mex Tofu Scramble sveg** - \$8.75

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 \$8.75