

BREAKFAST

Egg whites available upon request Heart Friendly

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FROM THE GRILL

Buttermilk Pancakes

Half stack served with butter syrup, or
Fresh berry compote and whipped cream

Country Breakfast

2 eggs served the way you like
Choice of bacon, sausage or ham steak,
Hash browns and toast

Corned Beef Hash

and eggs (your way) served with
choice of fruit or toast

Cinnamon French Toast

two pieces of cinnamon French
toast served with warm syrup butter
served with choice of sides

Biscuits and Gravy

Buttermilk Biscuits smothered in sausage gravy served with 2 eggs of your choice

Belgin Waffles (served until 10:30 Mon – Fri)

Light fluffy Belgin waffles served w/whipped butter, syrup or fruit compote

OMLETS (2 EGGS) LOW CARB/LOW SUGAR

Denver Omelet

Light fluffy eggs filled with grilled ham, bell peppers, onions and cheddar cheese served with choice of sides.

Spanish Omelet

Light fluffy eggs filled with bell peppers, onions, seasoned ground beef, tomato, cheddar & jack cheese.
Topped with enchilada sauce, salsa and sour cream.

Spinach, Feta and Mushroom Omelet Vegetarian LOW CARB/LOW SUGAR

Light fluffy eggs filled with fresh sautéed spinach, mushrooms and feta cheese.

Create your own Omelet or Scramble

Meat LOW CARB

Ham
Sausage
Bacon

Vegetables LOW CARB

Spinach
Bell peppers/onions
Diced tomatoes

Cheese LOW CARB

Cheddar
Jack
Feta

LIGHT DISHES

Hot Cereal

Steel Cut Oats or Cream of Wheat

Served steaming hot with brown sugar,
Scalded milk and choice of sides.



Fruit and Cream low carb/sugar

served smothered in whipped cream
topped with toasted almonds.

EGGS BENNIDICT available until 10:30am

Warm biscuit topped with shaved Canadian bacon, poached eggs and a rich buttery Hollandaise Sauce with fruit.

Breakfast Sides:

Fruit, Toast, Hash browns, 2 eggs cooked your way, Bacon, Sausage, or Ham Steak. Apple Sauce, Yogurt, Country Potatoes.

SANDWICHES

House Burger

1/3 pound burger grilled to order to medium or above. Served on a bun with lettuce, tomato, onion, pickles.

Garden burgers available upon request

Add :

CHEESE: Cheddar, Jack, American, Blue Cheese or Fetta

PLUS: Bacon, Grilled Onions, Mushrooms, Jalapenos

Traditional Patty Melt

Seasoned Burger topped with Swiss cheese, grilled onions, 1000 island dressing on grilled Rye. Served with your choice of sides.

Fish or Chicken Sandwich

Your choice of crispy or grilled served on a bun with lettuce, tomato and onion. Served with your choice of sides.

Create-your-Own Sandwich (Choose your bread, your cheese, your meat)

Bread

9 GRAIN, White, Sour Dough, Soft French Roll, Dutch Crunch, Rye

Cheese

American, Jack, Cheddar, Blue, Feta

Proteins LOW CARB/LOW SUGAR

Turkey, Ham, Tuna, Roast Beef, Egg Salad

Veggies ❤️

Lettuce, Tomato, Onion, Pickles, Cucumbers, Spinach

BLT (Bacon, Lettuce, Tomato)

Crispy bacon, crisp lettuce and tomato served on your choice of bread plus your choice of sides.

Grilled Cheese (vegetarian)

Creamy cheddar and jack cheese on your choice of bread grilled to a perfect golden brown served with your choice of sides.

SALADS LOW CARB/VEGETARIAN

Available in Small or Regular

Served with choice of dressings: Ranch, 100 Island, Blue Cheese, Italian, Poppy seed

You may add grilled shrimp, grilled chicken breast or grilled salmon.

House Salad ❤️

Crisp lettuce topped with an array of seasonal vegetables croutons and choice of dressing.

Caesar Salad ❤️ **VEGETARIAN**

Crisp romaine lettuce tossed with parmesan cheese, croutons and Caesar dressing.

Maria's Greek Salad ❤️ **VEGETARIAN**

A bed of greens topped with red bell peppers, garbanzo beans, tomatoes, cucumber, with feta cheese and choice of dressing.

Cheese and Fruit Plate ❤️

An array of seasonal fruit fresh and canned served with your choice of cottage cheese, cheddar, or jack cheese.

Autumn Apple Salad **LOW CARB**

A crisp bed of greens topped with fresh apple, toasted walnuts, bacon, blue cheese, cranberries.

ENTRÉE'S

Southwest Salad LOW CARB

Crisp greens, corn, black beans, fresh cherry tomatoes, red onions, diced bell peppers and crispy tortilla strips. Served with cilantro lime, ranch and salsa. Add grilled chicken breast, shrimp or salmon.

Grilled Teriyaki Chicken Salad

A crisp combination of greens and cabbage topped with grilled teriyaki chicken, mandarin oranges, shredded carrots, green onions and crispy fried Chinese noodles served with oriental sesame dressing.

GRILLED ENTRÉE'S

Available with your choices of soup, salad, sautéed vegetables, and a side

Grilled Ground Beef Steak LOW CARB

Topped with mushrooms, red wine demi glace.

Grilled Marinated Center Cut Pork Chop LOW CARB

A house center cut pork loin chop dry marinated in herbs and spices grilled to perfection.

Home Style Chicken & Biscuit

Diced chicken breast, vegies in a rich chicken gravy served over a biscuit.

Grilled Marinated Steak LOW CARB

A house cut steak marinated in herbs and spices. Grilled just the way you like it.

Grilled Teriyaki Chicken Breast

A 5oz chicken breast grilled to perfection and glazed with teriyaki sauce.

Grilled Salmon Fillet LOW SUGAR/LOW CARB

A 4oz salmon fillet grilled and seasoned to perfection.

PASTAS

Served with crusty French Bread

Beef and Sausage Ziti

A delicious combination of pasta, ground beef and sausage tossed in a rich tomato, wine, garlic sauce smothered in mozzarella and parmesan Cheese.

Pasta Alfredo

Tender pasta tossed in a rich creamy parmesans cheese sauce. Add: a grilled chicken breast, sautéed shrimp; or a grilled salmon filet and or seasonal vegetables.

SIDES

Rice, Chips & Salsa, Mashed Potatoes, French Fries, Fruit, Seasonal Vegetables, Soup, Salad, Crusty French Bread.

PLATES

South of the Border

Chicken Tamale in a rich Enchilada Sauce. Served with rice, refried beans or chips and salsa.

Cheese Enchilada **VEGETARIAN** served with rice, refried beans or chips and salsa.

Bean, Cheese, Rice Burrito **VEGETARIAN** served w/ Chips & Salsa

Fish & Chips or Chicken & Chips

Crispy beer battered or grilled cod or Chicken tenders served with French fries and dipping sauce.

Grilled fish or chicken with side salad or fruit.  **LOW CARB/LOW SUGAR**

SOUP OF THE DAY

A bowl of our delicious house made soup served with crusty grilled French bread. Add a small side salad.

DESSERTS

PIE

A assortment of seasonal or cream pies. Ask your server for detail

ICE CREAM

A variety of flavors for the ice-cream lover in all of us. Ask your server for details.

CREAM PUFFS

A light pastry filled with a rich Bavarian cream and drizzled with chocolate.

DESSERT OF THE DAY

A daily creation from our pastry chef. Ask your server for details.

SUGAR FREE ALTERNATIVE

Ice Cream, pie, pudding or jello. Ask your server for details.