

For Smaller Appetites

BREAKFAST

2 Eggs, Hash Browns and Toast 7.70

French Toast Breakfast..... 8.35

4 half slices of French Toast, a half order of Breakfast Meat and One Extra Large Egg* cooked your style.

Egg-n-Muffin Sandwich with Fresh Fruit..... 8.00

Toasted English Muffin and Thin Ham, Cheddar Cheese, Tomato, Onion and Fried Egg*, Served with Fresh Fruit.

1 x 2 x 2 7.70

One Egg*, 1/2 Order of Ham, Bacon, Links or Patty and 2 Buttermilk Cakes, Add \$.50 for Italian or Garden Sausage

Corned Beef Hash, Toast and 2 Eggs 9.60

Waffle Plus Breakfast Meat 7.70

Includes your Choice of 1/2 Order of Ham, Bacon, Link, Patty.
Add \$.50 for Italian or Garden Sausage

LUNCH

Soup, Salad and Choice of Muffin 9.25

Soup of the Day, choice of Spinach or Green Salad and your choice of our Fresh Baked Muffins

Quiche of Day 7.70

Served with Your Choice of Soup, Fresh Fruit or Spinach or Green Salad

Small Taco Salad 9.00

Mildly spicy Taco Meat and Western Sauce on a Garden Green Salad with Cheddar Cheese, Tortilla Chips, Sour Cream, Peperoncini and Olives.

Small Chicken Salad Plate 10.45

A Creamy Chicken Salad Mixture on a Garden Green Salad, Fresh Fruit and sliced Almonds. Choice of Dressing.

The Below Entrees are not necessarily for "smaller appetites"; they are just cooked with very little OR no oil spray.

Lite Veggie Omelette (2egg) 9.20

Served with Fresh Fruit and Warm Bran Muffin

One Extra Large Egg 6.65

Served with Fresh Fruit and Warm Bran Muffin

Cottage Cheese Breakfast 8.00

Served with Fresh Fruit and Warm Bran Muffin

Large Fresh Fruit Dish and Muffin 8.15

Lite Chicken Breast Salad..... 10.90

Garden Green Salad topped with Fresh Fruit, Sliced Egg, With Grilled Diced Chicken Breast and a warm Bran Muffin.

Lite Chicken Almond Stirfry..... 11.65

A seasoned mixture of Sautéed Vegetables, Sliced Almonds, and Grilled Diced Chicken Breast. W/ Fruit and Bran Muffin

Lite Philly Steak* Almond Stirfry..... 11.65

Lite Grilled Chicken Breast and Salad 9.40

**"Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase risk of food borne illness"*



If your are reading this
then you are missing out!

Ask your server for a list of our Monthly Specials.