

breakfast menu

Breakfast Sandwiches

- Sunrise sandwich** 3.95
Two scrambled eggs and cheddar cheese on a toasted English muffin
- farmer's sandwich** 4.75
Two scrambled eggs, bacon, and cheddar cheese on a toasted English muffin
- Cheese Benny sandwich** 4.95
Two scrambled eggs, ham, and cheddar cheese on a toasted English muffin
- Rancher's sandwich** 4.75
Two scrambled eggs, turkey sausage patty, and cheddar cheese on a toasted English muffin
- Eggs Express sandwich** 3.50
Egg salad on a toasted English muffin
- Hardboiled Eggs also available** 1.00

Breakfast Wraps

- farmer's wrap** 4.50
Two scrambled eggs, cheddar cheese, and bacon wrapped in a tortilla
- Nature's wrap** 4.25
Two scrambled eggs, cheddar cheese, tomato, and red onion wrapped in a tortilla
- Florentine wrap** 4.25
Two scrambled eggs, spinach, mushroom, and Monterey jack cheese wrapped in a tortilla
- Mexican wrap** 4.50
Two scrambled eggs, cheddar cheese, salsa, and jalapeno peppers wrapped in a tortilla
- Greek wrap** 4.25
Two scrambled eggs, feta cheese, spinach, and tomato wrapped in a tortilla
- Rancher's wrap** 4.50
Two scrambled eggs, cheddar cheese, and turkey sausage patty wrapped in a tortilla
- Western wrap** 5.50
Two scrambled eggs, Monterey jack cheese, ham, green pepper, and onion wrapped in a tortilla
- Benny wrap** 4.75
Two scrambled eggs, cheddar cheese, and ham wrapped in a tortilla

Scrambled Egg Bowls

- 3 eggs scrambled with - Pick any three ingredients below** 5.95
Bacon, ham, turkey sausage, mushroom, tomato, cheddar, Monterey jack, feta, green peppers, red onion, spinach, jalapenos



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"Eat well, Be well"

Fruit & Cereal

fresh fruit cup	4.50
granola with fruit & milk	6.75
Acai Bowls	9.95
Organic Brazilian Acai with guarana blended with banana and apple juice. Choose your variety below.	

- Topped with sliced banana, strawberries, honey, and granola
- Topped with peanut butter, banana, honey, and granola
- Topped with pineapple, banana, honey, and granola

Bakery

toasted English muffin	1.75
with butter and jelly	2.65
with cream cheese	2.95
with cream cheese and tomato	3.50
with peanut butter and honey	2.95

Shakes, Smoothies, Juice, Beverages

Good Morning Shake	5.50
Orange juice, banana, and strawberries blended with non-fat vanilla frozen yogurt	

*see Lunch menu for Protein Shakes & Smoothies	
substitute Almond Milk	add .75



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