

For Smaller Appetites

BREAKFAST

- 2 Eggs, Hash Browns and Toast 8.40**
- French Toast Breakfast..... 9.15**
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..... 8.80**
Toasted English Muffin and Thin Ham, Cheddar Cheese, Tomato, Onion and Fried Egg*, Served with Fresh Fruit.
- 1 x 2 x 2 8.40**
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 Eggs10.50**
- Plain Waffle plus Breakfast Meat 8.40**
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 10.15**
Soup of the Day, choice of Spinach or Green Salad and your choice of our Fresh Baked Muffins
- Quiche of Day 8.40**
Served with Your Choice of Soup, Fresh Fruit or Spinach or Green Salad
- Small Taco Salad 9.90**
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 11.45**
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)10.10**
Served with Fresh Fruit and Warm Bran Muffin
- One Extra Large Egg 7.30**
Served with Fresh Fruit and Warm Bran Muffin
- Cottage Cheese Breakfast 8.80**
Served with Fresh Fruit and Warm Bran Muffin
- Large Fresh Fruit Dish and Muffin 9.55**

- Lite Chicken Breast Salad..... 11.35**
Garden Green Salad topped with Fresh Fruit, Sliced Egg, With Grilled Diced Chicken Breast and a warm Bran Muffin.
- Lite Chicken Almond Stirfry..... 12.75**
A seasoned mixture of Sautéed Vegetables, Sliced Almonds, and Grilled Diced Chicken Breast. W/ Fruit and Bran Muffin
- Lite Philly Steak* Almond Stirfry..... 12.75**
- Lite Grilled Chicken Breast and Salad 10.30**
.....A Chicken Breast served with Sliced Egg. Includes Warm Muffin

***"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.