

## BREAKFAST "TACO"

- The soon to be famous, original breakfast sandwich** - Warm flour tortilla ..... \$5  
wrapped around sauté onions, mushrooms and potatoes mixed with fresh  
local eggs and spiked with turkey sausage and cheddar cheese. Topped with  
fresh tomato Pico de Gallo
- Vegetarian Taco** - Flour tortilla folded around sauté onions, mushrooms and ..... \$5  
potatoes with scrambled tofu, cheddar cheese and brewers yeast (vegan  
without cheese)

## ALA CARTE

### "OUGHT TO BE" BREAKFAST

**CHOOSE ANY THREE A LA CARTE ITEMS FOR \$7.**

**CHOOSE ANY TWO ITEMS FOR \$5**

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| <b>Two eggs any style</b> ..... \$4  | <b>Scrambles</b> - two scrambled eggs .... \$5<br>with choice of one "mix in":<br>smoked salmon, turkey bacon,<br>vegetarian sausage, tofu or<br>cheddar cheese. \$1 for @ extra<br>item  |
| <b>Proteins</b> - Turkey sausage patties, .. \$4<br>turkey bacon, corn beef hash,<br>or vegetarian sausage   | <b>Egg White Scrambles</b> - \$1extra for . \$5<br>any add ins  |
| <b>Starches</b> - Corn grits with garlic & ... \$3<br>cheddar cheese and home style<br>oven roasted red potatoes   | <b>Breads: served with local jams</b> - .. \$2<br>English muffin, bagel, bran<br>muffin, poppy seed coffee cake,<br>garlic cheddar biscuit, whole<br>wheat bread or pumpernickel<br>bread |
| <b>Griddle</b> - half waffle, slice of french . \$4<br>toast or short stack of pancakes<br>(choice: plain, chocolate chip or<br>blueberry)   | <b>Fruit</b> - Seasonal cup of diced fruit; ... \$4<br>\$1extra for cottage cheese or<br>yogurt   |
| <b>Oatmeal</b> - Arthur's personal recipe, . \$4<br>steel cut oats mixed with oats<br>and cooked with raisins, dried<br>cherries, ground flax seeds &<br>cinnamon. Served with a splash<br>of milk, or soy milk(vegan) | <b>Real maple syrup</b> ..... \$3   |
| <b>Yogurt &amp; Granola</b> - cup of yogurt .... \$4<br>topped with fresh berries and<br>granola   |   |

## BEVERAGES:

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| <b>COFFEE</b> - Shade grown, organic, .... \$3<br>fair traded coffee beans,<br>roasted by Counter Culture<br>Coffee. Regular or Decaf | <b>LOOSE TEAS</b> - Choice of 25; ask .... \$3<br>your server for tea menu   |
| <b>TAKE-AWAY COFFEE</b> ..... \$2.50  | <b>ICED TEA</b> - Sweetened or ..... \$2.50<br>unsweetened                   |
| <b>CAPPUCCINO</b> - Served with ..... \$4<br>Belgian chocolate shavings   | <b>CAFÉ LATTE</b> - Double espresso ..... \$4<br>with steamed milk           |
| <b>ESPRESSO</b> - Lemon peel garnish ... \$3<br>upon request  | <b>CAFÉ MOCHA</b> - Double espresso ... \$4<br>with chocolate steamed milk   |
| <b>MILK</b> - Choice of Whole or Soy ..... \$3<br>\$1extra for chocolate  | <b>JUICES</b> - OJ, Tomato, Grapefruit, .... \$2<br>Prune, Apple juice or V8 |

## SPECIALITIES

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**SHRIMP & GRITS** - Classic low country dish featuring sautéed shrimp with wild mushrooms in a sherry wine sauce, served on cheddar cheese grits. Topped with fresh diced tomatoes and shredded Parmesan cheese ..... \$9

**SMOKED SALMON PLATTER** - Smoked Atlantic salmon served with a toasted bagel, sliced tomatoes, red onion, capers and cream cheese .... \$9

**EGGS BENEDICT with CRAB CAKES** - Fresh back fin and lump crab meat combined with sautéed vegetables and griddled into cakes, served on toasted English muffin with poached eggs and fresh hollandaise sauce. Served with home fries ..... \$10

**HUEVOS RANCHEROS** - Two sunny side eggs served on corn tortillas with refried black beans, cheddar cheese, Pico de Gallo and guacamole ..... \$9

**CAPE CHARLES OMELET** - Fresh back fin Crab meat and sea Scallops in a light bechamel sauce, folded inside omelet with sauté Shrimp . Served with home fried potatoes ..... \$10

**MY FAVORITE OMELET** - Three egg omelet cooked to order and filled with cheddar cheese, mushrooms & onions. Served with home fried potatoes ..... \$9

**GARDEN FRITTATA** - Spanish inspired "open face" omelet broiled with fresh tomatoes, avocados, basil, scallions & cheddar cheese. Served with home fried potatoes ..... \$9

**FAJITA OMELET** - Choice of sliced marinated chicken or shrimp with sauté onions and bell peppers. Choice of cheddar or feta cheeses. Served with home fried potatoes ..... \$9

## GRIDDLE

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*all served with maple flavored pancake syrup*

**PANCAKES** - Scratch wheat cakes with choice of plain, fresh blueberries or chocolate chips ..... \$7

**FRENCH TOAST** - Fresh challah bread soaked in a spiced egg custard and browned on the griddle to order ..... \$7

**BELGIAN WAFFLE** - Thick Belgian waffle served with cup of fruit and choice of yogurt, whipped cream or ice cream ..... \$8