

All meals are served with house breakfast breads, fresh squeezed orange juice and your choice of coffee, ice tea, or milk (loose teas are extra).

## EGG DISHES

**GARDEN FRITTATA** - Spanish inspired "open face" omelet broiled with fresh tomatoes, avocados, basil, scallions & cheddar cheese. Served with home fried potatoes ..... \$13.75

**MUSHROOM ARTICHOKE FRITTATA** - Open faced omelet topped with fresh Mushrooms sautéed and combined with Artichoke Hearts. Finished under the broiler with Swiss Cheese, served with Garlic Cheddar Cheese Grits. . \$13.75

**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 ..... \$14.25

**CHOP HOUSE OMELET** - Marinated beef sautéed to order with bell peppers, mushrooms & onions. Folded in a three egg omelet with cheddar cheese. Served with roasted home fries. .... \$14.75

**ASPARAGUS & BRIE OMELET** - Fresh steamed asparagus folded into a three egg omelet with french brie cheese. Served with oven roasted potatoes. .... \$13.25

**WRACK EM' SCRAMBLE** - Fresh scramble eggs with cheddar cheese. Served with turkey sausage, home fries, and apple sauce .... \$13.50

**MY FAVORITE OMELET** - Three egg omelet cooked to order and filled with cheddar cheese, mushrooms & onions. Served with home fried potatoes ..... \$13.50

**FLORENTINE OMELET** - Three egg omelet filled with sautéed spinach, fresh tomatoes, basil and fresh Mozzarella, Ricotta, and Feta Cheeses, and served with home fried potatoes. .... \$13.75

**LEOS** - Classic N.Y.C. lower east side speciality dish of house cured salmon scrambled with eggs & onions. Served with toasted bagel and apple sauce. .... \$13.00

## FROM THE GRIDDLE

**PANCAKES** - Scratch wheat cakes with choice of plain, fresh blueberries, strawberry jam, or chocolate chips ..... \$11.25

**FRENCH TOAST** - Fresh challah bread soaked in a spiced egg custard and browned on the griddle to order ..... \$12.00

**FRUIT WAFFLE** - Thick Belgian waffles topped with fresh fruit and your choice of yogurt, whipped cream or vanilla ice cream. .... \$12.25

**BANANA WALNUT PANCAKES** - Fresh sliced bananas, shredded coconut & toasted walnuts in our house wheat batter. Griddled and served with butter & syrup. .... \$12.00

**JUNIOR PANCAKES** - Half size portion for the kids. .... \$10.25

**CHEESE BLINTZES** - Three fresh crepes filled with an orange zest, fresh farmers cheese & griddled to order. Topped with sour cream. Served with apple sauce & home fries. .... \$12.25

### GLUTEN FREE WAFFLE

Rice flour, eggs, and soy milk batter. Cooked in a separate Belgian waffle iron. Served with fresh fruit and choice of yogurt, whipped cream, or vanilla ice cream. \$12.25

### SIDES WITH ENTRÉE ONLY

**Fresh Fruit** - ..... \$3.50

**Home Fries** - ..... \$3.50

**Cheddar Grits** - ..... \$3.50

**Veggies** - ..... \$3.50

### Turkey "Bacon"

Fresh turkey breast, lightly brined, and smoked in house. Griddled to order.(no sulfites) \$3.50

## ENTRÉES AND SPECIALS

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**GRAVLAX SALMON BAGEL SANDWICH** - Fresh salmon house cured with dill, salt, and lemon. Chilled, sliced served with everything bagel, capers, and red onions, cream cheese, lettuce, tomato, and cream cheese. Served with home fries. .... \$14.00

**CRAB CAKE EGGS BENEDICT** - Fresh crab cake griddled and set on a toasted english muffin with poached eggs, and fresh hollandaise sauce. Served with home fries. .... \$14.75

**SHRIMP & GRITS** - Sauté shrimp served on a bowl of cheddar grits. Topped with sherry cream sauce, diced tomato, scallions, and parmesan cheese \$14.50

**GRILLED SALMON** - Farm raised salmon grilled to order, served with jasmine rice, wilted spinach, and a sherry cream sauce ..... \$14.75

**SUNNY SIDE UP CHEESEBURGER** - Angus Beef burger grilled to order and served on multi-grain bun with caramelized onions, cheddar cheese, lettuce, tomato, and a sunny side egg. Served with home fries. .... \$12.00

**STEAK AND EGGS** - Grilled steak medallions sliced and served with scrambled eggs, and cheddar grits. .... \$14.75

### MORGAN STREET CHICKEN

Fresh breast of chicken marinated in "Irregardless" lemon tahini dressing, coated with crushed cashews & panko crumbs. Topped with an herb compound butter & served with whole grain mustard sauce, roasted potatoes & sautéed spinach. \$14.50

## VEGETARIAN & VEGAN

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**SEITAN TOFU REUBEN** - Grilled seitan (tofu mixed with wheat gluten, and formed into cutlets) served on grilled rye bread with sweet & sour braised red cabbage and tofu 1000 island dressing. Served with home fries vg ..... \$12.75

**HUEVOS RANCHEROS** - Two sunny side eggs served on corn tortillas with black beans, cheddar cheese, Pico de Gallo & guacamole ..... \$14.00

**BLACK BEAN QUINOA BURGER** - Black beans, lentils, and quinoa burger; served on multi-grain bread with guacamole, pico de gallo and chipotle cream. Served with home fries ..... \$12.50

**BREAKFAST BURRITO** - Flour tortilla folded and filled with scrambled eggs, black beans, cheese, pico de gallo guacamole, and salsa verde. Served with home fries. .... \$12.00

### GARDEN TOFU SCRAMBLE

Soft tofu sauté with onions, bell peppers, spinach, diced tomatoes, avocado, asparagus, basil, nutritional yeast, & turmeric. Served with home fries. vg \$13.75

## GREENS & MORE

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**APRICOT GRANOLA** - Hazelnuts, marcom almonds, rolled oats, sunflower seeds, cranraisin's, raisins, dried apricots, fresh berries, and plain yogurt. .... \$10.00

**CHEF'S SALAD** - A bounty of salad greens, mushrooms, carrots, cucumbers, red onions, feta cheese, kalamata olives, sliced hard boiled egg grilled chicken breast, and sun flower seeds, served with a choice of dressing. .... \$14

### QUINOA SALAD

Quinoa, black beans and diced sweet potatoes tossed in a light vinaigrette, served on a poblano pepper dressing, topped with fresh mango salsa, pumpkin seeds and fried wonton strips. (Gluten free without wontons) \$12.00