

Breakfast

Two Eggs Any Style

\$3.25

On Roll or with White, Rye or Whole Wheat Toast

Two Egg Platter

\$5.05

Served with White, Rye or Whole Wheat Toast and Home Fries

Omelets

ALL OMELETS ARE SERVED ON A ROLL OR WITH WHITE, RYE OR WHOLE WHEAT TOAST.

ADD HOME FRIES FOR \$1.50

3 Egg Omelets

\$6.99

Build Your Own Omelet - Choose 4 Ingredients

Ham, Sausage, Bacon, Onions, Peppers, Mushrooms, Spinach, Tomatoes, Choice of Cheese

Cheese Omelet

\$6.99

Your Choice of Cheese

Veggie Omelet *\$6.99*

Overstuffed with Grilled Zucchini, Squash & Roasted Peppers

Western Omelet *\$6.99*

Ham, Peppers & Sautéed Onions

Greek Omelet *\$6.99*

Sautéed Onions, Baby Spinach & Feta Cheese

French Toast & Pancakes

Homemade Texas French Toast *\$6.49*

Served With Butter and Maple Syrup

Homemade Buttermilk Pancakes *\$6.49*

Served With Butter and Maple Syrup

ADD:

Strawberries - \$1.50

Blueberries - \$1.50

Bananas - \$1.00

Chocolate Chips - \$1.00

Make it a Platter

\$8.24

Add Home Fries & Toast

Hot Oatmeal

12 oz \$3.49 • 16 oz \$4.49

Served with Choice of: Honey, Cinnamon, Milk, Raisins, Brown Sugar Add:

Blueberries / Strawberries / Bananas / Craisins / Chocolate Chips - \$.75 each

Sliced Almonds / Glazed Walnuts - \$1.50 each

Specialty Egg Sandwiches

Make it a Platter ~ Add Home Fries for an Additional \$1.75

Frank's Mess

\$6.99

2 Eggs, Sausage, Bacon, Ham & Cheese on a Roll

Hungry Man

\$6.99

3 Eggs, Bacon, Ham, Cheese & Home Fries on a Hero

Seagua Hero

\$6.99

3 Eggs, Roast Beef, Home Fries & Cheese on a Hero

Santa Fe #1 *\$5.99*

2 Eggs, Home Fries, Peppers & Onions with Salsa in a Wrap

Santa Fe #2 *\$6.49*

2 Eggs, Home Fries, Choice of Meat & Choice of Cheese with Salsa in a Wrap

Healthy Choice #1 *\$6.49*

3 Egg Whites with Grilled Vegetables on Whole Wheat Bread

Healthy Choice #2 *\$6.49*

3 Egg Whites with Grilled Turkey on Whole Wheat Bread

Healthy Choice #3 *\$6.99*

3 Egg Whites with Grilled Turkey and Alpine Swiss in a Whole Wheat Wrap

Breakfast Extras

Meats and Cheese

Cheese - \$1.00

Ham - \$1.75

Sausage Patty - \$1.75

Bacon - \$1.75

Pastrami - \$2.25

Roast Beef - \$2.25

Turkey - \$2.25

Link Sausage 3 pcs - \$2.49

Turkey Bacon - \$2.25

Turkey Sausage - \$2.25

Side of Bacon 6 pcs - \$3.99 Side of

Turkey Bacon 5 pcs - \$3.99

Breads

Jumbo English Muffin - \$0.75

Bagel - \$0.75

Wrap - \$0.75

Hero - \$1.50

Croissant - \$1.75

Home Fries & Hash Browns

Home Fries Add to an Egg Sandwich - \$0.50

Home Fries Make it a Platter - \$1.80 Hash

Browns Add to an Egg Sandwich - \$1.25 Hash

Browns Make it a Platter - \$1.80

Eggs

Additional Egg - \$0.90

Substitute Egg Whites - \$0.50

Bagels, Muffins, Danish & Fruit

Assorted Bagels

Plain - \$1.75

With Butter - \$2.25

With Cream Cheese - \$3.00

With Vegetable Cream Cheese - \$3.25

With Scallion Cream Cheese - \$3.25

Add Jelly - \$.75

Fresh Baked Jumbo Muffins

Corn - \$2.75

Oat - \$2.75

Bran - \$2.75

Blueberry - \$2.75

Banana Nut - \$2.75

Chocolate Chip - \$2.75

W/ Butter - \$3.25

Fresh Baked Jumbo Yogurt Muffins

Blueberry Crumb - \$2.75

Banana Chocolate Chip - \$2.75

Cappuccino - \$2.75

Banana Nut - \$2.75

French Vanilla - \$2.75

Chocolate Chocolate Chip - \$2.75

W/ Butter - \$3.25

Buttered Roll *\$1.50*

Buttered Jumbo English Muffin *\$1.95*

Large Chocolate Chip Cookie *\$2.75*

Large M&M Cookie *\$2.75*

Large Rainbow Sprinkle Cookie *\$2.75*

<i>Danish</i>	<i>\$2.75</i>
<i>Croissants</i>	<i>\$2.75</i>
<i>Crumb Cake</i>	<i>\$2.75</i>
<i>Turnovers</i>	<i>\$2.75</i>
<i>Pound Cake</i>	<i>\$2.75</i>
<i>Assorted Yogurt Loafs</i>	<i>\$2.75</i>
<i>Brownies</i>	<i>\$2.75</i>
<i>Mixed Fruit Cup</i>	<i>\$5.99</i>
<i>Watermelon Cup</i>	<i>\$4.99</i>
<i>Strawberries, Cantaloupe, Honeydew, Pineapple or Grape Cup</i>	<i>\$5.99</i>
<i>Yogurt Parfaits</i>	<i>\$4.99</i>

Low fat vanilla yogurt with homemade granola and fresh fruit

Coffee & Beverage Bar

100% Colombian Coffee, Fresh Brewed Teas or Hot Chocolate

12 oz – \$1.75
16 oz – \$2.25
20 oz – \$2.45

Flavored Lattes

Choose from: Caramel, Hazelnut, Vanilla

12 oz – \$3.45
16 oz – \$3.95
20 oz – \$4.20

Sugar Free Vanilla Latte

12 oz – \$3.45
16 oz – \$3.95
20 oz – \$4.20

Cappuccino

12 oz – \$3.45
16 oz – \$3.95
20 oz – \$4.20

Espresso

Single – \$1.75
Double – \$2.94

Chai Tea Latte

16 oz – \$3.20

20 oz – \$3.55

32 oz – \$3.90

Macchiato

12 oz – \$3.65

16 oz – \$4.05

20 oz – \$4.35

100% Colombian Iced Coffee

Regular or Decaf

Also Available: Caramel, Hazelnut, Vanilla, Sugar-Free Vanilla

16 oz – \$2.50

20 oz – \$2.95

32 oz – \$3.95

Sail Away Cold Brew Coffee

\$4.99

Sail Away Nitro Brew Coffee

\$5.99

Iced Lattes

Choose from: Caramel, Hazelnut, Vanilla, Sugar-Free Vanilla

16 oz – \$3.55

20 oz – \$4.10

32 oz – \$4.65

Iced Chai Tea Latte

16 oz – \$3.35

20 oz – \$3.70

32 oz – \$4.10

Frappuccino

Choose from: Caramel, Hazelnut, Vanilla, Cinnamon Bun

16 oz – \$3.80

20 oz – \$4.55

32 oz – \$5.30