INFORMATION SUBMITTED AT COUNCIL MEETING

COFFEE BLISS. FRESHLY GROUND & BOTTOMLESS.

SIGNATURE BRASILIA BLEND
Our signature blend of Colombian, Brasil and other exotic South American coffees is roasted to maximize aroma and taste.

RAINFOREST BOLD
This inspiring blend contains coffees from Rainforest Alliance Certified™ farms. It is full-bodied with bright flavors and a smooth finish.

HAZELNUT
Our popular house blend infused with the flavor of freshly roasted hazelnuts.

SEASONAL BLEND
Expertly-roasted, flavored blends available. Ask about today's selection.

DECAF
A medium roasted coffee using high-grown Arabica beans.

Our coffee is made with 100% Premium high-grown pure Arabica beans.

Iced Coffee

ORIGINAL
Double-brewed Rainforest Bold coffee and milk served over ice.

FLAVORED
Flavors include Hazelnut, French Vanilla and sugar-free French Vanilla.

MOCHA
Topped with whipped cream and a drizzle of chocolate.

Cool Drinks

LEMONADE & ICED TEA

LEMONADE
STRAWBERRY LEMONADE

ARNOLD PALMER
A blend of lemonade and iced tea.

KEY WEST SUNRISE COOLER
A mixture of lemonade, orange juice and Sprite® with a splash of grenadine.

ICED TEA
RASPBERRY ICED TEA

SOFT DRINKS

COKE®
DIET COKE®
SPRITE®
Other Coca-Cola® products available. Please ask your server.

Free refills on soft drinks, iced tea and lemonade.
Water is available upon request.

Hot Drinks, Juices & Milk

HOT DRINKS

TEA
Assorted herbal, green and black teas.

HOT CHOCOLATE
With whipped cream.

PEPPERMINT HOT CHOCOLATE
With whipped cream.
Ask your server for additional flavors.

100% PURE SQUEEZED JUICE

ORANGE JUICE
GRAPEFRUIT JUICE
LARGE CARAFE

JUICE & MILK

CRANBERRY JUICE
TOMATO OR V8®
APPLE JUICE
MILK (2%, SKIM OR CHOCOLATE)

We Proudly Serve These Brands

All of our food is available "To Go"

We offer our Senior Guests (60+) a 10% discount on food items.
This restaurant is a smoke-free environment.

Gift Cards Available
Kids' Menu Available

Reserve our FREE* Private Meeting Room

- Business & Networking Meetings
- Non-Profit Organization Meetings
- School & Community Gatherings
- Holiday & Special Events
- Sports Teams & Leagues

Meeting room menu available. See Manager for details.
*Free with food purchase.

Get It To Go!

Call it in.
Pick it up.
Get on your way.

Visit www.TheEggandIRestaurants.com for location information.

TGNOV12H

The EGG&I™

Breakfast & Lunch

Serving Our Friends Daily

www.TheEggandIRestaurants.com

Benedicts

All Benedicts are served with ranch potatoes.

EGGS BENEDICT* 8.99
Two English muffin halves topped with ham, two poached eggs, hollandaise sauce and green onions.

HIKER'S BENEDICT* 9.29
Diced ham, asparagus, tomatoes, portabella mushrooms and two poached eggs on two English muffin halves. Topped with dill hollandaise sauce and two strips of bacon.

CRAB CAKE BENEDICT* 9.99
Two English muffin halves topped with grilled crab cakes, tomatoe slices, two poached eggs and hollandaise sauce.

NEW ORLEANS BENEDICT* 8.99
Home-style biscuit topped with Andouille sausage and tomato gravy, diced ham, green onions, two poached eggs and hollandaise sauce.

PARISIAN BENEDICT* 9.29
A buttery croissant half layered with shaved ham, sautéed portabella mushrooms and melted Swiss cheese. Topped with two poached eggs, hollandaise sauce and green onions.

VEGGIE BENEDICT* 8.69
Two English muffin halves layered with portabella mushrooms, spinach, artichoke hearts, asparagus, sliced tomatoes and Greek seasoning. Topped with two poached eggs, hollandaise sauce and green onions.

ARTICHOKE FLORENTINE BENEDICT* 8.99
Toasted English muffin topped with creamed spinach, artichokes, two poached eggs and tomato hollandaise sauce.

Great Eggs-pectations

EGGS PLUS* 6.29
Two country-fresh eggs cooked to order. Served with ranch potatoes and a choice of toast.
With bacon, sausage or ham 7.99

TURKEY SAUSAGE & EGGS* 7.99
Two eggs cooked to order with three turkey sausage patties, ranch potatoes and a choice of toast.

BREAKFAST CROISSANT 8.49
Scrambled eggs, diced ham and melted cheese served on a bakery-fresh croissant. Served with ranch potatoes.

DELUXE EGG SANDWICH 8.99
Two fried eggs, sliced ham, bacon strips, tomato, mayonnaise and Havarti dill cheese stacked on grilled sourdough bread. Served with ranch potatoes.

BISCUITS & GRAVY* 6.99
Fluffy home-style biscuit topped with sausage gravy. Served with two eggs any style and ranch potatoes.
With bacon, sausage or ham 8.69

STEAK & EGGS* 11.99
Choice top sirloin and two country-fresh eggs cooked to order. Served with ranch potatoes and a choice of toast.

COLORADO JACK SCRAMBLE 8.79
Diced ham, green peppers, tomatoes and onions scrambled with three eggs and topped with melted pepper jack cheese and green onions. Served with bacon or sausage, a choice of toast and a side of salsa or pork green chili.

WISCONSIN SCRAMBLE 7.59
Three eggs scrambled with a quartet of cheeses: Swiss, Monterey Jack, Cheddar and cream cheese. Topped with green onions. Served with ranch potatoes and a choice of toast. ***With bacon or sausage 9.29***

ATHENA SCRAMBLE 7.99
Three eggs scrambled with zesty feta cheese, asparagus, diced tomatoes and portabella mushrooms. Served with ranch potatoes and a choice of toast.
With bacon or sausage 9.69

Skillets & Hash Specialties

CAMBRIDGE SKILLET* 8.99
Diced ham, bacon and hollandaise sauce on a bed of ranch potatoes with melted cheese and two eggs any style. Served with an English muffin.

TEXAS SKILLET* 9.29
Seasoned steak strips, roasted red and green peppers, onions and portabella mushrooms on a bed of ranch potatoes with melted cheese and two eggs any style. Served with an English muffin.

CORDON BLEU SKILLET* 8.99
Diced chicken, ham, Swiss cheese and hollandaise sauce on a bed of ranch potatoes with two eggs any style. Served with an English muffin.

CORNED BEEF HASH* 8.99
Corned beef mixed with hash potatoes and onions. Topped with two eggs any style. Served with a side of hollandaise sauce and an English muffin.

GREEN CHILI CHICKEN HASH* 8.99
Diced grilled chicken mixed with hash potatoes, jalapenos, green peppers and onions. Topped with pork green chili, two eggs any style, mixed cheese, sour cream and guacamole. Served with a warm flour tortilla.

WILD MUSHROOM & VEGGIE HASH* 8.99
Roasted mushrooms, peppers, onions, roma tomatoes and spinach with hash potatoes. Topped with mixed cheese, two eggs any style and tomato hollandaise sauce. Served with an English muffin.

Smarter Choices

Each Smarter Choice entreé served with an English muffin.

MEDITERRANEAN FRITTATA 9.29
Egg whites accompanied by diced chicken, mozzarella, roasted tomatoes, Parmesan cheese and Greek seasoning. Served with fresh fruit.

EGG BYTE OMELETTE 8.69
A three egg white omelette with diced tomatoes, green peppers, baby spinach, onions and portabella mushrooms. Served with fresh fruit and a side of salsa.

FRESH FRUIT & YOGURT 7.99
Fresh fruit with vanilla yogurt and granola.

BREAKFAST SUNDAE 7.29
Layers of crunchy granola, fruit, low-fat yogurt and crisp apple slices in a tall parfait glass.

VERA CRUZ CHICKEN & AVOCADO OMELETTE 9.29
An egg white omelette with diced chicken, tomatoes, onions and green chiles. Topped with melted Cheddar and Monterey Jack cheeses and fresh avocado. Served with fresh fruit and a side of salsa.

MORNING HARVEST 6.99
Steel cut oatmeal served with brown sugar, golden raisins and dried cranberries with fresh fruit on the side.

BERRY-OLA OATMEAL 7.99
Steel cut oatmeal topped with fresh blueberries, raspberries and crunchy granola. Served with brown sugar and fresh fruit on the side.

Cholesterol-free eggs or egg whites may be substituted for .99

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Eggs Olé

Each Eggs Olé entrée served with ranch potatoes.

SUNRISE CHILE RELLENOS 8.99
Whole roasted green chile strips filled with melted Monterey Jack and Cheddar cheeses folded inside lightly cooked whipped eggs. Topped with salsa or pork green chili, melted cheese, lettuce, diced tomatoes, sour cream and green onions.

SANTA FE HUEVOS* 8.79
A flour tortilla layered with seasoned black beans, melted pepper jack cheese and two eggs any style. Topped with pork green chili or salsa, guacamole, diced tomatoes, sour cream and green onions.
Add chorizo (a zesty sausage) 9.29

MEXICAN OMELETTE 8.79
Chorizo, green chiles and onions, topped with Monterey Jack and Cheddar cheeses, salsa or pork green chili, sour cream and green onions. Served with a flour tortilla.

HUEVOS RANCHEROS* 8.79
A flour tortilla layered with refried beans, melted cheese and two eggs any style. Topped with salsa or pork green chili, sour cream and green onions.
Add chorizo (a zesty sausage) 9.29

BREAKFAST BURRITO 8.99
Three eggs lightly scrambled with green chiles, onions, ranch potatoes and diced pork sausage. Wrapped in a warm flour tortilla and topped with melted Monterey Jack and Cheddar cheeses, pork green chili or salsa, lettuce, tomatoes, sour cream, guacamole and green onions.

MEXICAN SKILLET* 8.99
Chorizo, black beans, green chiles, diced tomatoes and onions on a bed of ranch potatoes with a choice of pork green chili or salsa. Topped with pepper jack cheese and two eggs any style. Served with a flour tortilla.

Omelettes & Frittatas

Three-egg omelettes served with ranch potatoes and an English muffin or toast.

SPINACH BACON MUSHROOM OMELETTE 9.29
Fresh spinach, bacon, portabella mushrooms and melted Swiss cheese. Topped with hollandaise sauce.

EGG-CEPTIONAL OMELETTE 8.99
Sausage, diced ham, bacon, onions, tomatoes, portabella mushrooms and melted cheese. Topped with sour cream and green onions.

DENVER OMELETTE 8.69
Diced ham, onions, green peppers and melted cheese.

HAM & CHEESE OMELETTE 8.29

BACON & CHEESE OMELETTE 8.29

CAJUN OMELETTE 8.99
Andouille sausage and tomato gravy, diced ham, green onions and pepper jack cheese.

THE M.B.A. FRITTATA 8.99
Portabella mushrooms, bacon and asparagus, topped with Havarti dill cheese, diced tomatoes and Parmesan cheese.

GREEK FRITTATA 8.99
Diced ham, artichoke hearts, roasted roma tomatoes, asparagus and portabella mushrooms. Topped with basil pesto and Havarti dill cheese.

GARDEN FRITTATA 8.49
A harvest of fresh vegetables, diced tomatoes, green peppers, onions, portabella mushrooms and fresh baby spinach with Cheddar and Monterey Jack cheeses.

Pancakes, Waffles & French Toast

THE FLAPPER* 8.29
An extra large whole wheat pancake, two eggs and two strips of crisp bacon or sausage patties.

	single
PLAIN 'N SIMPLE PANCAKE	5.29
BLUEBERRY PANCAKE Served with a side of blueberry compote.	6.29
RASPBERRY GRANOLA PANCAKE Whole raspberries and granola with low-fat raspberry yogurt instead of butter.	6.29
APPLE CINNAMON GRANOLA PANCAKE Crunchy granola and apple slices baked into a whole wheat pancake, sprinkled with cinnamon and served with cinnamon butter.	6.29

MAKE IT A COMBO
ADD 2 Eggs and 2 Strips of Bacon or Sausage Patties
FOR JUST $3.00

Our extra large whole wheat pancakes are served with warm syrup.

WAFFLE EGGSPRESS* 8.29
A golden Belgian waffle, two eggs and two strips of crisp bacon or sausage patties.

	single
IT'S OK TO WAFFLE Single waffle.	5.29
THE PATRIOT WAFFLE Fresh raspberries and blueberries with a dusting of powdered sugar.	6.69
STRAWBERRY BANANA & WALNUT WAFFLE Fresh strawberries, bananas and walnuts topped with powdered sugar and whipped cream.	6.99

MAKE IT A COMBO
ADD 2 Eggs and 2 Strips of Bacon or Sausage Patties
FOR JUST $3.00

VIVA LA FRANCE* 8.29
Two pieces of French toast, two eggs and two strips of crisp bacon or sausage patties.

FRENCH TOAST 6.29
Three pieces of sourdough bread dipped in a custard batter. Grilled golden and sprinkled with powdered sugar.

STUFFED FRENCH TOAST 7.99
Two pieces of French toast filled with diced pork sausage, melted cheese and scrambled eggs. Served with ranch potatoes.

RAISIN FRENCH TOAST* 8.29
Raisin bread French toast topped with cinnamon butter. Served with two eggs and two strips of bacon or sausage patties.

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Lunch Classics

PREMIUM SALAD COMBOS 8.99
CHOOSE 1/2 ENTRÉE SALAD AND 1/2 SANDWICH OR CUP OF SOUP

Salads:
- Chicken Spinach
- Cobb
- Greek
- Southwest Tortilla
- Chicken Apple Walnut
- Chopped

Sandwiches:
- Reuben (Classic or Turkey)
- Chicken Apple Walnut
- Turkey Apple Croissant
- Arizona Turkey
- BLT

Soup:
- Soup of the day
- Ask your server for today's selection!

Entrée Salads

Dressings available: Ranch, Balsamic Vinaigrette, Bleu Cheese, Thousand Island, Low-Fat Raspberry Vinaigrette and Low-Fat Avocado Ranch.

CHICKEN SPINACH SALAD 8.99
Fresh baby spinach, sliced grilled chicken, cranberries, golden raisins, bleu cheese, bacon, red onions, sliced apples and spicy pecans tossed in balsamic vinaigrette.

COBB SALAD 8.99
Mixed salad greens, sliced grilled chicken, bacon, tomatoes, avocado, chopped egg and bleu cheese. Served with a choice of dressing.

GREEK SALAD 8.99
Sliced grilled chicken with roasted tomatoes, red onion, artichoke hearts, feta cheese, kalamata olives, diced tomatoes and Parmesan croutons tossed with salad greens in an herb vinaigrette dressing.

SOUTHWEST TORTILLA SALAD 8.99
Crispy tortilla strips, sliced grilled chicken, mixed cheese, black bean and corn salsa, roasted tomatoes, and mixed greens tossed in a salsa vinaigrette. Garnished with a low-fat avocado ranch dressing and green onions.

CHICKEN APPLE WALNUT SALAD 8.79
Our chicken-apple-walnut salad on top of mixed salad greens and diced tomatoes. Sprinkled with toasted walnuts. Served with a choice of dressing.

CHOPPED SALAD 8.99
Sliced grilled chicken, bleu cheese, tomatoes, bacon, avocado, apples and spicy pecans tossed with mixed greens in a balsamic vinaigrette.

Sandwiches

Choice of kettle chips, garden side salad, cottage cheese, seasonal fresh fruit or a cup of homemade soup.

ARIZONA TURKEY 8.99
Smoked turkey breast on grilled sourdough with bacon, avocado, tomato, mayonnaise, Cheddar and Monterey Jack cheeses.

REUBEN (CLASSIC OR TURKEY) 8.99
Corned beef or smoked turkey, melted Swiss cheese, Thousand Island dressing and Bavarian sauerkraut on grilled rye bread.

CHEDDAR CHEESEBURGER* 8.29
Grilled burger patty topped with melted Cheddar cheese, shredded lettuce, sliced tomato and mayonnaise. ***Add bacon 9.29***

GRILLED CHICKEN 8.49
A grilled chicken breast topped with melted Cheddar cheese, shredded lettuce, sliced tomato and mayonnaise.

TURKEY APPLE CROISSANT 8.99
Smoked turkey, Swiss cheese, fresh apple, apple butter, cranberries, golden raisins and spinach on a croissant.

BLACKENED FISH 8.99
Blackened white fish with lettuce, tomato and roasted tomato mayonnaise.

CHICKEN APPLE WALNUT 8.29
A blend of chicken, apples, walnuts, celery, green onions and mayonnaise. Served with lettuce and tomato on grilled raisin bread.

CLASSIC CLUB 8.99
The classic sandwich with layers of ham, smoked turkey, bacon, Cheddar cheese, Monterey Jack cheese, lettuce, tomato and mayonnaise on grilled multi-grain bread.

CHICKEN RANCH WRAP 8.29
A tomato tortilla rolled with sliced grilled chicken, pepper jack cheese, tomato, lettuce and ranch dressing.

FISH TACOS 8.99
Blackened white fish with lettuce, tomatoes, corn and black bean salsa, green onions, salsa vinaigrette and avocado ranch dressing.

Soup, Garden Salad & Combos

SOUP OF THE DAY 4.49 *bowl* **3.49** *cup*
Made from scratch. Offered at 10:00 am daily.

GARDEN SALAD 3.49
Mixed greens topped with carrots, tomatoes, Parmesan croutons, Monterey Jack and Cheddar cheeses. Served with your choice of dressing.

SOUP & GARDEN SALAD 7.79
A bowl of homemade soup with a garden salad.

TRIPLE PLAY 8.99
A cup of homemade soup, your choice of a half sandwich and a garden salad.

1/2 SANDWICH WITH SOUP OR GARDEN SALAD 7.99
Your choice of a half sandwich with a bowl of homemade soup or a garden salad.
Combo 1/2 sandwich options include: Reuben (Classic or Turkey), Chicken Apple Walnut, Turkey Apple Croissant, Arizona Turkey or BLT.

Add-ons & Sides

RANCH POTATOES WITH SOUR CREAM 2.79
ADD CHEESE 3.79
LOADED 4.79
Pork green chili, melted cheese, diced bacon, sour cream and green onions.

STEEL CUT OATMEAL 4.59 *bowl* **2.99** *cup*

SWEET MUFFIN 2.29

SEASONAL FRESH FRUIT BOWL 4.59

BISCUIT & GRAVY 3.99

ONE EGG* 1.29 TWO EGGS* 2.29

BACON (3 PIECES) 2.99

PORK OR TURKEY SAUSAGE PATTIES 2.9

GRILLED HAM 2.99

ENGLISH MUFFIN OR TOAST 1.29

LOW-FAT COTTAGE CHEESE 1.99

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