



OMELETS

Sub egg whites add \$1. Sub gluten free toast \$1
Smother any omelet with green or red chili add \$3

The Wild Western* 16

Jalapeño bacon, chorizo, longanisa sausage, red pepper, red onion, cheddar cheese; roasted potatoes & toast

The Mediterranean* 14

Italian sausage, spinach, red pepper, red onion, feta cheese; served with roasted potatoes & toast

Full of B.S.* 13

Bacon, spinach, tomato, Swiss cheese;
served with roasted potatoes & toast

El Chorizo* 14

Chorizo sausage, cilantro, pepper jack, fresh avocado;
served with pinto beans and flour tortilla

The Open Italian* 14

Frittata-style omelet, Italian sausage, tomato, fresh basil, mozzarella cheese; served with roasted potatoes & toast

Farmer's Market Scramble* 15

Grilled veggies, spinach, grilled chicken breast & cheddar jack; served with roasted potatoes & toast (sorry, no vegetable can be omitted)

Grilled Veggie* 15

Egg whites, red pepper, eggplant, red onion, zucchini, asparagus, spinach, goat cheese; served with roasted potatoes & toast; (sorry, no vegetable can be omitted)

Sheila's Fitness Frittata* 17

Egg whites, basil, mozzarella & goat cheeses, crisp bacon, tomato, avocado; served with a fruit cup

FROM *the* GRIDDLE

Chicken & Toast 17

Cinnamon-swirl French toast topped with buttermilk fried chicken, drizzled in AZ honey; served with 2 pieces of applewood bacon

Some Like It Hot 17

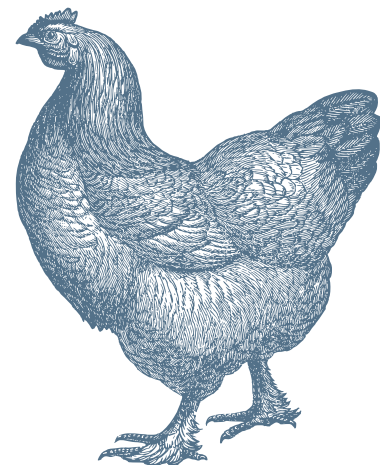
Two small corncakes made with zucchini, red pepper, cilantro, jalapeño & onion, with two eggs-your-way* & jalapeño-infused bacon

Two Good Two Be True 16

Any 2 (Lemon Ricotta, Bacon Blueberry, Apple Cinnamon, Granola Raspberry or French toast), two eggs your way, & applewood bacon or sausage (sub: chicken sausage, vegan sausage or jalapeño bacon +\$1)

Just want one pancake? We've got you covered!

Plain \$4 • Gluten Free Plain \$5 • Specialty \$6
Gluten Free Specialty \$7 • Pure Maple Syrup \$2.5



*These dishes may be served undercooked. Consuming raw or undercooked meats or eggs may increase risk for food-borne illness.

{gf} = Gluten Free, though most items can be made to accommodate those who are celiac – just ask your server!

{vg} = vegetarian; {v} = vegan



SIDES

- Roasted Potatoes 3
- Two-Eggs-Your-Way* 3
- Applewood Bacon 5
- Jalapeño Bacon 6
- Sausage (2 links) 4
- Vegan Sausage (2 patties) 6
- Chicken Sausage 5
- Longaniza Mexican Sausage 6
- Fresh Fruit Cup 5
- Grilled Veggies 4
- Tomato Slices 3
- Cup Green Pork Chili 6
- Cup Red Beef Chili 6
- Toast (2 slices) 2
- GF Toast 4
- Buttermilk Biscuit 3
- English Muffin 2

DOGGIE MENU

Served in a disposable dish. For pups on our patio only, please. Per Health Dept, pups cannot sit on chairs or eat from the tables. Thank you!

- Scrambled Eggs* 2
- Bacon (2 strips) 3
- Grilled Chicken (chilled) 4
- Grilled Salmon* & Rice 6

SOUL CLASSICS

Crazy Cowboy 16

Crispy country fried steak, green pork chili, pork sausage gravy, 2 eggs-your-way; roasted potatoes

Eggs Jared 15

(Our version of eggs Benedict)

Two English muffin halves topped with tomato, crisp bacon, basted eggs* & mild jalapeño cheese sauce; served with roasted potatoes *sub gluten free*
English muffin \$2

Heavenly Hash {gf} 16

Medium-rare beef tenderloin, jalapeño bacon, roasted potatoes, mixed grilled vegetables, topped with two eggs* & mild jalapeño cheese sauce*

Crazy Biscuits 15

A buttermilk biscuit split, one smothered in pork sausage gravy, one smothered in green pork chili; topped with 2 eggs-your-way, & roasted potatoes*

Jumbo Wet Burrito 14

Scrambled eggs with chorizo sausage, roasted potatoes & cheddar jack cheese, wrapped in a flour tortilla & smothered in green pork chili*

Chilaquiles & Eggs {gf} 13

Fried corn tortillas topped with green pork chili & cheddar jack cheese, baked, topped with two eggs-your-way, crumbled feta, diced tomato & cilantro*

Tres Locos {gf} 15

Three corn cups filled with scrambled eggs & cheese topped with green pork chili, red beef chili & spicy pinto beans; roasted potatoes

Christmas Tamales {gf} 18

2 homemade cheese tamales, one smothered in green pork chili, one smothered in red beef chili, served with 2 eggs-your-way & spicy pinto beans*

Avocado Toast 13

Crusty Italian toast, smashed avocado, pickled onion & fresno chilis, cherry tomatoes; arugula & radish; & 2-eggs-your-way