



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

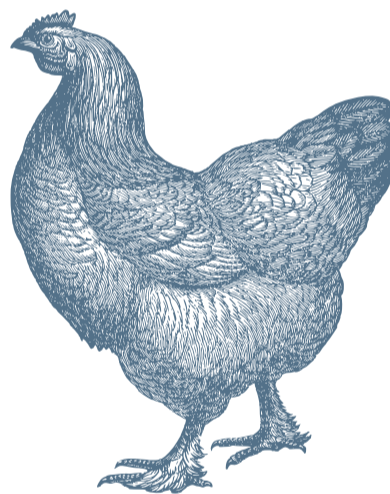
Some Like It Hot 17

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



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)

2 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

Avocado Toast 13

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



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 and spicy pinto beans; 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

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

LUNCH

Available after 11am

SALADS

Add to any salad:

Grilled chicken \$6, Grilled steak \$8, Grilled salmon \$8, Grilled shrimp \$8

Roasted Beet {gf, vg} 12

Arugula, fresh oranges, feta cheese, dates, pistachios; orange vinaigrette

Bacon and Egg {gf} 14

Spinach, goat cheese, red onion, cherry tomatoes, applewood bacon, sunny egg, balsamic vinaigrette

Skinny Mexican {gf} 16

Arugula, cherry tomatoes, cilantro, queso fresco, radish, black beans, sweet dried corn, pumpkin seeds, avocado, red peppers; fat-free low-sugar serrano grape vinaigrette

Addictive Strawberry {vg, gf} 12

spinach, arugula, sun-ripened strawberries, goat cheese, toasted almonds, raspberry vinaigrette

Apple Bleu {vg, gf} 12

Little gem lettuce, tart apples, candied walnuts, dried cranberries, bleu cheese crumbles; apple vinaigrette

Grilled Veggie {vg, gf} 16

Grilled eggplant, zucchini, asparagus, red onion, red pepper, cherry tomatoes, feta cheese, balsamic vinaigrette

B.L.T. 18

Fried buttermilk chicken strips, little gem lettuce, cherry tomato, crisp bacon, avocado, bleu cheese crumbles; ranch dressing

SANDWICHES

Choice of waffle fries, coleslaw, or small house salad.

*Sub gluten free bun or bread \$2

The Ranch 15

Buttermilk fried chicken breast, crisp bacon, melted cheddar cheese & ranch on a toasted brioche bun with lettuce, tomato & red onion

Hot Pastrami 14

Lean pastrami, melted swiss cheese, horseradish mayo & coleslaw; on toasted rye

Bacon & Brie Grilled Cheese 14

Melted brie cheese, crisp bacon, jalapeño bacon jam, tomatoes, & basil; on grilled sourdough

Tuna Salad 12

Albacore tuna, dill, mayo, celery, toasted almonds, lettuce & tomato; on 9-grain

Patty Melt 14

8oz ground beef patty, melted Swiss cheese, grilled onions, ground mustard, on toasted rye

Beyond Belief Burger {vg} 16

Beyond Beef vegetarian burger patty, goat cheese, avocado, basil, tomato on toasted brioche bun

FLATBREADS

Sausage 18

Marinara, mozzarella, Italian sausage, green olives, spinach and red onion

Shrimp 21

Garlic olive oil, ricotta cheese, mozzarella cheese, chopped jumbo shrimp, basil and cherry tomatoes

Margarita {vg} 18

Marinara, fresh tomatoes, basil & fresh mozzarella cheese

*Flatbreads can be made gluten free and dairy free + \$2

*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