

*\*While we do our best to prevent cross-contamination by toasting your gluten free bread in a separate toaster and cooking pancakes on a wheat-free grill, we do use many wheat based products and cross contamination is always a possibility.*

## Gluten Free Breakfast served daily 7am-1pm

### Pancakes

made with  
*Pamela's Buttermilk Pancake Mix*

#### Gluten Free (G.F.) Short Stack

Two fluffy pancakes made to order 5.99  
Add bacon (4) or sausage (2) for 2.29

#### Buttermilk Pancake Combo

Our G.F. Short Stack, two eggs, & bacon or  
sausage patty 8.29

#### Blueberry Banana Pancakes

Our G.F. Short Stack filled with bananas  
& blueberries 6.99  
Add bacon (4) or sausage (2) for 2.29

#### Big Breakfast

Two fluffy G.F. buttermilk pancakes, two eggs,  
& homefries 8.29

### LITE BITES

#### Breakfast Sandwich

Sliced ham or crisp bacon, two eggs & cheddar  
cheese on toasted *Gluten Free Bread* 5.29

#### Fresh Fruit Bowl

Seasonal fresh fruit & *Gluten Free Muffin* 7.99

### CLASSIC EGG DISHES

Served with your choice of homefries, fruit,  
or sliced tomatoes and *Gluten Free Toast*  
(or a *Gluten Free Muffin* add 2.29)

**Two eggs** 6.99

**Bacon and eggs** 8.99

**Sausage and eggs** 8.99

**Ham steak and eggs** 8.99

### OMELETTES

Served with your choice of homefries, fruit,  
or sliced tomatoes and *Gluten Free Toast*  
(or a *Gluten Free Muffin* add 2.29)

#### Meat Lovers

Ham, bacon & sausage with cheese 9.99

#### Avocado

Avocado, sautéed mushrooms, and  
cheddar cheese topped with sour cream 9.99

#### Ruthie's

Sauteed sausage, bell peppers, onions  
and mushrooms with salsa and jack cheese 9.99

#### Feta

Feta cheese, mushrooms, spinach  
and tomatoes 9.99

#### Garden

Spinach, tomatoes, mushrooms, broccoli  
and jack cheese 9.99

#### Spinach

Spinach, bacon, mushroom and jack 9.99

#### ABC

Avocado, bacon, and cheddar cheese 9.99

#### Denver

Diced ham, bell peppers, onions,  
mushrooms and cheddar cheese 9.99

#### Spanish

Shredded beef, bell peppers, onions and  
pepper jack cheese,  
topped with sour cream and salsa 9.99

#### Assorted Cheese Omelette

An assortment of your favorite cheeses 8.29

#### San Diego

Bacon, avocado, tomatoes, mushrooms  
and jack cheese 8.99

*Gluten Free Lunch* served daily 10:30am-3pm

**SALADS**

Dressing choices: ranch, bleu cheese, balsamic vinaigrette, thousand island, poppyseed, Italian, honey mustard, or oil& vinegar.

**Classic Cobb**

Diced turkey, bacon, eggs, avocado, bleu cheese crumbles and tomato over mixed greens 7.99

**Spinach Salad**

Crisp bacon, hardboiled egg, red onion, tomato, almonds, and jack cheese on a large bed of fresh spinach.

Served with poppyseed dressing 7.99

**Chilled Tuna Salad**

Mixed greens, tomato, and hardboiled egg with a large scoop of albacore tuna salad 7.59

**Grilled Chicken Salad**

Marinated grilled chicken breast, avocado, red onion, hardboiled egg, tomato & cheddar on a bed of mixed greens 7.99

**SANDWICHES**

Served on *Gluten Free Toast* with your choice of salad, fruit, or cottage cheese.

**Turkey**

Sliced turkey breast, lettuce, tomato and mayo 8.99

**BLTA**

Bacon, lettuce, tomato, avocado and mayo 8.79

**Chilled Tuna Sandwich**

Albacore tuna blended with seasoning and mayo with lettuce & tomato 8.99

**Vegetarian**

Avocado, cheddar cheese, pepper jack cheese, sprouts, sweet red onion, lettuce, tomato and mayo on squaw 8.59

**G.F. Club**

Sliced turkey breast, bacon, cheddar cheese, avocado, lettuce, tomato sprouts, and mayo 9.99

**DESSERT**

*Flourless Chocolate Torte*

a decadant delight

4.99



**BEVERAGE**

**Soft Drinks (bottomless) 2.19**

**Coke, Diet Coke, Sprite, Minute Maid Lemonade, Mr. Pibb, Nestea Raspberry Iced Tea**

**Brewed Iced Tea (bottomless) 1.99**

**Juice (Apple, Orange, Cranberry, V8) 6oz 1.29, 10oz 1.79, 20oz 3.29**

**Milk 6oz 1.09, 10oz 1.49, 20oz 2.79**

**Hot Tea 1.99**

**Coffee (bottomless) 1.79**

**Fox Barrel Pear Cider 4**

**Gluten Free Beer 3.29**

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for booking information

ask for Stacey

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