



LIGHT & SWEET

Ancient & Whole Grain Pancakes // 12

Whole grain pancakes with flaxseed, quinoa, amaranth, and blueberries. Served with bourbon-banana-pecan syrup and fresh fruit.

Pancake Special // 12

A weekly pancake special with ingredients and accompaniments selected by our chefs. Served with fresh fruit.

Granola and Greek Yogurt // 8

Served with fresh fruit and honey.

LUNCH

The Original Bar & Grill Burger // 12

1/2 pound hand made burger grilled to order, Vermont extra sharp white cheddar cheese, butter lettuce, sliced tomato, and red onion, on a kaiser roll.

Mac & Cheese // 13

Vermont extra sharp white cheddar, parmesan, gouda, and fontina cheeses, fresh cream, and shell pasta.

Cobb Salad // 14

Crisp iceberg, romaine, and butter lettuces, grilled chicken, baby heirloom tomato, avocado, applewood smoked bacon, gorgonzola cheese, hard cooked egg, scallion, kalamata olives, and creamy red wine vinaigrette.

Baby Spinach Salad // 8

Fresh baby spinach leaves, honey infused mustard vinaigrette, hard cooked egg, and applewood smoked bacon.

Fish & Chips // 12

Battered and deep-fried cod, shoestring fries, house made coleslaw, and malt vinegar.

Cuban Sandwich // 15

Cuban bread with Metro-Deli ham, roasted pork, sliced pickles, mustard, and gruyère cheese. Pressed on the griddle like a true cuban sandwich.

Ahi Tuna Poké Bowl // 12

Fresh Ahi tuna marinated with sesame oil, scallion, fresh chile, soy sauce, and roasted peanuts, served with fried wonton chips.

All sandwiches are served with shoestring fries. Sub sweet potato or truffle fries for \$1, or house salad for \$3.

BREAKFAST

Dr. Frackelton's Breakfast // 11

Two eggs cooked to order, applewood smoked bacon or sausage, house made potatoes, choice of toast, and fresh fruit.

Northwestern Benedict // 16

Smoked salmon lox, arugula, poached eggs, and lemon-dill hollandaise on toasted croissant. Served with house made potatoes and fresh fruit.

Omelette // 12

Three egg omelette filled with fresh seasonal ingredients selected by our chefs. Served with applewood smoked bacon or sausage, house made potatoes, choice of toast and fresh fruit.

Croque Madame // 13

Brioche, Metro-Deli all natural ham, and Gruyère cheese sandwich, toasted and topped with one egg cooked to order and mornay sauce. Served with house made potatoes and fresh fruit.

Original Huevos // 14

Stewed black beans, crisp corn tortillas, melted cheddar-jack cheese, two eggs cooked to order, chile colorado sauce, fresh guacamole and pico de gallo, topped with house made crème.

Biscuits & Gravy // 11

Fresh baked biscuits, two eggs cooked to order, house made sausage gravy.

Steak and Eggs // 16

6 oz. flatiron steak, two eggs cooked to order, house made potatoes, choice of toast, and fresh fruit.

SIDES

Toast // 3

House Potatoes // 4

One Egg // 1.5

Hollandaise // 2

Mornay // 2

Sausage Gravy // 3

Asparagus // 4

Applewood Smoked Bacon // 3

Sausage // 3

Guacamole // 1.5

Pico de Gallo // 1.5

Biscuit // 1.5

Fresh Fruit // 3

BEVERAGES

Soft Drinks // 2

Coca-cola, Diet Coke, Sprite, Root Beer, Dr. Pepper, Mellow Yellow

Coffee Service // 2

Iced Tea // 2

Lemonade // 2

San Pellegrino // 3

Hot Tea // 2

Grapefruit Juice // 3

Orange Juice // 3

Milk // 3

