Item	Calories	Fat	Carbs	Protein	Fiber	Sugar
2 Eggs any style	156	10	1	12	0	1
Hashbrowns	299	14	39	4	4	4
Ham off the bone	179	8	6	20	0	4
Bacon strips (2)	80	6	1	6	0	1
Sausage links (2)	160	14	1	8	0	1
Sausage patties (2)	209	18	1	10	0	1
Canadian bacon (2)	69	5	1	12	0	1
Chorizo	295	23	3	15	0	2
Turkey sausage(3)	179	10	1	21	0	1
Homemade corn beef hash	275	17	14	12	2	2
Buttermilk pc(2)	450	13	80	11	4	15
Colorado omelete	389	26	5	33	2	2
Veggie om	302	22	7	19	3	3
Oakbrook om	559	45	10	28	3	5
Avocado, bacon and tomato	489	41	3	27	1	1
Country omelete	649	53	10	33	1	5
3 cheese omelete	469	37	3	31	0	1
Broccoli and cheddar omelete	260	31	5	29	2	2
Bacon, spinach, & cheddar omelete	485	37	3	35	1	1
Corn beef hash omelete	515	38	10	33	1	5
Eric the red	409	31	4	29	1	1
Hashbrowns	299	14	39	4	4	4
Skirt steak and eggs w/ potatoes	745	51	40	59	3	2
Eggs benedict	449	25	26	30	3	2
Eggs benedict florentine	469	25	30	31	5	3
Eggs darien benedict	495	29	26	32	3	2
English breakfast	775	39	66	40	6	4
REDUCE YOUR CALORIES BY CHOOSING EGGWHITES OR EGGBEATERS!!						
Moo & oink special	442	38	4	42	0	2
West coast benedict	525	34	36	18	3	4
Portobello mushroom benedict	369	22	28	14	4	3

Philly steak skillet	729	44	31	51	4	4
California skillet	599	33	41	34	5	8
Country skillet	589	34	31	39	4	4
Mexican skillet	649	59	31	49	4	4
Luck of the Irish	649	41	31	39	4	6
Denver skillet	519	26	32	39	4	5
Veggie skillt	439	23	33	25	6	5
Farmer's skillet	575	33	31	38	5	5
Greek toast(2)	162	2	32	4	4	6
Philly steak skillet	729	44	31	51	4	4
California skillet	599	33	41	34	5	8
Crepe (3) Fresh strawberry	429	15	59	14	6	34
Blueberry 3	529	15	84	14	4	56
Peach 3	535	15	85	14	3	59
Cherry 3	549	15	89	14	3	65
	439	19	44	22	2	19
Item	Cals	Fat	Carbs	Protein	Fiber	sugar
Fresh Blueberry Waffle	375	15	54	6	6	10
Fresh Strawberry	389	15	58	6	5	11
Banana crunch	555	30	62	9	6	14
Blueberry crunch	559	19	84	12	8	24
Georgia pecan	519	32	47	11	6	3
Fresh apple cinamon	429	15	66	7	6	14
Peach waffle	415	15	63	6	4	30
Whole wheat waffle	309	15	36	7	4	2
Plain waffle	339	15	44	6	2	2
Bacon waffle	549	32	43	22	2	2
Gluten free waffle	339	12	52	6	2	8
Fresh strawberry	569	26	90	19	8	40
Red rasberry	709	26	99	19	7	50

Fresh blueberry	**509**	**26**	**77**	**19**	**12**	**22**
Short stack pancakes 3	**365**	**17**	**40**	**13**	**2**	**10**
Banana nut bread french toast 3	**719**	**36**	**72**	**26**	**4**	**30**
Raisin-cinnamon French toast 4	**605**	**27**	**72**	**18**	**3**	**23**
Baked blueberry French toast	**599**	**28**	**80**	**10**	**4**	**42**
Texas style French toast 2	**419**	**18**	**48**	**14**	**2**	**10**
Twin french toast 2	**275**	**13**	**30**	**9**	**1**	**7**
Potato pancakes (2)	**205**	**11**	**21**	**5**	**2**	**2**
Pecan Banana Pancakes (2)	**565**	**21**	**80**	**12**	**6**	**21**
Triple berry pancakes (2)	**560**	**15**	**90**	**11**	**6**	**33**
Strawberry Banana pc (2)	**500**	**15**	**80**	**11**	**7**	**20**
Fresh Strawberry pc (2)	**455**	**13**	**70**	**10**	**7**	**15**
Blueberry (2)	**465**	**14**	**72**	**11**	**8**	**15**
Pumpkin pc (3) w/ cream cheese sauce	**649**	**20**	**101**	**16**	**11**	**16**
Banana pc (2)	**450**	**14**	**80**	**11**	**6**	**21**
Buttermilk pc(2)	**450**	**13**	**80**	**11**	**4**	**15**
Whole Wheat pc(2)	**500**	**13**	**66**	**12**	**7**	**13**
German pc(2)	**499**	**24**	**45**	**16**	**4**	**17**
Gluten free pc(2)	**429**	**10**	**78**	**12**	**5**	**13**
Syrup 1oz	**104**	**0**	**25**	**0**	**0**	**24**
Fresh strawberry Blintz 3	**819**	**37**	**104**	**16**	**12**	**55**
Fresh Blueberry Blintz	**789**	**37**	**98**	**16**	**13**	**49**
Cherry Blintz	**919**	**37**	**129**	**16**	**6**	**85**
Peach Blintz	**881**	**37**	**121**	**16**	**6**	**81**
Fresh apple cinnamon Blintz	**819**	**37**	**105**	**16**	**12**	**59**
Red raspberry Blintz	**889**	**37**	**122**	**16**	**8**	**79**
Plain Blintz	**729**	**37**	**81**	**16**	**4**	**40**
Blintzes(3)fresh strawberry	**429**	**15**	**59**	**14**	**6**	**34**

Blueberry	**529**	**15**	**84**	**14**	**4**	**56**
Peach	**535**	**15**	**85**	**14**	**3**	**59**
Cherry	**549**	**15**	**89**	**14**	**3**	**65**
Cheese blintz(3)	**439**	**19**	**44**	**22**	**2**	**19**
Huevos chilliqueles	**459**	**31**	**24**	**20**	**3**	**2**
Huevos con chorizo	**579**	**44**	**4**	**41**	**1**	**1**
Huevos a la mexicana	**299**	**21**	**6**	**20**	**2**	**2**
Rice	**199**	**8**	**29**	**3**	**2**	**4**
Beans	**219**	**4**	**33**	**12**	**10**	**2**
Tortillas(3)	**169**	**3**	**33**	**2**	**4**	**3**
Biscuits and gravy	**699**	**40**	**68**	**16**	**2**	**6**
Ace of clubs	**835**	**46**	**65**	**40**	**6**	**10**
Turkey club house	**629**	**28**	**64**	**30**	**5**	**9**
Avocado chicken club house	**709**	**36**	**62**	**34**	**7**	**4**
BLT club	**534**	**22**	**66**	**18**	**6**	**5**
Avocado bacon burger	**809**	**50**	**45**	**44**	**4**	**5**
Cheeseburger	**759**	**40**	**47**	**52**	**3**	**4**
Veggie burger	**760**	**36**	**72**	**37**	**10**	**9**
The original burger	**609**	**30**	**44**	**40**	**3**	**2**
Western burger	**845**	**44**	**61**	**51**	**6**	**12**
Philly burger	**759**	**39**	**48**	**52**	**6**	**4**
Harlem ave. burger	**789**	**44**	**46**	**52**	**3**	**3**
Turkey burger	**565**	**21**	**46**	**47**	**6**	**4**
French fries	**419**	**22**	**50**	**5**	**5**	**1**
Coleslaw	**265**	**19**	**21**	**2**	**4**	**16**
Chicken breast delight	**399**	**13**	**23**	**46**	**4**	**8**
Grecian chicken breast	**309**	**19**	**2**	**32**	**1**	**1**
Aussie chicken sandwich	**655**	**31**	**46**	**48**	**5**	**3**

Chicken breast sandwich	**430**	**14**	**42**	**34**	**4**	**3**
Philly chicken	**609**	**24**	**56**	**42**	**4**	**3**
Chicken basket	**375**	**18**	**21**	**32**	**1**	**1**
Chicken gyro	**615**	**26**	**64**	**31**	**4**	**9**
San diego chicken salad	**605**	**33**	**47**	**30**	**4**	**4**
The classic reuben	**532**	**28**	**26**	**44**	**6**	**8**
Skirt steak sandwich	**589**	**22**	**56**	**41**	**4**	**4**
Blackened tuna steak	**499**	**17**	**46**	**40**	**6**	**4**
Fish Tacos	**359**	**18**	**35**	**40**	**7**	**4**
Corned beef	**459**	**18**	**40**	**34**	**N/A**	**N/A**
Charlie's favorite	**515**	**21**	**42**	**39**	**N/A**	**N/A**
Tuna melt	**639**	**31**	**42**	**48**	**4**	**4**
Monte Cristo	**749**	**31**	**79**	**38**	**4**	**24**
French Dip	**529**	**20**	**56**	**31**	**3**	**6**
Philly Beef	**630**	**26**	**60**	**39**	**3**	**7**
BBQ beef and cheddar melt	**525**	**27**	**62**	**38**	**3**	**12**
All american grilled cheese	**420**	**20**	**40**	**20**	**N/A**	**N/A**
Salsa Ranch Chicken wrap	**505**	**24**	**30**	**42**	**3**	**6**
Buffalo bill's chicken wrap	**625**	**36**	**36**	**39**	**3**	**7**
Chicken ceasar wrap	**535**	**27**	**31**	**42**	**3**	**6**
Hummus wrap	**315**	**15**	**28**	**17**	**5**	**4**
Dressings(2tbls)						
Caesar	**161**	**17**	**1**	**1**	**0**	**1**
Thousand Island	**119**	**11**	**5**	**0.5**	**0**	**4**
French	**155**	**15**	**5**	**0**	**0**	**4**
House viniagrette	**115**	**11**	**4**	**0**	**0**	**2**
Ranch	**145**	**15**	**2**	**0**	**0**	**1**
Fat free Ranch	**55**	**0.5**	**11**	**0**	**0**	**9**
Blue Cheese	**169**	**16**	**2**	**0**	**0**	**1**
Hony Mustard	**125**	**11**	**6**	**0**	**0**	**4**
My big fat Greek salad	**409**	**24**	**14**	**34**	**5**	**4**
Strawberry fields salad	**519**	**29**	**29**	**35**	**6**	**9**

California steak salad	515	32	15	41	6	4
Charboiled chicken salad	349	19	13	31	5	4
Chopped chicken cobb salad	595	39	16	44	5	4
Caesar salad w/ chicken	460	24	22	39	5	5
Tuna delight	599	32	39	38	6	10
Seafood supreme	495	27	43	20	7	10
Homemade chips	319	18	35	4	3	3
Soup of the day	N/A					
Side salad with dressing	155	13	6	3	2	2
Mediterranean wrap	449	23	29	31	6	3
Sonoma wrap	470	30	27	23	5	3
Bacci wrap	529	31	31	31	5	7
Fresh Fruit plate	365	10	51	17	5	28
Julienne Salad	375	21	11	35	4	6
Yogurt Parfait	265	5	47	7	3	34
Ham off the bone	179	8	6	20	0	4
Bacon strips (2)	80	6	1	6	0	1
Sausage links (2)	160	14	1	8	0	1
Sausage patties (2)	209	18	1	10	0	1
Canadian bacon (2)	69	5	1	12	0	1
Chorizo	295	23	3	15	0	2
Turkey sausage(3)	179	10	1	21	0	1
Homemade corn beef hash	275	17	14	12	2	2
Assorted fruit muffin	425	18	61	5	2	34
Bagel w/ cream cheese	405	21	55	14	3	4
Bowl of steel cut oatmeal	249	5	42	9	5	1
Juices(8 oz)						

Grapefruit	**99**	**0**	**23**	**1**	**2**	**16**
V8	**90**	**1.5**	**15**	**3**	**3**	**10**
Tomato	**49**		**10**	**2**	**2**	**7**
Cranberry	**125**	**0**	**31**	**0**	**1**	**29**
Apple	**115**	**0**	**28**	**0**	**1**	**23**
Hot chocolate with whipped cream	**355**	**20**	**33**	**10**	**1**	**27**
Milk 2% (8 oz)	**129**	**5**	**13**	**8**	**0**	**13**
Chocolate milk(8 oz)	**189**	**2.5**	**32**	**8**	**0**	**29**
Soy milk (8 oz)	**129**	**4**	**15**	**8**	**1**	**10**