



Great Food! Great Service!

Costa Mesa

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Samplers, Scrambles & More

Signature Entree



Lumberjack Sampler

1 buttermilk biscuits with gravy, 2 eggs, 2 bacon, 2 pork sausage, 2 ham, hash browns and 2 pancakes 12.99



Original Classic Combo

Ham, 2 eggs, 2 bacon, 2 pork sausage, hash browns and 2 pancakes 11.99



Ranch Scramble

3 scrambled eggs with ham, tomatoes, green peppers, onions and cheese, hash browns and 3 pancakes 12.29



Add a regular orange juice 2.99



Country Scramble

3 scrambled eggs with ham, onions and cheese, hash browns and 3 pancakes 11.99

Quick Breakfast

2 eggs any style, hash browns, toast and your choice of 2 bacon or pork sausage links 10.29



Texas Scramble

3 scrambled eggs with jalapeño peppers, chili beans and cheese, hash browns and 3 pancakes 12.29

NEW



9 oz Ribeye Steak Combo

Served with 2 eggs, hash browns and 2 pancakes 15.29



Heartland Sampler

Corned beef hash sautéed with green peppers and onions, 2 eggs, 2 bacon 2 sausage, hash browns and 2 pancakes 11.99

Buttermilk Pancake Skillets



Bacon or Pork Sausage Skillet

2 eggs as you like 'em with seasoned red potatoes, green peppers, cheese, mushrooms, onions, with 1/2 biscuit and 2 pancakes 12.29



Corned Beef Hash Skillet

2 eggs with seasoned red potatoes, green peppers, cheese, mushrooms, onions, with 1/2 biscuit and 2 pancakes 12.29



Country Fried Steak Skillet

2 eggs with seasoned red potatoes, green peppers, cheese, mushrooms, onions, with 2 pancakes, 1/2 biscuit and gravy 12.49



Grilled Ham Skillet

2 eggs as you like 'em with seasoned red potatoes, green peppers, cheese, mushrooms, onions, with 1/2 biscuit and 2 pancakes 12.29



7oz Sirloin Steak Skillet

2 eggs as you like 'em with seasoned red potatoes, green peppers, cheese, mushrooms, onions, with 1/2 biscuit and 2 pancakes 15.29

Classic Breakfast Combos

Signature Entree



The Big Classic Combo
Your choice of: Ham, Bacon, Sausage or Corned Beef Hash, served with 3 eggs any style, hash browns and 3 buttermilk pancakes 12.29



The Meat Lovers Combo
4 eggs any style, 3 bacon, 3 slices ham and 3 pork sausage 10.99



T-Bone Steak & Eggs Combo
A tender, juicy 12 oz steak served with 3 eggs any style, hash browns and 3 buttermilk pancakes 18.99



Pork Chops & Eggs Combo
2 4 oz grilled center-cut pork chops served with 3 eggs any style, hash browns and 3 buttermilk pancakes 13.49



Huevos Rancheros
3 eggs served on top of corn tortillas and topped with salsa, cheese, rice and beans. Served with tortillas (shown) or 3 buttermilk pancakes 11.99



Chorizo
3 eggs scrambled with chorizo served with rice and beans. Served with tortillas or 3 buttermilk pancakes 11.99



Fruit Pancake Combo
2 eggs, 2 bacon, 2 pork sausage, and 2 buttermilk pancakes smothered with cool strawberry or your choice of fruit compote & whipped topping 10.49 Add hash browns 2.69



French Toast Combo
2 thick slices served with 2 eggs, 2 bacon or 2 pork sausage (or 1 of each) 10.99 Add hash browns 2.69



Country Fried Steak Combo
Tender beef, battered and fried to a golden brown, then smothered in country gravy. Served with 3 eggs, hash brown and 3 buttermilk pancakes 13.29



Cinnamon Swirl French Toast
2 slices cinnamon roll grilled French toast style with 2 eggs, hash browns, 2 bacon or 2 pork sausage (or 1 of each) 11.49

NEW



Chilaquiles
This spicy dish includes 2 eggs, rice, beans and 2 buttermilk pancakes 11.99



French Toast
6 triangle slices dusted with powdered sugar 9.69 With your choice of fruit compote and whipped topping 10.99



Stuffed French Toast Combo
French toast stuffed with cream cheese and topped with cool strawberry or your choice of fruit compote and whipped topping. 2 eggs, 2 bacon or pork sausage and hash browns 10.99



Pancakes & Eggs Combo
3 eggs, hash browns and 3 buttermilk pancakes 10.29 Add Canadian bacon (shown) 3.29



Biscuits & Gravy & Sausage
2 buttermilk biscuits with gravy, 4 pork sausage and hash browns 10.29 With 2 eggs (shown) 11.99



German

Swedish



French

Nutella



Old World Crepes Combo
2 eggs as you like 'em with 2 bacon and 2 sausage. Choice of 2 same-style crepes. Choose from orange marmalade French crepes, lingonberry & lingonberry butter Swedish crepes or lemon butter German crepes 10.99 With Nutella crepes 12.29 Add hash browns 2.69

Signature Entree

Delicious Pancakes & Waffles



Pancake Combo

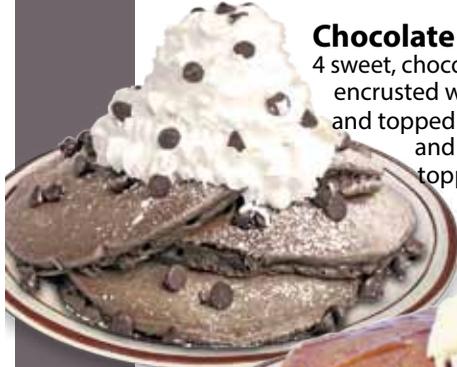
Choice 2 Country Nut & Grain, Chocolate Chip or Buttermilk pancakes. Served with 2 eggs, hash browns, and 2 bacon or pork sausage links 10.99 Add cool strawberry or your choice of fruit compote and whipped topping 2.49

Pancake Sandwich

3 Buttermilk pancakes with 1 egg, 2 bacon or pork sausage 8.99

Chocolate Chip Pancakes

4 sweet, chocolate batter pancakes encrusted with chocolate chips and topped with powdered sugar and whipped topping 9.99



Potato Pancakes

5 old-fashioned potato pancakes fried golden brown and served with sweet applesauce and sour cream 10.49

NEW



Power Pancake

Super delicious large vegan pancake. Choose chocolate chip, raspberry, cranberry or mango 4.99 Add side of fruit topping \$1.99



Gluten-Free 4 pancakes 10.29

Pumpkin 4 pancakes 9.99

Buckwheat 4 pancakes 9.99



Country Nut & Grain

4 pancakes made with wholesome grains, hearty oats, almonds and English walnuts. 9.99



Pigs in Blanket

4 delicious pork sausage links tucked into 4 savory buttermilk pancakes 9.99

Fruit Pancakes

4 buttermilk pancakes smothered with your choice of blueberry, peach, cinnamon-apple or cool strawberry fruit topping and whipped topping 9.99



Signature Entree



Belgium Waffle

A golden crispy treat 8.99 or make it a combo (shown) with 2 eggs, 2 bacon, 2 sausage and hash browns 12.99 Add strawberry or your choice of fruit compote with whipped topping 2.49



Farm-Style Buttermilk Pancakes

Full stack (5) 7.69 Short stack (3) 6.29



4 Nutella Crepes

With your choice of blueberry, cinnamon-apple, strawberry, or peach fruit compote and whipped topping 10.99



Dulche de Leche Crepes

2 crepes drizzled with caramel and topped with bananas and whipped topping 6.69

NEW



Cheese Blintzes

3 crepes filled with a cool combination of cheeses, served with sour cream and cool strawberry or your choice of preserves 9.29, or fruit compote 10.99



Spinach Stuffed Crepes

2 crepes stuffed with Swiss cheese and eggs, scrambled with fresh spinach, mushrooms and onions, and topped with rich hollandaise and diced tomatoes 11.29



Sweet Cream Stuffed Crepes

With your choice of blueberry, cinnamon-apple, strawberry, or peach fruit compote and whipped topping 10.99



Supreme Stuffed Crepes

2 delicious crepes stuffed with 2 scrambled eggs, ham, bacon, pork sausage, Cheddar and Jack cheeses and topped with sour cream 11.99



Old World Crepes

4 delicate crepes of the same style. Choose from orange marmalade French crepes, lingonberry & lingonberry butter Swedish crepes or lemon butter German crepes 10.99



Chicken Hollandaise Crepes

Chicken breast strips sautéed with fresh spinach, mushrooms, and onions in light seasoning, rolled into 2 delicate crepes with Swiss cheese and hollandaise 11.99

Crepes & Blintzes

Pancakes & Omelette Combos

All omelettes shown come with a stack of 3 buttermilk pancakes. (Build Your Own Burrito & Garden Omelette comes with 2 buttermilk pancakes)

Build Your Own Omelette

Begin with our hearty omelette and your choice of cheese 9.29

Add your favorite ingredients (below)



Build Your Own Burrito

Begin with 2 eggs and your choice of cheese 8.99

Add your favorite ingredients (below)

Pick Your Add-Ons .95 each:

- Ham • Bacon • Ground Beef
- Chorizo • Pork Sausage
- Green Peppers & Onions
- Extra Cheese • Mushrooms
- Spinach • Salsa • Tomatoes

Extra Add-Ons:

- Avocado 1.99
- Turkey Bacon or Turkey Sausage 1.39



Signature Entree

Ground Beef & Spinach Omelette

6 Eggs, spinach, mushrooms, tomatoes, green peppers, avocado, onions, ground beef and a blend of cheeses 15.29



Garden Omelette

Fluffy 2 egg omelette loaded with tomatoes, onions, green peppers, mushrooms, spinach and topped with avocado. Served with fruit 11.49 Add cheese .79



Avocado, Bacon & Cheese

A delightful blend of fresh avocado, hickory-smoked bacon and plenty of cheese 13.49



Country Omelette

A delicious blend of ham, cheese, onions and hash browns. Topped with sour cream 12.99



Denver Omelette

This old time favorite is loaded with ham, green peppers and onions 10.29 Add cheese .79



Ham & 3 Cheese Omelette

A hearty omelette loaded with diced ham, Cheddar, Jack and Swiss cheese 12.69



Hearty Steak Omelette

Tender strips of steak, hash browns, green peppers, onions, mushrooms, tomatoes, Cheddar cheese and salsa 15.29



Chili Cheese Omelette

This delicious omelette comes with plenty of chili beans and Cheddar cheese 10.79



Black Bean & Chili Omelette

Filled with delicious black bean chili and Jack and Cheddar cheeses, topped with salsa, sour cream and jalapeños 12.29

Chicken Fajita Omelette

Seasoned chicken, onions, peppers, salsa and a blend of cheeses and topped with sour cream 12.99

Eggs Benedict

Canadian-style bacon on an English muffin topped with 2 poached eggs, then smothered with hollandaise sauce and hash browns 11.49 or add seasoned diced red potatoes (shown) 1.69



Meat Lover's Omelette

A delicious blend of bacon, pork sausage, shredded beef, ham, onions, green peppers, Cheddar cheese and salsa 15.29

Breakfast Sides

- Seasoned Diced Red Potatoes 3.99
- Corned Beef Hash 3.99
- Canadian-Style Bacon 3.99
- Pork Sausage Links 3.99
- Turkey Sausage links 4.29
- Turkey Bacon 4.29
- Ham 3.99
- Bacon 3.99
- Oatmeal 5.29
- Toast 2.29
- 2 Biscuits & Gravy 5.99
- Warm Fruit Compote 2.29
- Large Bowl Seasonal Fresh Fruit 6.49
- Hash Browns 3.79
- Extra Egg 2.29
- Chile Toriardo 1.29
- Salsa .89



Signature Entree

Iron Man Healthy Choices

VEGAN

Nelley Scramble

Hashbrowns mixed with spinach, mushrooms, tomatoes, green peppers and onions topped with vegetarian black beans and avocados. Served with a vegan power pancake. Choose chocolate chip, raspberry, cranberry or mango 12.69



Steak & Black Bean Chili Egg White Omelette

Tender strips of steak, black beans, green peppers, onions and tomatoes wrapped in a 6 egg white (with yolks upon request) omelette. (Mushrooms and blended cheese added at no additional cost upon request). Served with 2 Country Nut & Grain pancakes and sugar-free maple syrup 14.99

VEGAN

Iron Burger

A thick, juicy plant-based ground beef substitute topped with lettuce, tomato and red onion on a grilled bun, with a small bowl of fruit 12.99

Add a side of sliced avocado 1.99



NEW

The Olympian

6 egg white (with yolks upon request) Greek omelette, topped with mushrooms, fresh chopped spinach, sun dried tomatoes, black olives and feta cheese. Served with 2 Country Nut & Grain pancakes and sugar-free maple syrup 14.99

Signature Entree

The Gladiator

Ground sirloin, fresh chopped spinach, green peppers, onions and tomatoes wrapped in a 6 egg white (with yolks upon request) omelette and topped with sliced avocado. (Mushrooms and blended cheese added at no additional cost upon request). Served with 2 Country Nut & Grain pancakes and sugar-free maple syrup 14.99

Scrambled Egg Whites & Spinach

6 Egg whites with chopped fresh spinach, cooked with Pam®. Served with fresh mild salsa. A high protein, fat free, low carb meal 7.99 Add black beans for 3.69

The Big Steak or Chicken Breakfast

An 8 oz savory steak or grilled chicken breast served with 3 eggs, 2 Country Nut & Grain pancakes and skillet fried diced red potatoes 15.49

Add a regular orange juice 2.99

7-Grain French Toast

The whole grain goodness of hearty multi-grain bread battered in egg whites. Lightly dusted with powdered sugar and served with sugar-free maple syrup 7.69

Coach's Oats

Steal cut and toasted Coach's Oats® served with walnuts, cinnamon, honey and your choice of diced 1/2 banana or raisins. An incredible tasting, great energy boost with healthy fats and sugars for sustained energy helps you to start the day off right 7.69

Iron Man Healthy Choices



Hearty Pancakes

3 buttermilk pancakes served with sugar-free syrup 6.29
or 2 Country Nut & Grain pancakes with sugar-free syrup 5.29



Fresh Fruit Bowl

A light and refreshing large bowl of seasonal fresh fruit 6.49



Signature Entree

Veggie Scramble

Scrambled egg substitute loaded with tomatoes, fresh mushrooms, green peppers, onions, and spinach. Served with 2 buttermilk pancakes and sugar-free syrup 10.99 Add cheese .79



Simply Chicken

A tender, grilled chicken breast served with a fresh garden salad with reduced-calorie dressing and steamed broccoli 11.69



Simply Chicken Sandwich

A tender, grilled chicken breast on a toasted bun with crisp lettuce and fresh tomato. Served with a side salad with reduced-calorie dressing and a dill pickle spear 10.99



Cod Hollandaise

2 moist and tender cod filets pan-fried to perfection, then topped with rich hollandaise. Served with steamed broccoli and fresh lemon 10.99



Carb Conscience Meal

A juicy, T-Bone steak cooked just the way you like it. Served with steamed broccoli 15.29

Iron Model

Zubair Akbar a successful businessman, mountaineer, hiker, triathlon athlete and an avid runner. Shown here at the top of Mt. Fuji on a solo winter climb.

Food for thought...

Iron men and women live active lifestyles and eat accordingly, enjoying healthy portions of whole foods high in lean protein, good fats and complex carbohydrates. Diets vary greatly, and should, depending on your lifestyle and physical activities. The more intense your physical activity is (weight lifting, running, boxing, endurance sports, power lifting, etc.), the more calories you will need. Believe it or not, many so-called "bad" fats are not necessarily bad for you. Egg yolks, while containing cholesterol, does not raise your body's cholesterol levels. In fact, diets with good fats (saturated and monounsaturated fats) help to regulate natural hormones and can actually increase natural testosterone levels which of course builds muscle. You may not aspire to being a bodybuilder or champion athlete, but men and women that increase their lean muscle mass can consume more calories.

The food items here in the Iron Man Healthy Choices are wholesome, healthy and nutritious. Those seeking to drop body fat should choose the higher protein, lower carbohydrate items, and those on higher calorie diets with active physical lifestyles should choose foods rich in complex carbohydrates for sustained energy. Always remember to follow a balanced diet. After all, God created food for our enjoyment. Eat in moderation. The more active you are the more calories you will need to consume. Eat up, stay active and enjoy life!

—Russ Niewiarowski, *Russell Pain Training*



Hearty Burgers & Sandwiches



100% all-beef burgers and sandwiches served with a pickle spear and onion rings or seasoned fries, or with seasoned diced red potatoes add 1.69



Cheeseburger

A thick, juicy burger with your choice of cheese, topped with lettuce, tomato, red onion and mayo on a grilled bun 10.69
Without cheese \$9.99



Chicken Stack Sandwich

Grilled chicken breast strips, green peppers and onions with Provolone cheese, crisp bacon, Ranch dressing, lettuce, tomatoes and mayo on a grilled roll 12.29



Grilled Turkey Stack Sandwich

Tender sliced turkey, green peppers and onions with Swiss cheese, lettuce, tomatoes and mayo on grilled roll 12.29



Double Cheeseburger

2 thick, juicy burgers with American and Provolone cheeses, topped with lettuce, tomato, red onion and mayo on a grilled bun 11.99



Philly Cheese Steak Sandwich

Grilled Philly steak and grilled onions topped with melted American cheese and mayo served on a grilled roll 12.49

Double Decker BLT

A mouth watering sandwich with 6 strips of bacon, lettuce, tomatoes, and mayo on your choice of toast 10.99



BBQ Bacon Cheeseburger

Basted with BBQ sauce and topped with Cheddar cheese, bacon and red onion, served on a grilled bun 11.99



International Club Sandwich

A delicious triple-decker with turkey, bacon, lettuce, tomatoes and mayo on your choice of toast 12.49

Patty Melt

A thick burger smothered with grilled onions and American cheese, served on grilled rye bread 10.99



Bacon & Egg Cheeseburger

A juicy burger topped with Cheddar cheese, 1 egg cooked over-medium with crisp bacon on a grilled bun with lettuce, tomato, red onion and mayo 11.99



Fish Sandwich

Crispy fried, beer-battered fish filets topped with melted American cheese and mayo served on a grilled bun with lettuce, tomato and tarter sauce 10.29

1/2 Sandwich with Soup or Salad

Your choice of Ham, Turkey, or BLT on your choice of white, wheat or sourdough bread (does not includes sides) 9.49



Chicken Caesar Sandwich

Tender chicken breast on grilled sourdough bread with lettuce, tomatoes and our classic Caesar dressing 10.99

ABC Burger

A juicy burger topped with avocado, 2 strips of bacon and American cheese make for a thick and juicy, mouth watering burger 12.99



Ham & Egg Melt

Grilled sourdough bread stuffed with ham, scrambled eggs, Swiss and American cheeses 10.99

NEW

Crispy Chicken Wrap

Seasoned crispy chicken with lettuce, tomato, turkey bacon, cheese blend and avocado 11.99



Signature Entree

Soups, Salads & Baskets



Soup of the Day
A hearty bowl of soup 3.99



Chicken Strip Spinach Salad
Fresh spinach topped with crispy fried chicken, hickory-smoked bacon pieces, shredded Parmesan and diced tomatoes. Tossed in honey mustard dressing and served with garlic bread 11.49



Grilled Chicken Caesar Salad
Grilled chicken breast served on romaine lettuce with Parmesan cheese and croutons, tossed in our Caesar dressing. Served with garlic bread 11.99 Without chicken 10.99



Crispy Chicken Strips Basket
All white meat chicken strips breaded and crisp fried. Served with seasoned fries and honey mustard dipping sauce 10.69



House Salad
Mixed lettuce with tomatoes, cucumber and croutons 4.29



Fried Shrimp Basket
6 jumbo shrimp fried to a golden brown and served with fresh lemon and spicy dipping sauce. Served with seasoned fries and garlic bread 11.49

Signature Entree



Cobb Salad
Sliced eggs, ham, turkey and bacon with olives, tomatoes and avocados. Served with garlic bread 11.49



Fish & Chips Basket
Tender fish fillets battered and crisp fried. Includes seasoned fries and garlic cheese bread. Served with fresh lemon and tartar sauce 10.69 Add shrimp 6.99

Appetizers



Appetizer Plate
Mozzarella Cheese Sticks, Onion Rings and Crispy Chicken Strips served with honey mustard and marinara dipping sauces 10.99



Mozzarella Sticks
Mozzarella cheese lightly coated in bread crumbs and Italian seasoning and fried crispy. Served with marinara dipping sauce 7.49



Potato Pancakes
5 old-fashioned potato pancakes fried golden brown and served with sweet applesauce and sour cream 10.49



Chili Cheese Fries
Seasoned fries smothered with chili and Cheddar cheese 6.49



Chicken Quesadilla
Seasoned chicken in a warm flour tortilla with a blend of melted cheeses, green peppers, onions and tomatoes. Served with sour cream, avocado, jalapeños and salsa 10.69

Dinner Entrees

Signature Entree



T-Bone Steak
A big, juicy steak cooked just the way you like 16.99
Add fried shrimp 6.69



Old-Fashioned Pot Roast
Our tender pot roast is topped with onions and rich beef gravy 14.29



Fried Fish
Tender fish filets, battered and crispy fried. Served with lemon and tartar sauce 12.49



Steak & Shrimp
A tender 8 oz top sirloin steak smothered with melted Provolone cheese, grilled onions and mushrooms, plus 6 jumbo shrimp fried to a golden brown 18.99 Without shrimp 16.39



Grilled Chicken Breast
A tender breast of chicken, lightly seasoned and grilled. Topped with your choice of BBQ or hollandaise sauce 11.99

Served with soup or salad, mixed vegetables, choice of potato: mashed, diced red potatoes, hash browns, seasoned French fries or [baked potato after 4pm], and garlic bread



Grilled Cod
2 tender cod filets, lightly dusted in seasoned flour then grilled to perfection and served with lemon and tartar sauce 12.99



Savory Pork Chops
2 lean and juicy 4 oz pork chops grilled to perfection 13.49



Country Fried Steak
Tender beef, dipped in batter and fried to a golden brown then smothered in country gravy 13.49



Crispy Chicken Strips
All white meat chicken strips, breaded and fried crisp to a golden brown 11.99



Golden Fried Shrimp
12 jumbo shrimp fried to a golden brown and served with fresh lemon and spicy dipping sauce 14.49

Desserts



Milkshake
Chocolate, vanilla or strawberry ice cream with whole milk 6.29

Ice Cream Sundae
A goblet of vanilla ice cream smothered with your choice of hot fudge, blueberry, cinnamon-apple or cool strawberry fruit topping plus whipped topping, nuts and a cherry 5.99

Kid's Ice Cream Sundae
A smaller version of our Ice Cream Sundae just for kids 3.99 (not shown)



Ice Cream Fruit Crepe
Our delicate fruit crepe is crowned with vanilla ice cream and whipped topping. Your choice of blueberry, cinnamon-apple or cool strawberry fruit topping 5.69



Ice Cream
2 large scoops of vanilla or chocolate ice cream with whipped topping 2.99



Crispy Banana Caramel Cheesecake
Rich, creamy cheesecake layered with chunks of banana and caramel, quick fried in a flaky pastry tortilla. Topped with powdered and cinnamon sugars, caramel sauce, sliced banana and whipped topping 6.29 Add ice cream 3.29

Senior Breakfasts over 55



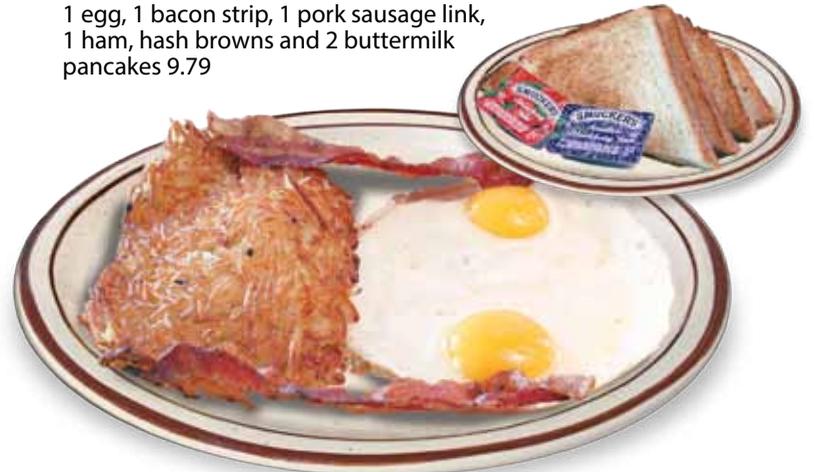
Senior Gourmet Breakfast

2 eggs, 2 bacon strips or pork sausage links, hash browns and your choice of 2 Country Nut & Grain, Chocolate Chip or Buttermilk pancakes. 9.69



Senior Classic Combo

1 egg, 1 bacon strip, 1 pork sausage link, 1 ham, hash browns and 2 buttermilk pancakes 9.79



Senior Breakfast

2 eggs, 2 bacon strips or pork sausage links, hash browns and your choice of toast 9.29



Signature Entree

Senior Fruit Pancake Combo

1 egg, 1 bacon strip, 1 pork sausage link and a fruit-topped buttermilk pancake (your choice of blueberry, cinnamon-apple or cool strawberry fruit) 7.49



Senior Omelette

Made with extra fluffiness and your choice of 2 ingredients (see page 5). Served with 2 buttermilk pancakes 9.29



Senior Buttermilk Pancakes

3 country recipe buttermilk pancakes 5.99



Senior French Toast

4 triangles of French toast dusted with powdered sugar and served with 2 bacon strips or 2 pork sausage links 7.69

Senior Dinner Entrees over 55



Senior Old-Fashioned Pot Roast

Our tender pot roast is topped with onions and rich beef gravy. Served with vegetable of the day, choice of potato and garlic bread 10.99



Senior Grilled Cod

Tender cod fillet dusted in seasoned flour then grilled to perfection. Served with vegetable of the day, choice of potato, garlic bread and fresh lemon 10.99



junior fruit pancake combo
Junior sized buttermilk pancake topped with fruit and whipped topping. Served with 1 egg, 1 strip of bacon and 1 pork sausage link 7.99



silver dollar pancakes
5 silver dollar-sized buttermilk pancakes served with 1 egg and 1 strip of bacon or sausage link 7.99



piggy's 'n blankies
2 pork sausage links rolled in buttermilk pancakes and served with hash browns 7.29



light 'n easy combo
Scrambled egg substitute served with 1 buttermilk pancake and sugar-free syrup 4.99



Signature Entree



rainbow cakes
3 buttermilk pancakes with your choice of glazes and rainbow sprinkles. Raspberry, chocolate or caramel 7.29



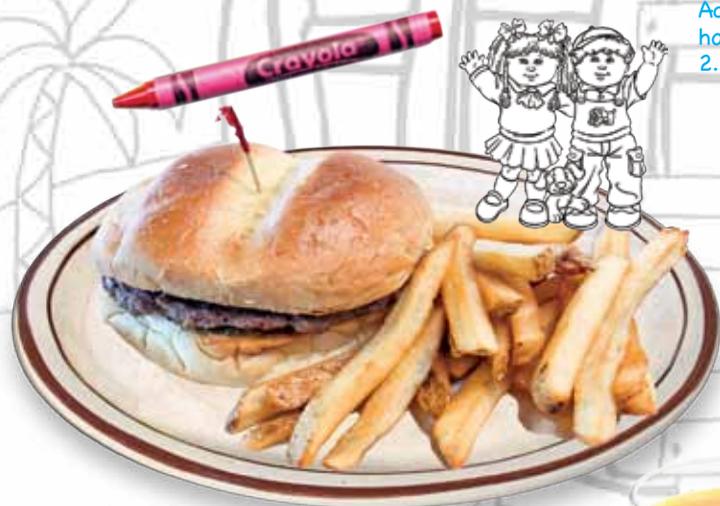
smiley face
A big chocolate chip pancake with whipped topping and chocolate chip smile. Buttermilk version is also available 7.29

junior waffle
Plain waffle and 2 bacon strips or pork sausage links 6.99
Add fruit topping 1.29

Add a cup of hot chocolate 2.69

egg sandwich
1 egg, 1 strip of bacon and cheese on a toasted English muffin. Served with hash browns 6.49

cheese omelette
Fluffy eggs, filled with cheese. Served with 2 fluffy buttermilk pancakes 6.49 Add any ingredient for .90



kid's hamburger
A juicy burger served with seasoned fries 7.99 Add cheese .79

junior cod
A moist, tender cod filet pan-fried to perfection. Served with steamed broccoli and fresh lemon 7.99

Add a regular glass of orange juice 2.99

grilled cheese sandwich
Served with seasoned fries 5.69

crispy chicken strips
Served with seasoned fries 7.29



mac 'n cheese
Cheesy pleasey mac 'n cheese served with a small bowl of seasonal fruit 8.29



fresh fruit in a bowl
A light and refreshing small bowl of seasonal fruit 3.99

Beverages

Juices

Orange, Apple, Tomato, Grapefruit, Cranberry or Passion Guava (no refills)
Regular 2.99, Large 3.69, Carafe 7.99

Milk

Skim Milk or 2%
Regular 2.89
Large 3.79
(no refills)

Chocolate Milk
Regular 2.99
Large 3.89

Soft Drinks

Pepsi, Diet Pepsi, Sierra Mist, Dr. Pepper, Tropicana Fruit Punch, Root Beer, Pink Lemonade, Raspberry Iced Tea (free refills) 2.89



Orange Juice

Cranberry Juice

Passion Guava Juice



Milk

Pepsi

Iced Tea

Pancakes R Us Gift Card

Available from \$5.00 to \$50.00 per card



Hot Chocolate

Topped with whipped topping and chocolate chips (no refills) 2.99



Hot Tea

Choose your flavor. Served with fresh lemon and honey (no refills) 2.89



Coffee Carafe

Our smooth roast coffee served in a "always fresh" carafe. Regular or decaf 2.99 per person



Substitutions available for an additional charge.
We reserve the right to refuse service to anyone.
Not responsible for personal belongings.

Eggs and steaks can be cooked to order. Consuming raw or under cooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

Photography + Menu design by Russ Niewiarowski RN 10/2019