**Grains & Healthy Choices**

**Dry Cereal** *Add seasonal fresh fruit for $1.25.* **$2.95**

**Hot Cereal** Oatmeal (rolled or steel cut)or cream of wheat served with milk and brown sugar. *Add raisins, craisins, or nuts $ 0.50 ea.*  **$3.50**

**Yogurt Parfait** Greek style yogurt, seasonal fresh fruit, topped w/granola. *Add* *nuts $0.50.* **$4.75**

**Toast (2) $2.25 or Bagel $2.75**

*Cream cheese or peanut butter $0.50 ea.*

**Homemade Muffin or Scone** Grilled and buttered. Several varieties - ask your server**. $2.75**

**Fruit Smoothie.**  Not from a mix. Available fresh and frozen fruits and bases (juice, milk or yogurt) blended to create yummy thick breakfast drink. **Veggie** **Smoothie.** Antioxidant laden blend of kale and/or other veggies, fruits and bases make a healthy alternative to the traditional breakfast.

**$4.99**

**Breakfast Sandwiches & Wraps**

**Egg McLemon** **Breakfast Sandwich** Egg, cheese and meat choice on English muffin. **$4.50**

**Breakfast Wrap** Choice of wrap with scrambled eggs & cheese. *Add veggies or meat $.75 ea.* **$3.99**

**Veggie Sunrise Sandwich** Huge grilled sandwich on choice of bread filled w/eggs, roasted red peppers, & onions and topped w/cheese. **$5.50**

**Meat Sunrise Sandwich** Huge grilled sandwich on choice of bread filled w/ eggs, cheese, & choice of meat. Add *onions or peppers $.75 ea.* **$5.50**

**Breakfast Burrito** Soft tortilla filled with scrambled eggs, Monterey Jack cheese, sausage, home fries,

salsa and sour cream. **$5.99**

**Available Breads: Deli-style Sourdough, Marbled Rye, and Wheat; Cinnamon Texas Style; Raisin Bread; English Muffin; Biscuit; Flour Tortillas and Wraps**

**Eggs**

*Served with toast; add home fries, grits or tomatoes $1.25, add cheese $.50. Substitute English muffin for toast $.50*

**Fair Haven Senior Breakfast** 1 egg, 2 bacon or tomato slices, 1 slice of toast  **$3.50**

**Two Eggs** and toast **$3.50**

**Two Eggs, Meat and Toast**

Choice of bacon, sausage patty or ham **$5.50**

**Western Scramble** andtoast

*2 scrambled eggs w/ ham, peppers, & onions* **$5.50**

**Two Eggs, Corned Beef Hash, & Toast $6.25**

**Omelettes**

*Served with toast.*

*Add home fries, grits or tomatoes $1.25*

**Create Your Own Omelette** 3-egg omelet. *Add your cheeses, veggies, meats $.75 ea.* **$4.50**

**Greek Omelette** Feta cheese, spinach, tomatoes,

onions, & black olives **$6.75**

**Hardware Omelette** The works! Onions, black olives, roasted red peppers, mushrooms, cheese, and choice of meat folded into 3 egg omelet.  **$7.50**

**Full Portion Side Orders**

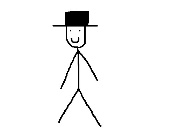
Home fries or grits  **$2.00**

Bacon, sausage or turkey sausage, ham **$2.50**

Corned beef hash **$2.75**

Extra egg  **$1.00**

**Dietary Concerns: We have Gluten-free bread products; non-fat, low-fat, and lactose-free milks; sugar-free syrups and sweeteners; and turkey sausage available**



**315-947-6700**

**Sausage Gravy and Biscuits**

**Sausage Gravy on 2 Homemade Biscuits**

Hard to pass up! **$6.50**

Half order **$4.50**

**Sausage Gravy, 1 Biscuit, & 2 eggs $6.25**

Add a sausage patty **$7.50**

**Pancakes, Waffles, & French Toast**

*From locally milled flour.* *Served with powdered sugar, butter, and table syrup; add fresh fruit $1.50, applesauce $.75, locally made maple syrup $1.00.*

**Pancakes**  **Short stack (2) $3.95**

**Full Stack (3) $4.95**

**French toast $5.50**

**Cinnamon Raisin French Toast** **$5.99**

**Texas French Toast** Extra Thick! **$6.50**

**Belgian Waffle**  $**4.50**

C**ombo:** Waffle or 2 pancakes, with1egg

and 1 sausage patty or 3 bacon slices **$6.25**

Waffle with two eggs, no meat **$5.95**

**The Egg Benedict Variations**

**$6.75**

**Classic** 2 poached eggs**,** grilled breakfast ham on English muffin w/Hollandaise sauce

**Pilgrim** substitutes grilled turkey for ham

**Florentine** substitutes grilled spinach for meat

*Add $1 for both spinach and meat, $2 for everything*

**Veggie Choices -** roasted red peppers, onions, green peppers, tomatoes, black olives, mushrooms, spinach,

broccoli

**Cheese Choices -** American, Swiss, provolone, cheddar; Monterey Jack, mozzarella, feta, parmesan

**Meat Choices**- bacon, sausage or turkey sausage patties, ham