

HEALTHY HABITS

SOUTH BEACH	14.49
One half pineapple filled with low fat vanilla yogurt, fresh fruit, crunchy granola and honey. Served with homemade banana bread.	
FRESH FRUIT SALAD	5.99
YOGURT PARFAIT	8.99
Low fat vanilla yogurt layered with granola, blueberries, strawberries, and honey.	
HEARTY KETTLE CUT OATMEAL	6.99
Hearty thick cut, slowly cooked.	
FRUIT OATMEAL	8.99
Apple, Blueberry or Strawberry with Brown Sugar.	
GRANNY'S OATMEAL	8.99
Topped with sliced bananas, plump raisins and brown sugar.	
CRAN-APPLE OATMEAL	8.99
Topped with cinnamon apples, cranberries, walnuts and brown sugar.	
GRANOLA CEREAL	7.99
All natural whole grain oat granola with sun-dried fruits and nuts. Served with whole or skim milk.	

GLUTEN FREE MENU

*****GLUTEN FREE BATTERS CONTAIN NUTS AND DAIRY*****
Batters are NOT Prepared In a Gluten Free Environment
WE DO NOT USE SEPERATE COOKING EQUIPMENT

AVAILABLE FRUIT TOPPINGS: Fresh or Glazed Strawberry, Pecan, Peach, Cherry Kijafa, Glazed Blueberry, Banana Chocolate Chip, Fresh or Glazed Strawberry-Banana, Chocolate Chip, Banana Foster or Cinnamon Apple.	
PANCAKES	12.99
WITH FRUIT TOPPING	14.99
CHOCOLATE CHIP CAKES	14.99
BANANA NUT CAKES	14.99
BACON CAKES	14.99
PECAN CAKES	14.99
WAFFLES	12.99
WITH FRUIT TOPPING	14.99
BACON WAFFLE	14.99
PECAN WAFFLE	14.99
BANANA FOSTER WAFFLE	14.99
CREPES	12.99
WITH FRUIT TOPPING	14.99

ON THE LIGHTER SIDE

Add a Cup of Homemade Soup for 1.69 Extra	
NAPA CHICKEN SALAD	14.99
All white meat chicken, celery, cranberries, **pecans** mixed with our special dressing and scooped on a croissant with mixed greens and tomato. Served with fresh fruit.	
CHARLIE'S FAVORITE	14.99
Homemade tuna salad scooped on a croissant with mixed greens and tomato. Served with fresh fruit.	
TROPICAL FRUIT PLATE	15.99
Assortment of fresh seasonal fruit served with cottage cheese or sherbet and our banana bread.	
CHICKEN TACO SALAD	15.49
Seasoned grilled chicken breast over crispy lettuce with jack and cheddar cheese, jalapenos, tomatoes, black olives and avocado served in a crispy tortilla bowl with salsa and sour cream.	
STUFFED TOMATO	15.49
Stuffed with your choice of tuna or chicken salad. Garnished with cottage cheese and fresh fruit. Served with our banana bread.	
STUFFED AVOCADO	15.99
Stuffed with your choice of tuna or chicken salad. Garnished with cottage cheese and fresh fruit. Served with our banana bread.	
LOW CALORIE PLATE	15.49
Grilled half pound angus patty with cottage cheese & fresh fruit.	
*CHICKEN SALAD CONTAINS NUTS	

ANGUS BURGERS

Certified Black Angus 1/2 lb Beef Burger grilled to order.
Served with a bowl of soup and french fries or chips
Fruit for Potato 1.99 Salad for Soup 1.99 Waffle Fries 1.49

EGGHEADZ BURGER	16.49
Hickory smoked bacon, avocado, pepper jack cheese and a fried egg. Served with chipotle ranch sauce.	
CHIPOTLE BLUE BURGER	15.49
Hickory smoked bacon, blue cheese and chipotle ranch sauce.	
CALIFORNIA BURGER	15.49
Smoked bacon, avocado, mozzarella cheese and 1000 dressing.	
CLASSIC ANGUS BURGER	13.49
WITH CHEESE	14.49
VEGGIE BURGER	11.99
Garden burger patty with avocado and red onion with ranch dressing. Served on a toasted bun.	
WESTERN BURGER	16.49
Hickory smoked bacon, grilled onions, mushrooms, cheddar cheese and BBQ sauce on a toasted bun.	
PATTY MELT	15.49
On grilled marble rye bread with grilled onions and american cheese.	
MUSHROOM SWISS	15.49
Saut��ed mushrooms topped with melted swiss cheese.	
DIJON BURGER	15.49
Hickory smoked bacon, grilled onions and swiss cheese served on grilled sourdough bread with honey mustard.	

SOUPS AND COMBOS

BOWL OF SOUP	5.49
CUP OF SOUP	3.99
HALF SANDWICH AND SOUP	11.99
Your choice of turkey, tuna salad, chicken salad**, ham and cheese, or BLT. Served with french fries or chips. **Chicken salad contains nuts.**	
SOUP AND SALAD	11.99
Your choice of tossed salad, caesar salad, greek salad or spinach salad. Served with a bowl of homemade soup.	

WE RESERVE THE RIGHT TO ADD 20% GRATUITY
EXTRA PLATE OR SPLIT PLATE CHARGE2.00

SIGNATURE SANDWICHES

Served with a bowl of soup and french fries or chips Fruit for Potato 1.99 Salad for Soup 1.99 Waffle Fries 1.49	
N.Y. STRIP STEAK SANDWICH	25.99
Smothered with grilled onions, mushrooms and mozzarella cheese on garlic bread.	
CALIFORNIA CLUB	16.49
Chicken breast, bacon, avocado, lettuce, tomato and pepper jack cheese on toasted ciabatta roll with roasted red pepper mayonnaise.	
MONTE CRISTO	15.49
Layers of sliced turkey, ham and melted swiss cheese on french toast bread. Served with honey mustard.	
CHICKEN PITA	15.49
Grilled chicken breast strips with grilled peppers and onions on pita bread with crumbled feta cheese and tzatziki sauce.	
CHOICE OF REUBEN	15.49
Thin sliced corned beef or sliced turkey with sauerkraut and swiss cheese on grilled marble rye bread.	
B L T CLUB	14.99
Crispy bacon, lettuce and tomato on white toast with mayonnaise.	
SAN FRANCISCO GRILL	15.99
Thin sliced roast beef with mushrooms, roasted red peppers and melted cheddar cheese on grilled parmesan crusted sourdough bread.	
TURKEY CLUB	15.99
Layers of sliced turkey, crispy bacon, lettuce and tomato slices on wheat toast with mayonnaise.	
ROAST BEEF OR HAM CLUB	15.99
Your choice of sliced roast beef or sliced ham off the bone with choice of cheese, lettuce, tomato and mayo on white toast.	
CHICKEN MELT	16.49
Grilled chicken breast, bacon and cheddar cheese on grilled sourdough bread.	
PHILLY BEEF OR CHICKEN	16.49
Tender sliced beef or chicken breast with grilled peppers, onions, mushrooms and melted mozzarella cheese on french bread.	
TURKEY SANDWICH	14.99
Sliced tuurkey breast served on choice of bread.	
GYROS SANDWICH	14.99
Thin sliced gyros off the rotisserie with onion and tomato on pita bread. Served with our tzatziki sauce.	
CHICKEN-PARM SANDWICH	16.49
Grilled chicken breast with marinara sauce and mozzarella cheese on garlic french bread.	
TUNA OR CHICKEN SALAD	14.99
Your choice of tuna or our chicken salad* on choice of bread. *(CONTAINS NUTS)	
BUFFALO CHICKEN SANDWICH	16.49
Breaded fried chicken breast dipped in our spicy buffalo sauce topped with blue cheese on a toasted bun. Served with ranch dressing.	
ULTIMATE GRILLED CHEESE	14.49
Crispy bacon, melted cheddar, mozzarella, swiss cheese and tomato slices on grilled wheat bread.	
PORTABELLA-WICH	14.99
Grilled portabella mushroom, zucchini, red pepper, mozzarella cheese, with mixed greens and tomato on a toasted ciabatta roll.	

PANINI'S

Our panini's are served with a bowl of soup & pasta salad.	
Sub fresh fruit 1.99	Sub Waffle Fries 1.49
Substitute salad for soup add 1.99	
TUSCAN CHICKEN PANINI	15.49
Grilled chicken breast, pesto, sun-dried tomato, mozzarella cheese and roasted red pepper mayo.	
HAM AND SWISS PANINI	15.49
Sliced ham off the bone with swiss cheese and honey mustard.	
CUBAN PANINI	15.49
Sliced ham off the bone, sliced turkey, swiss cheese, pickles and dijon mustard.	
VALENTINO'S PANINI	15.49
Fresh baby organic spinach, tomato, red onion, mozzarella cheese and pesto.	
BEEF AND CHEDDAR PANINI	15.49
Thin sliced beef with cheddar cheese and roasted red pepper mayo.	

THE ART OF LETTUCE

Salad Dressings: Greek, French, 1000 Island, Caesar, Ranch, Chipotle Ranch, Balsamic, Honey Balsamic, Creamy Garlic, Raspberry Vinaigrette, Warm Bacon Vinaigrette, Blue Cheese. Enjoy a cup of our homemade soup 1.69.	
SOUTHWEST CHICKEN	15.99
Mixed greens, chicken breast, corn, tomatoes, black beans, avocado, jack & cheddar cheese and tortilla strips. Served with chipotle ranch.	
POPEYE'S SPINACH SALAD	14.99
Fresh baby organic spinach with bacon, sun-dried tomato, mushrooms, hard boiled egg, red onion and goat cheese. Served with warm bacon vinaigrette.	
CHICKEN BLT CHOPPED	15.49
Chopped lettuce, chicken breast, tomato, sweet corn, diced bacon and crumbled feta cheese. Served with ranch dressing.	
HARVEST SALAD	14.49
Mixed greens with sliced apples, pecans, cranberries, raisins, blue cheese and croutons. Served with raspberry vinaigrette.	
PACIFIC COBB SALAD	15.99
Mixed greens with chicken breast, bacon, tomatoes, diced egg, black olives, avocado and cheddar cheese. Served with ranch.	
GREEK SALAD	14.49
Mixed greens, tomatoes, cucumber, red onion, green pepper, kalamata olives, anchovies & feta cheese. Served with greek dressing.	
WITH GYROS MEAT OR CHICKEN BREAST ...	16.49
CAJUN SALMON SALAD	17.49
Mixed greens with a cajun salmon fillet, tomatoes, blue cheese, pecans and red onion. Served with honey balsamic.	
JULIENNE SALAD	15.49
Mixed greens with sliced turkey, ham, swiss cheese, american cheese, hard boiled egg, tomato, cucumber and green pepper. Served with choice of dressing.	
CHICKEN CAESAR SALAD	14.99
Crisp romaine lettuce, grilled chicken breast, croutons and parmesan cheese. Served with our creamy caesar dressing.	
TOSSED HOUSE SALAD (No Soup)	6.99

WRAPS

Our wraps are served with a bowl of soup & pasta salad Sub fresh fruit 1.99 Substitute salad for soup add 1.99	
CHICKEN BLT WRAP	15.49
Grilled chicken breast, bacon, tomato, mixed greens and ranch dressing wrapped in a flour tortilla.	
BUFFALO CHICKEN OR SHRIMP WRAP	15.49
Choice of breaded chicken tenders or shrimp dipped in buffalo sauce, mixed greens, tomato, blue cheese and ranch dressing wrapped in a flour tortilla.	
SANTA-FE CHICKEN WRAP	15.49
Grilled chicken breast, mixed greens, tomato, black beans, corn and monterey jack cheese wrapped in a sun-dried tomato tortilla. Served with our fire roasted salsa and sour cream.	
VEGGIE WRAP	15.49
Sliced portabella mushroom, grilled zucchini, roasted red pepper, mixed greens, mozzarella cheese and pesto wrapped in a tomato basil tortilla.	
CHICKEN FAJITA WRAP	15.49
Flour tortilla stuffed with diced seasoned chicken breast, grilled onions and peppers, monterey jack and cheddar cheese, avocado and lettuce. Served with french fries, salsa and sour cream.	
TUNA OR CHICKEN SALAD WRAP	15.49
Choice of tuna or *chicken salad* with mixed greens, avocado, and tomato wrapped in a spinach tortilla. *(Contains Nuts)*	
UDI'S GLUTEN FREE WRAP 1.59 EXTRA.	
MON - FRIDAY LUNCH SPECIALS	
BROILED PORK CHOPS	17.49
Two center cut boneless pork chops served with mashed potato gravy and vegetable. Choice of soup or salad.	
GREEK CHICKEN BREAST	16.99
Grilled chicken breast topped with lemon garlic sauce. Served with rice, steamed broccoli and choice of soup or salad.	
BROILED SALMON 16.99 OR BASA FILET 16.99	
Served with rice, vegetable and choice of soup or salad. Prepared: Plain,Cajun or Grrek Style.	
CHOPPED STEAK	16.49
12 OZ. Broiled ground Sirloin topped with grilled onions & served with mashed potato gravy, vegetable and choice of soup or salad.	
HOMEMADE MEATLOAF	14.99
Our homemade meatloaf topped with mushroom gravy & served with mashed potato, vegetable and choice of soup or salad.	
CHICKEN FINGERS OR SHRIMP BASKET	14.99
Choice of breaded shrimp or breaded chicken tenders. Served with french fries and choice of soup.	

JUICES AND BEVERAGES

FRESHLY SQUEEZED ORANGE JUICE	4.99
FRESH SQUEEZED PINK GRAPEFRUIT	4.99
EGGHEADZ SIGNATURE JUICE	5.99
Fresh spinach, Pineapple and Banana.	
FUJI APPLE JUICE	5.49
FUJI-APPLE CARROT JUICE	5.29
ORANGE STRAWBERRY JUICE	5.69
STRAWBERRY BANANA JUICE	5.69
PINEAPPLE ORANGE JUICE	5.69
CARROT JUICE	4.99
CARROT ORANGE JUICE	4.99
TOMATO JUICE	3.99
CRANBERRY JUICE	3.99
100% COLOMBIAN COFFEE	3.99
HERBAL HOT TEA	3.99
DOUBLE ESPRESSO	2.99
LATTE	5.49
CAPPUCCINO	4.99
MOCHA	5.49
FLAVOR SHOT59
CHAI LATTE OR VANILLA CHAI LATTE	5.49
MILK	SM. 3.29 LG. 3.69
CHOCOLATE MILK ..	SM. 3.69 LG.4.29
PEPSI SOFT DRINKS (2 Free Refills)	4.49
BREWED ICED TEA (2 Free Refills)	4.49
MILK SHAKES	6.99
Strawberry, Chocolate, Cherry or Vanilla	

EXTRA TOUCHES

HAM OFF THE BONE	6.99
CORNED BEEF HASH (Homemade)	6.99
BACON, SAUSAGE LINKS OR SAUSAGE PATTIES	5.99
TURKEY BACON OR TURKEY SAUSAGE PATTIES	5.99
CANADIAN BACON	5.99
EGG (1) A LA CARTE	1.99
TOAST OR ENGLISH MUFFIN	3.49
TOASTED BAGEL.....3.99	WITH CREAM CHEESE.....4.69
TOASTED PECAN ROLL	5.99
BUTTERMILK PANCAKES	5.99
SIDE OF FRENCH TOAST	7.49
HOMEMADE POTATO PANCAKES (2)	8.99
HOMEMADE GRITS..... 4.99	CHEESY GRITS.....5.99
HASH BROWN OR CUBED POTATOES	4.99
FRENCH FRIES.....4.99	WAFFLE FRIES.....5.99
HOMEMADE POTATO CHIPS	4.99
HOMEMADE PASTA SALAD	4.99
FRESH FRUIT SALAD	5.99
BANANA BREAD	3.99
HOLLANDAISE SAUCE	2.49
WHOLE BANANA BREAD (To Go Only!)	10.99
1 HOUR TIME LIMIT ON TABLE OCCUPANCY	

NO GUARANTEE YOU WILL LIKE EVERYTHING ON THE MENU