

HEALTHY START

AVACADO TOAST 11

poached egg, baby kale, feta cheese, tomato, cracked pepper, lemon, evoo

FRESH SEASONAL FRUIT 9

greek yogurt and honey

STEEL-CUT OATMEAL 9

Fresh berries, banana, brown sugar, candied pecans, maple syrup

PROTEIN SHAKE 8

protein powder, pineapple, strawberries, banana

SIDES

SMOKED BACON 5

MAPLE SAUSAGE 5

TURKEY SAUSAGE 5

HAM STEAK 5

BREAKFAST POTATOES 4

PANCAKES 6

FRESH FRUIT 5

TOAST or MUFFIN 3

BEVERAGES

FRESHLY BREWED COFFEE 3.5

HOT TEA 3

JUICE 4

SOFT DRINK 3

SPARKLING WATER 4

RED BULL 5



BREAKFAST

SIGNATURES

HAMMER AND FIRE BREAKFAST 19

two eggs any style with breakfast potatoes, choice of bacon, sausage or ham, breakfast muffin or fresh fruit, include juice, coffee or hot tea

TWO EGGS ANY STYLE 14

breakfast potatoes, toast
choice: bacon, ham or sausage

STEAK OMELET 17

skirt steak, onions, bell peppers, mushrooms, cheddar cheese, breakfast potatoes

BUILD YOUR OWN OMELET 15

breakfast potatoes, choice of onion, tomato, mushroom, spinach, green pepper, cheddar cheese, feta cheese, ham, sausage or bacon

CROISSANT SANDWICH 15

two eggs, smoked bacon, cheddar, flaky croissant, breakfast potatoes

CRABCAKE BENEDICT 19

english muffin, sauteed spinach, poached eggs and hollandaise sauce, breakfast potatoes

CLASSIC EGG BENEDICT 15

english muffin, canadian bacon, poached eggs, hollandaise sauce, breakfast potatoes

CINNAMON VANILLA FRENCH TOAST 14

banana, strawberries, vanilla whipped cream

BUTTERMILK PANCAKES 12

whipped cream, strawberries, maple syrup

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.