

## HEALTHY START

### AVOCADO 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.