

Grill House - Breakfast

Served until 11am

Big breakfast – 2 eggs, 2 bacon or sausage, 2 hash browns, 2 slices of toast \$10.99, 640 Cals

BLT sandwich – bacon, lettuce, tomato & mayo on Texas toast \$7.59, 380 Cals

Breakfast sandwich – bacon or sausage, egg, butter & cheese on an English muffin \$6.49, 340 Cals
Without protein \$5.99, 270 Cals

Breakfast wrap – 12” tortilla, scrambled eggs, bacon or sausage & hash browns in your choice of wrap \$7.29, 680 Cals

Healthy start – 2 egg white, spinach, garlic & parmesan cheese frittatas + fruit salad \$10.79, 210 Cals

Western – eggs, ham, peppers & green onion on Texas toast \$6.59, 300 Cals

GLT sandwich – guacamole, lettuce & tomato on your choice of bread \$5.99, 390 Cals

Veggie bagel supreme – hummus, cucumbers, onion & peppers on a bagel \$5.99, 470 Cals

Toasted bagel – with butter \$2.49, 350 Cals

with cheese or cream cheese \$3.49, 370 Cals

Guac toast – tasty guac on your choice of bread \$3.79, 440 Cals

Add 2 triangle hash browns \$2.29, 290 Cals

Side of toast \$2.29, 220 Cals

Add guac or hummus \$1.49, 50 Cals

Add bacon or sausage \$2.09, 70 cals

Add cheese \$2.09, 80 Cals

Upgrade to a bagel \$1.29, 320 Cals

Make it a combo – combo with a medium coffee or tea with hash browns or fresh whole fruit Add \$3.79, 50-350 Cals

or Dole juice with hash browns or fresh whole fruit Add \$4.89, 250-520 Cals

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

GRILL HOUSE

grill station

Available until 11am

1 Big Breakfast

2 eggs, 2 bacon or sausage,
2 hash browns,
2 slices of toast
\$10.99 640 Cals

2 BLT Sandwich

Bacon, lettuce,
tomato & mayo
on Texas toast
\$7.59 380 Cals

3 Breakfast Sandwich

Bacon or sausage,
egg, butter & cheese
on an English muffin
\$6.49 340 Cals
without protein
\$5.99 270 Cals



MAKE IT A COMBO

Medium coffee or tea with hash browns
or fresh whole fruit
Add \$3.79 (50-350 Cals)

Dole juice with hash browns
or fresh whole fruit
Add \$4.89 (250-520 Cals)

4 Breakfast Wrap

12' tortilla,
scrambled eggs,
bacon or sausage
& hash browns in
your choice of wrap
\$7.29 680 Cals

5 Healthy Start

2 egg white, spinach,
garlic & parmesan
cheese frittatas
+ fruit salad
\$10.79 210 Cals



TASTY EXTRAS

2 triangle hash browns	\$2.29	290 Cals
Side of toast	\$2.29	220 Cals
Add guac or hummus	\$1.49	50 Cals
Add bacon or sausage	\$2.09	70 Cals
Add cheese	\$2.09	80 Cals
Upgrade to a bagel	\$1.29	320 Cals



GRILL HOUSE

grill station

Available until 11am

6 Western

Eggs, ham, peppers
& green onion
on Texas toast

\$6.59 300 Cals

7 GLT Sandwich

Guacamole,
lettuce & tomato
on your choice
of bread

\$5.99 390 Cals



8 Veggie Bagel Supreme

Hummus, cucumbers,
onion & peppers
on a bagel

\$5.99 470 Cals



MAKE IT A COMBO

Medium coffee or tea with hash browns
or fresh whole fruit

Add \$3.79 (50-350 Cals)

Dole juice with hash browns
or fresh whole fruit

Add \$4.89 (250-520 Cals)

9 Toasted Bagel

with butter

\$2.49 350 Cals

with cheese

\$3.49 370 Cals

with cream cheese

\$3.49 370 Cals



10 Guac Toast

Tasty guac on
your choice
of bread

\$3.79 440 Cals



TASTY EXTRAS

2 triangle hash browns	\$2.29	290 Cals
Side of toast	\$2.29	220 Cals
Add guac or hummus	\$1.49	50 Cals
Add bacon or sausage	\$2.09	70 Cals
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