

Grill & Co - Breakfast

Served all day

Big breakfast – your choice of bacon or sausage, 2 eggs, 2 pieces of toast & our herbed hashbrowns \$8.99, 950-1,260 Cals

Bacon or sausage breakfast sandwich – egg, cheese & your choice of bacon or sausage on a toasted English muffin \$4.99, 320-390 Cals

Egg & cheese breakfast sandwich – eggs with cheddar cheese, layered on a toasted English muffin \$4.19, 290 Cals

Field roast plant based sandwich – plant based sausage with cheddar cheese, layered on a toasted English muffin \$6.99, 470 Cals

Western sandwich – black forest ham & eggs with onions and green bell peppers, on Texas toast \$6.29, 420 Cals

BLT on a bagel – grilled bacon with lettuce, tomatoes & mayo, on a bagel \$7.49, 430-460 Cals

Add coffee & hashbrowns \$4.10, 490 Cals

Side of hashbrowns \$2.99, 490 Cals

Plain bagel \$2.29, 280 Cals

Multigrain bagel \$2.29, 300 Cals

Bagel with cream cheese \$3.29, 380-410 Cals

Upgrade any breakfast sandwich to a bagel \$1.29, 280-300 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.

1**\$8.99****BIG BREAKFAST**
(950-1260 Cals)

Your choice of Bacon or Sausage,
2 eggs, 2 pieces of toast and
our herbed hashbrowns

**2****\$4.99****BACON OR SAUSAGE**
BREAKFAST
SANDWICH
(320-390 Cals)

Egg, cheese and your choice of
Bacon or Sausage on a
toasted English muffin

**COMBO IT**
\$9.09 (810-880 Cals)**3****\$4.19****EGG & CHEESE**
BREAKFAST
SANDWICH
(290 Cals)

Eggs with cheddar cheese,
layered on a toasted
English muffin

**COMBO IT**
\$8.29 (780 Cals)**4****\$6.99****FIELD ROAST**
PLANT BASED
SANDWICH
(470 Cals)

Plant based Sausage with
cheddar cheese, layered on
a toasted English muffin

**COMBO IT**
\$11.09 (780 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.

5 \$6.29

**WESTERN
SANDWICH
(420 Cals)**

Black forest ham and eggs
with onions and green
bell peppers, on Texas toast



COMBO IT
\$10.39 (910 Cals)



6 \$7.49

**BLT ON A BAGEL
(430-460 Cals)**

Grilled bacon with lettuce,
tomatoes and mayo, on a bagel



COMBO IT
\$11.59 (920-950 Cals)



COMBOS, SIDES & BAGELS

ADD COFFEE & HASHBROWNS (490 Cals) \$4.10

SIDE OF HASHBROWNS (490 Cals) \$2.99

PLAIN BAGEL (280 Cals) \$2.29

MULTIGRAIN BAGEL (300 Cals) \$2.29

BAGEL WITH CREAM CHEESE (380-410 Cals) \$3.29

**Upgrade Any Breakfast Sandwich
to a Bagel (280-300 Cals)**

1.29



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.