

BREAKFAST - *Summer 2015* Served from 7am – 2pm

BOB'S RED MILL OATMEAL (GF) or CREAM OF WHEAT	\$3.00
Served with homemade candied walnuts, brown sugar, raisins and cream	
BISCUIT AND SAUSAGE GRAVY	\$5.00
An old-time favorite	
CHICKEN-FRIED STEAK AND EGGS	\$9.00
Tasty beef fritter and country gravy served with 2 eggs any style and hashbrowns and choice of toast	
BUTTERMILK PANCAKES	\$4.00
Three pancakes served with maple syrup	
BAGEL AND CREAM CHEESE	\$4.00
Toasted bagel with cream cheese, ripe tomato Slices and a sprinkle of lemon pepper	
BELGIAN WAFFLE	\$4.00
Freshly baked, served with maple syrup and butter	
FRENCH TOAST	\$5.00
Two slices of thick Texas toast battered with a mixture of egg, cream, vanilla and cinnamon	
TWO EGGS ANY STYLE	\$7.00
Served with ham, bacon, sausage patty or link and your choice of toast or English muffin	
TANASBOURNE SKILLET (GF, CF)	\$7.00
A hearty mixture of sausage, bacon, sautéed peppers and onions, potatoes, and cheddar cheese topped with 2 eggs served any style with your choice of toast or English muffin	
THE SPRINGS FRITTATA (GF, CF **)	\$7.50
Eggs with spinach, sliced mushrooms, tomato, sweet peppers, onions and crumbled feta cheese and your choice of toast or English muffin	

A LA CARTE

BOWL OF COLD CEREAL	\$2.00
Your choice of Corn Flakes, Rice Krispy's, Raisin Bran, or Cheerios	
BREAKFAST MEAT (GF, CF)	\$3.00
Your choice of: ham slice, sausage patty, sausage link or 2 strips of bacon	
ONE EGG ANY STYLE (GF, CF)	\$2.00
FRESH HASHBROWNS (GF, CF)	\$3.00
FRESH-BAKED PASTRY	\$2.50
Ask your server for the pastry of the day	
TOAST	\$1.50
Your choice of 9-grain, white, rye, sourdough, raisin, English muffin, or whole wheat English muffin or gluten-free bread	
PIECE OF WHOLE FRESH FRUIT♥	\$1.50
Your choice of an apple, orange, banana or pear	
APPLESAUCE	\$1.00
FRUIT CUP♥	\$1.50
HALF GRAPEFRUIT♥	\$1.50
DISH OF FLAVORED YOGURT♥	\$1.25
DISH OF PRUNES♥	\$1.50

COMPLIMENTARY BEVERAGES

Orange, Apple, White Cranberry & Pineapple Juice
 Passion Fruit, Orange, & Mango Blend Fruit Juice
 V-8 or Tomato Juice
 Strawberry-Kiwi Vitamin Enhanced Water
 Tropical Mango Vitamin Enhanced Water
 Lemonade or Sugar-Free Lemonade
 Regular or Decaf Coffee
 Assortment of Teas
 Milk – Whole, 2%, Fat-Free, Soy

BUILD YOUR OWN OMELETTE (GF) \$7.50

Choose up to 3 ingredients. Includes choice of Toast or English Muffin (*Additional Ingredients 50¢*)

Ham	Sausage	Tomato♥	Onion♥	Feta	Cheddar
Bacon	Mushrooms♥	Spinach♥	Swiss	Peppers♥	

** omit cheese to make DF ♥ = Heart Healthy DF= Dairy Free CF = Corn-Free