

# Breakfast

M-F 7-11A □ S & S 7A-3P

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Granola Parfait   house made granola with berries & milk or vanilla honey yogurt	7
Granola Wrap   banana, apple, berries, granola, vanilla honey yogurt, & almond butter in a whole wheat tortilla	4
Milk Toast   crumbled cornbread with milk of your choice	3
Fruit, Berries, & Vanilla Honey Yogurt	8
Almond Butter Oatmeal   apple juice sweetened oats with almond butter & banana	5
Belmont Breakfast   two eggs, sweet potato pecan pancakes, choice of bacon or sausage, breakfast potatoes or grits, & biscuits, toast or English muffin	11
Two Egg Breakfast   two eggs served with potatoes or grits, & biscuits, toast, or English muffin	6
Sweet Potato Pecan Pancakes   maple butter & fresh fruit	8
Cranberry Orange French Toast   maple butter & fresh fruit	8
Egg Sandwich   fried egg on whole wheat with lettuce, tomato, avocado, & horseradish mayo	7
Breakfast Tacos   scrambled eggs, black beans, potato, tomato, pepper jack cheese, & jalapeños in flour tortillas served with Greek yogurt & salsa	7
Cliff Scramble   served with potatoes or grits, & toast, biscuits, or English muffin	9
<i>choose one protein</i> : bacon (pork, turkey, or tempeh), chicken sausage, ham, turkey, black beans	
<i>choose one cheese</i> : cheddar, feta, gruyere, pepper jack	
<i>choose up to three veggies</i> : bell pepper, jalapeño, mushroom, red onion, spinach, tomato	
House Made Biscuits and Gravy	5

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One Cage-Free Egg   any style	2
Bacon (pork, turkey, or tempeh), Chicken Sausage, or Ham	3
Cup of Oatmeal, Grits, or Black Beans	2
Breakfast Potatoes	2
Cup of Fruit or Granola	3
Bread   biscuits, English muffin, honey whole wheat, sourdough, rye, tortillas	4

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