



# BREAKFAST

SERVED ALL DAY

## EGGS – Served with Country Potatoes or Fruit

Egg White available, 4.00 extra, Gluten-Free Bread, 3.50 extra

Two Eggs* (any style) – Choice of wheat or white toast, with country potatoes or fruit.....	12.95
Add Meat – Pistachio Sausage.....5.25 Bacon.....5.25 Ham.....5.25	
Egg Sandwich* - Eggs with choice of cheese, meat, and choice of wheat or white toast.....	14.95
Avocado Eggs* - Poached eggs, on English muffin with avocado, salsa and cheddar cheese .....	16.50
Eggs Benedict*(Classic) - Poached eggs on English muffin with Canadian bacon, Hollandaise Sauce.....	16.95
Avocado (Avocado) Benedict* .....	16.95
Florentine (spinach, tomato) Benedict* .....	15.95
Salmon (Smoked Salmon) Benedict* .....	19.50
Manhattan Eggs* - Three eggs scrambled with smoked salmon, green onion, tomato, cream cheese, bagel.....	20.50
Breakfast Burrito* - Scrambled eggs, black beans and cheese, wrapped in flour tortilla, smothered with	
Homemade Pork Chili Verde or Vegetable Salsa and country potatoes.....	16.95
Corned Beef Hash – Hash with two eggs, any style and your choice of toast.....	19.50
Lox - Smoked salmon, cream cheese, Bermuda onion, tomatoes, capers and bagel platter.....	19.50
Huevos Rancheros* - Eggs and black beans on a corn tortilla, smothered with homemade Pork Chili Verde or	
Vegetable Salsa, served with country potatoes, green salad, sour cream and cheddar cheese.....	16.95

## OMELETS – Three eggs, served with toast or tortilla and Country Potatoes or Fruit (Eggs white add 4.00)

Western Omelet* - Onion, green pepper, ham, cheddar cheese.....	19.95
Vegetarian Omelet* - Onion, spinach, mushroom, cheddar cheese.....	18.95
Build Your Own Omelet* (PLAIN).....	13.50
Onion, green pepper, leaf spinach, mushroom, tomatoes, broccoli,	
jalapeno, cheese (cheddar, swiss, feta) .....	add 1.60 each
Ham, bacon, sausage, turkey.....	add 2.95 each

## PANCAKES, Half Order (deduct 1.00)

Organic pure maple syrup or sugar-free syrup, add 4.00

Old Fashioned Oatmeal Pancakes – These cakes are moist inside like hot oatmeal and are a “have-to-try” .....	14.95
Macadamia Nut Oatmeal Pancakes – the Ultimate indulgence.....	17.95
Blueberry Granola Pancakes – Whole wheat batter with blueberries inside and granola on top.....	15.95
Corn Griddle Cakes (2) – served with our homemade Pistachio Sausage Patties.....	16.95
Buttermilk Pancakes.....	13.95
All pancake orders can be Topped with Fruit.....	add 4.95

## FRENCH TOAST, WAFFLES & CREPES

French Toast .....12.95 Waffle .....12.95

With Fruit..... add 4.95

Strawberry Crepe – Fresh Strawberries with whipped cream.....	12.95
Combo Crepe – Strawberry, Banana, and chocolate with whipped cream – “The Ultimate” .....	13.95
Nutella-Banana Crepe – Fresh Banana and Nutella (hazelnut-chocolate) with whipped cream .....	13.95



Poppycock's Café - Blend Old Fashioned Oatmeal Pancake Mix & Corn Griddle Cake Mix  
are available in 32-oz bags for you to take home to share with your family! \$10.98/bag

\*These items contain ingredients that may be undercooked. Consuming raw undercooked meats, cold treats, seafood, shellfish or eggs may increase your risk of foodborne illness.

**NO SUBSTITUTIONS**

Only 1 credit card per table



**FRUIT & CEREALS**

Fruit & Yogurt – Sprinkled with raisin and nuts (Granola, add 2.25)	10.95
Bowl of Fresh Fruit – Banana, Strawberries, Blueberries (seasonal)	9.95
Granola with Sliced Banana (Yogurt, add 1.25)	11.50
With Soy or Almond Milk or Oat Milk	add 1.00

**BEVERAGES**

<b>SMOOTHIES</b>	6.95
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Strawberry | Banana | Blueberry

**HEALTH DRINKS** – (Like a smoothie, but fortified)

#5 Fruit, yogurt, raisins, mango nectar and protein powder 8.25

#6 Strawberry, blueberry, banana, peach mango and protein powder 8.25

#7 Strawberry, Lemon, banana, OJ and protein powder 8.25

With extra Protein Powder, Spinach or Avocado each, add 1.25

With Almond Milk or Oat Milk add 1.00

**OTHER BEVERAGES:** Latte, Cappuccino, Espresso, Mochaccino, Hot Chocolate, Coffee, Iced Coffee, Hot Tea, Iced Tea, Arnold Palmer, (Juice: OJ, Apple, Cranberry, Grapefruit, V-8), Coke, & Diet Coke

## Lunch

Start at 11am

**SANDWICHES** – Served with choice of Potato Salad (contains peanuts), Green Salad or Chips

(Gluten-Free bread available for additional 3.25)

**Veggie Sandwich** – Avocado, cucumber, red onion, tomato, cheddar cheese, greens, spinach with mustard  
mayonnaise on whole wheat 16.95

**Tuna Sandwich** – Albacore tuna salad (celery and onion), lettuce, tomato and mayonnaise on whole wheat 18.95

**Poppycock's Club** – An original triple decker layered with regular bacon, turkey, lettuce and tomato with  
Mayonnaise on whole wheat 19.95

**Chicken Veggie Wrap** – Spinach, lettuce, tomato, cucumber, chicken, and ranch dressing 18.50

**Crispy Mustard Chicken Breast** – Breaded mustard chicken on whole wheat bun with lettuce and tomato 18.50

**Turkado** – Grilled turkey, swiss cheese, avocado, tomato and lettuce on sourdough 18.95

**Grilled Turkey** – Grilled turkey, Canadian bacon, jalapeno jelly and cheddar on sourdough 18.50

**Tuna Melt** – Tuna Salad (celery and onion), tomato and cheddar cheese on English muffin 18.95

**Turkey Reuben** – Thin-sliced turkey, sauerkraut, melted swiss cheese, thousand island dressing 18.50

**SALADS** – Choose from Italian, Thousand Island, Ranch, Balsamic Vinaigrette dressing

Add Smoked Salmon (Lox) 7.00

Add Chicken, Turkey, Bacon, or Tuna Salad 6.00

**Garden Salad** – Mixed greens with tomato, cucumber, cranberries, feta cheese, onion and croutons 13.50

**Spinach Salad** – Spinach, cheese, diced tomato, tossed with balsamic dressings, topped with  
Avocado and croutons 14.50

**Tuna Salad** – Albacore tuna, onion, celery, mayonnaise, tomato and cucumber on a bed of salad greens 18.50

**CHILDREN'S MENU** (ages 12 and under only)

**Mickey Mouse Pancake** (choice of oatmeal or buttermilk batter) 7.50  
With Chocolate Chips add 1.95

**Kid's French Toast** – sprinkled with powder sugar and cinnamon, topped with banana 9.75

**Kid's Grilled Cheese** – cheddar on whole wheat bread with potato chips 7.50

**Kid's Plain Hot Dog** – served with potato chips 7.50

**Kid's PB&J Sandwich** – peanut butter and strawberry jam on whole wheat bread 6.50

**No Separate Checks please.. We accept: All major credit cards or Cash**

We reserve the right to  
add 20% gratuity

05/23