

BREAKFAST



Biscuits and Gravy - One of our made-from-scratch biscuits covered with sausage gravy, served with crumbled southern pork sausage with hash browns, grits, or fruit 8.5

Full Breakfast - Two eggs, choice of sausage or bacon, grits, hash browns, or fruit, and two buttermilk pancakes 10.5

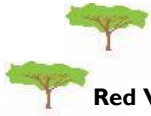
Breakfast Casserole - Sausage, egg, and cheese with a pastry crust, served with hash browns, grits, or fruit 8

French Toast - Dipped and grilled to order

Terrace French Toast - Our version of the original 7.5

California French Toast - An orange flavored french toast with an orange infused honey drizzle and cranberry butter 9.5

Banana Pecan French Toast - Dipped banana nut bread covered with ripe bananas and toasted pecans in a rum flavored maple sauce 10



S'mores French Toast - Chocolate dipped Texas toast coated in graham cracker crumbs sandwiched with marshmallow cream and chocolate 9.5

Red Velvet Waffle - Red velvet waffle topped with a cream cheese drizzle served with hash browns, grits, or fresh fruit 9

Malted Belgian Waffle - Golden brown Belgian style waffle served with choice of hash browns, grits, or fresh fruit

- Regular 7.5

- Bacon, blueberry, chocolate chip, pecan or strawberry 8.5

Pancakes - Three fluffy buttermilk pancakes stacked alongside your choice of hash browns, grits, or fruit

- Regular 7

- Blueberry, strawberry, banana, pecan or chocolate chip 8.5



Shrimp and Grits - Cajun-spiced shrimp, chorizo sausage, onions, and peppers with a creole bar-b-que sauce
Over stone ground cheese grits with fried okra 13

Steak and Eggs - Two 3oz. filet medallions served with two eggs, hash browns, grits, or fruit and toast 14.5

Breakfast Sandwiches - Each sandwich served with hash browns, grits, or fruit

Croque Madame: Canadian bacon, Swiss, and mayo between two pieces of sourdough toast, topped with over-easy egg 7.5

SEC Biscuit: House-made sausage patty, egg, and cheese on our buttermilk biscuit 7

BEC Biscuit: Smoked bacon, egg, and cheddar cheese on a buttermilk biscuit 7

Omelets - Fluffy three egg omelet with choice of three fillings from below, served with toast and hash browns, grits, or fruit 11

- Vegetables - onions, tomatoes, mushrooms, bell peppers, scallions, spinach

- Meats - chopped bacon, crumbled sausage, Canadian bacon, country ham, roasted turkey, turkey bacon

- Cheeses - pepper jack, cheddar, Swiss, herbed goat, gruyere



Y Omelets - Omelets approved by a Harris & Harris Express YMCA nutritionist 11.5

Y Turkey - Egg whites, shredded turkey, spinach, and tomato, served with fruit and whole wheat toast

Y Veggie - Egg whites, onions, tomatoes, mushrooms, bell peppers, scallions, and spinach, served with fruit and whole wheat toast



indicates an item approved by a Harris & Harris Express YMCA nutritionist

3% of each YMCA- approved meal will be donated back to YMCA Community Outreach program.

Benedicts - One of the choices below atop toasted English muffin, with poached egg, and whole-grain mustard hollandaise
Served with hash browns, grits, or fruit

Canadian Bacon 10

Filet medallions 14.5

Florentine (sautéed spinach and tomato topped with crispy onions) 10

Southern sausage (served on a buttermilk biscuit) 10

Berry Split - A banana split with low-fat vanilla yogurt, fresh berries, granola, and honey, served with a piece of coffeecake 9.5

Oatmeal - Steel cut oats with maple rum sauce, toasted pecans, and fresh banana served with seasonal fruit and toast 7.5

Fresh Fruit Platter - A generous portion of seasonal fruit with yogurt and a piece of coffeecake 9.5

KID'S MENU - ALL CHOICES SERVED WITH FRUIT

One egg and two slices of bacon - 5

Two animal pancakes, one egg, and one slice of bacon - 5

Three animal pancakes and one slice of bacon - 5

SIDES

Biscuit and Jam, Honey or Apple butter - 2

Bacon - three pieces 3

English Muffin and Jam - 2

Muffin - ask for today's selections 2

Coffee Cake - 3

Hash Browns - 2.5

Two Pancakes - 3.5

Two Eggs - 2.5

Salsa - 2

Tomato Slices - 1.5

Fried Green Tomatoes - 3

Toast and Jam or Apple Butter - 2

House-made Sausage - two patties 3

Country Ham - two thick slices 4

Canadian Bacon - 4

One Egg - 1.5

Turkey Bacon - three pieces 3

Stone Ground Grits - 2.5

Fresh Fruit Cup - 3.5

½ Order of Biscuits and Gravy - 3