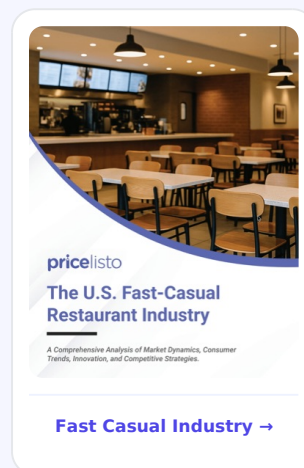




Morning Squeeze

Menu Prices — August 21, 2026

Restaurant & Food Industry Reports



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Omelettes

ITEM	PRICE
Veggie Omelette tomatoes, spinach, bell peppers, onion, avocado, mushroom, and goat cheese. Choice of side and toast.	\$16.50
Meat Lover Bacon, ham, sausage, cheddar	\$18.50
Squeeze Apple gouda chicken sausage, onions, bell peppers, mushrooms, Swiss	\$16.75
Mile High Ham, bell peppers, onion, cheddar. Choice of side and toast	\$15.50
Barbacoa	\$18.00
Greek Hand-stacked gyro, red onions, tomatoes, feta, wild oregano, house-made tzatziki	\$18.00
Melt Away Mushrooms, green peppers, onions, tomatoes, egg whites, low-fat cheese, served with fruit and English muffin	\$18.00

Fresh & Clean

ITEM	PRICE
Avocado Toast smashed avocado, lemon vinaigrette, heirloom tomatoes, goat cheese served on 2 slices of sourdough bread	\$19.00
Lox and Bagel Smoked salmon, cream cheese, tomatoes, pickled red onions, capers, and arugula on an everything bagel.	\$19.00
Powerhouse Overnight Oats Mixed berries, agave, coconut milk, chia seeds, candied pumpkin seeds, peanut butter, served cold	\$12.50
Fruit and Pastry Platter Assorted Pastries and fruit served with butter, jam, and lemon curd.	\$19.00
Yogurt Parfait Greek yogurt, fresh berries, granola, bee pollen, house-made blueberry bread	\$16.00

Eggs Benedict

ITEM	PRICE
Classic Benedict Two pieces. Poached eggs on an English muffin served with hollandaise on the side, Canadian bacon, and your choice of si...	\$18.00
Smoked Salmon Benny 2 poached eggs, smoked salmon, arugula, fried capers, chipotle hollandaise on an english muffin. served with a side.	\$19.00
Cali Benedict Avocado, spinach, tomatoes, poached eggs, hollandaise	\$19.00
Skirt Steak and Eggs Benedict Avocado, cotija cheese, poached eggs, hollandaise	\$19.00
Barbacoa Benedict Braised chuck, hollandaise	\$19.00
Phat Country Boy Benedict Two freshly baked biscuits, house-made maple sausage patty, poached eggs, scratch gravy	\$19.00

Yolking Delicious	
ITEM	PRICE
Biscuits and Gravy Breakfast Two eggs and two freshly baked biscuits covered in country gravy and choice of side	\$18.75
Breakfast Burrito Chorizo, hash browns, black beans, jalapeños, onions, jack cheese, salsa	\$16.75
The Hangover Bowl Green chile pork with potatoes, black beans, Jack cheese, and eggs your way. Choice of red or green chile.	\$16.00
Chicken and Waffles (Standard Eggs) Belgian waffle, fried chicken, scratch gravy, maple syrup, fried eggs	\$19.00
Chicken and Waffles (Egg White) Belgian waffle, fried chicken, scratch gravy, maple syrup, fried eggs	\$22.00
Squeeze Tacos (Chorizo Eggs) Three corn tortillas, cheesy chorizo eggs, avocado, tomatoes, onions, sour cream, salsa	\$18.00
Squeeze Tacos (Skirt Steak) Three corn tortillas, cheesy chorizo eggs, avocado, tomatoes, onions, sour cream, salsa	\$22.00
Bangin Breakfast Sammie Two eggs, cheddar, everything bagel, choice of bacon, house-made maple sausage or apple-gouda chicken sausage	\$17.00
Gypsy Steak Skillet Angus skirt steak, smoked ham, green peppers, onions, mushrooms, Swiss, American cheese, choice of eggs, choice of toast	\$19.99
Chicken Chilaquiles (Chicken) Tortilla chips, avocado, onions, tomatoes, Cotija, crema, salsa verde, fried eggs	\$18.00
Chicken Chilaquiles (Steak) Tortilla chips, avocado, onions, tomatoes, Cotija, crema, salsa verde, fried eggs	\$21.00
Chicken Chilaquiles (Barbacoa) Tortilla chips, avocado, onions, tomatoes, Cotija, crema, salsa verde, fried eggs	\$21.00
Corned Beef Hash Two eggs, house-made corned beef hash, choice of toast	\$19.00
Carne Asada Steak Frites Frittata Skirt steak, french fries, caramelized onions, Cotija, crema, choice of toast	\$19.00
GC Angus Skirt Steak and Eggs Choice of eggs, choice of toast	\$27.00
Afternoon Delight	
ITEM	PRICE
B.L.T. and A sourdough, bacon, lettuce, tomato, and avocado with mayonnaise. Served with choice of side	\$16.00
Frisky Chick Fried Chicken breast with bacon and avocado, lettuce, tomato, and lemon aioli on grilled sourdough. Choice of side	\$17.50
Reuben Sandwich Grilled rye, Swiss, saurkraut, pastrami, and Thousand Island. Served with choice of fries, cottage cheese, or fruit cup.	\$16.00
Bangin' AF Burger 8 oz burger smothered in our Cheese sauce, bacon, and crispy onion straws. Lettuce, tomato, and pickle and choice of sid...	\$17.50
Strawberry Chicken Salad Strawberries, feta, red onions, pistachios, balsamic vinaigrette	\$18.50

ITEM	PRICE
Crispy Chicken Cobb	\$18.00
Lettuce, tomatoes, crispy bacon, hard-boiled eggs, avocado, blue cheese, chives, choice of dressing	

From the Griddle

ITEM	PRICE
Belgium Waffle	\$12.00
With maple syrup and whipped butter.	
Pancakes	\$14.00
Three stack	
Protein Pancakes	\$16.75
Three stack made with whey vanilla protein. Topped with granola.	
Gluten-Free Pancakes	\$16.00
Three pieces.	
Stuffed French Toast	\$17.99
Mascarpone, Nutella, bananas, Maldon sea salt	
Granola Crunch French Toast	\$17.99
Fresh berries	
Butter Cake French Toast	\$17.99
Chantilly cream, fresh berries, Maldon sea salt	
Banana Nutella Crepes	\$17.99
Lemon Ricotta Pancakes	\$17.99
OG French Toast	\$14.00

Sides

ITEM	PRICE
Sausage Links	\$5.00
2 Eggs	\$5.50
Fruit Cup	\$4.00
Smoked Ham	\$6.00
French Fries	\$4.00
Apple Gouda Chicken Sausage	\$6.00
Cottage Cheese	\$5.00
Toast	\$3.00
Fruit	\$3.00
Bacon	\$5.00
Hash Brown	\$4.00
Canadian Bacon	\$5.00

Coffee

ITEM	PRICE
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Latte	\$7.00
Cold Brew	\$7.00
Mocha (Small)	\$7.00
Mocha (Large)	\$8.00
Coffee (Small) Local and fresh roasted blend.	\$3.00
Coffee (Large) Local and fresh roasted blend.	\$4.00
Chai (Small)	\$6.50
Chai (Large)	\$8.25
Cappuccino	\$5.50
White Mocha (Small)	\$7.00
White Mocha (Large)	\$8.00

Shakes and Smoothies

Item	Price
Strawberry Banana Smoothie Strawberry, banana, coconut milk, honey yogurt	\$13.00
The Jolt Chocolate protein, peanut butter, cold brew and banana.	\$16.50
Berry Madness Smoothie Strawberry, blueberry, coconut milk, honey, yogurt	\$13.50
Groovy Green Smoothie Spinach, banana, oatmilk, honey yogurt	\$14.50

Juices and Sodas

Item	Price
Orange (Small) Serve fresh squeezed orange juice.	\$5.00
Orange (Large) Serve fresh squeezed orange juice.	\$8.25
Soft Drinks and Water Serve fresh squeezed orange juice.	\$3.50
Lemonade Serve fresh squeezed orange juice.	\$3.75
Cranberry (Small) Serve fresh squeezed orange juice.	\$3.25
Cranberry (Large) Serve fresh squeezed orange juice.	\$5.50
Apple Juice (Small) Serve fresh squeezed orange juice.	\$3.25
Apple Juice (Large) Serve fresh squeezed orange juice.	\$5.50

ITEM	PRICE
Pineapple (Small) Serve fresh squeezed orange juice.	\$3.25
Pineapple (Large) Serve fresh squeezed orange juice.	\$5.50