

Egg Harbor Cafe

Gluten-Free Menu

Please specify **GLUTEN-FREE** when ordering from this menu. These menu items have been modified to be gluten-free. Please be aware that Egg Harbor Cafe restaurants are not gluten-free establishments and therefore cross-contamination may occur.

Breakfast Creations

Three egg omelettes served with choice of fresh fruit, sliced tomatoes, sautéed veggies or Harbor potatoes (choose two)

Traditional Breakfast

Two eggs served any style with bacon or sausage 7.95
Add Cheesy Grits 1.95

Chilaquiles

Crunchy corn tortilla chips cooked in green salsa with melted Jack cheese and chicken breast. Topped with two eggs any style, garnished with avocado 8.95

Bavarian Benedict

Harbor potatoes topped with two poached eggs, diced bacon, melted Jack and Cheddar cheeses and a dollop of sour cream. Garnished with chives and tomato 9.45

Georgia Cheese Grits and Eggs

Authentic stone ground corn grits slow cooked with white Cheddar cheese, crowned with bacon, jalapeños, onion and tomatoes. Served with two eggs, any style 8.45

Geneva Rosti

A delightful blend of grated potatoes, two eggs, bacon and onion baked with Jack and Cheddar cheeses and topped with sour cream 8.95

Skinny Rosti

Fresh spinach, mushrooms, red and green peppers, onion and grated potatoes baked in egg whites. Topped with salsa and low-fat Mozzarella cheese 8.95

Omelettes

Three egg omelettes served with choice of fresh fruit, sliced tomatoes, sautéed veggies or Harbor potatoes (choose two)

Garden Delight Omelette

Fresh mushroom, spinach and diced tomato topped with Monterey Jack cheese and a dollop of sour cream 7.95

Rocky Mountain High Omelette

Diced ham, bell pepper and onion topped with melted Jack and Cheddar cheeses 8.45

Athens Omelette

Artichoke, Kalamate olives, fresh spinach, diced tomato and onion topped with crumbled Feta cheese 8.95

Butcher Shop Omelette

Bacon, sausage and ham topped with melted Jack cheese 8.95

Dynamite Veggie White Omelette

Egg whites with fresh spinach, red and green peppers and mushrooms topped with salsa and melted low-fat Mozzarella. 8.95

Cheese Omelette

Monterey Jack and Cheddar cheeses 6.95
Add bacon, sausage or ham for .95 each
Add mushrooms, jalapeño, roasted pepper or spinach for .75 each

Bacado Omelette

Crispy bacon, fresh avocado and melted Jack cheese, topped with sour cream and served with a side of salsa 8.95

Frittata

Baked open-faced omelette served with choice of fresh fruit, sliced tomatoes, sautéed veggies or Harbor potatoes (choose two)

Sir Dugan Frittata

Bacon, tomato and spinach baked into three eggs, topped with melted Jack and Cheddar cheeses and a dollop of sour cream 8.45

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Skillets

A generous skillet of Harbor potatoes layered with ingredients of your choice and topped with two eggs, any style. Served with fresh fruit.

Ultimate Skillet

Ham, mushroom, green pepper, onion and tomato. Topped with melted Jack and Cheddar cheeses 8.95

Matt's Meaty Skillet

Loaded with bacon, ham and sausage. Topped with melted Jack and Cheddar cheeses 8.95

Roasted Veggie Skillet

Harbor potatoes mixed with roasted onion, sun-dried tomatoes, grilled zucchini, roasted red pepper and Portabella mushroom. Topped with Mozzarella cheese and two scrambled no-cholesterol eggs 9.45

Scramblers

All made with three scrambled eggs and served with your choice of fresh fruit, sliced tomatoes, sautéed veggies or Harbor potatoes (choose two)

Sicilian Egg White Scrambler

Three egg whites scrambled with spinach, tomatoes and onion, topped with oregano, Parmesan and low-fat Mozzarella. 7.95

Joe's Healthy Scrambler

Turkey sausage, fresh leaf spinach, mushroom and roasted onion scrambled into three no-cholesterol eggs topped with low-fat Mozzarella cheese. 8.95

Harbor Scrambler

Bacon and tomato with melted Jack and Cheddar cheeses. 7.95

Create-Your-Own Skillet

Two ingredients of your choice with melted Jack and Cheddar cheeses
7.95

Create-Your-Own Scrambler

Three ingredients of your choice
7.95

Ingredient Choices:

Spinach, Tomato, Mushroom, Broccoli, Red Pepper, Green Pepper, Onion, Avocado, Combo Cheese, Jack Cheese, Cheddar Cheese, Swiss Cheese, Feta Cheese, Cream Cheese, Bacon, Sausage, Ham

Lettuce Wraps

Served with choice of fresh fruit, sliced tomatoes, sautéed veggies or Harbor potatoes (choose two)

The Club

Red leaf lettuce filled with turkey, bacon, avocado, Jack cheese and tomato 8.95

The Greek

Red leaf lettuce filled with grilled chicken, diced tomatoes, onions, cucumbers and Feta cheese 8.95

Salads

Served with choice of fresh fruit, sliced tomatoes, sautéed veggies or Harbor potatoes (choose two)

Chicken Pecan Dijon

Diced grilled chicken, sugared pecans, bacon, avocado, tomato, Jack and Cheddar cheeses, served over a bed of mixed greens with a side of honey-Dijon dressing 10.45

The Harvest Salad

Chicken breast, dried cranberries, diced apple, fresh avocado, crumbled feta cheese, slivered almonds and diced cucumber atop a bed of field greens. Served with a side of mango chardonnay vinaigrette 10.45