

# EGG HARBOR CAFE

## KIDS MENU

### BREAKFAST

For Kids 12 and under. Meals come with one free Kid Beverage. (0 - 220 cal)

#### FRENCH TOAST FINGERS

Dusted with powdered sugar, served with a sausage link or two strips of bacon. (480 - 530 cal) 5.50

#### RAINBOW PANCAKE

A delicious whole wheat pancake with colorful chocolates baked inside! (510 cal) 5.00

#### BREAKFAST OF CHAMPIONS

Two mini whole wheat pancakes filled with colorful chocolates. Served with two scrambled eggs, a sausage link, and two strips of bacon. (1120 cal) 7.50

#### KIDDY WAFFLE SAMPLER

Half a Belgian waffle dusted with powdered sugar. Served with one scrambled egg, and a sausage link or two strips of bacon. (460 - 510 cal) 5.50

#### GREEN EGGS AND HAM (they really are green!)

Diced ham scrambled into two green eggs. Served with Harbor potatoes and half of an English muffin. (460 cal) 5.50

#### ITSY BITSY PANCAKES

Two small pancakes served with a scrambled egg and either a sausage link or two strips of bacon. (780 - 830 cal) 5.50

Also available **GLUTEN FREE!** (670 - 720 cal) 6.50

#### CLASSIC KIDS BREAKFAST

One scrambled egg, Harbor potatoes, half of an English muffin, and either a sausage link or two bacon strips. (460 - 510 cal) 5.50

### LUNCH

#### CAPTAIN MAC

Macaroni and cheese - simple as can be. Served with fruit. (350 cal) 5.50

#### LITTLE CHICKS

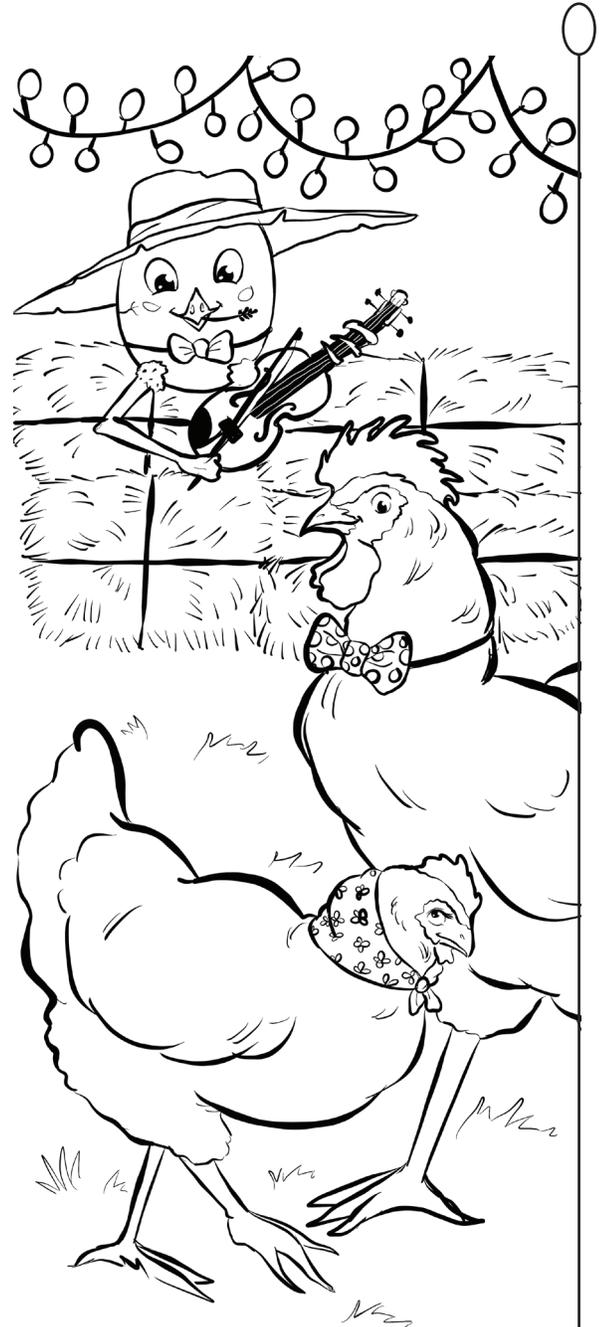
Breaded white meat chicken tenders. Served with potato chips and apple slices. (430 cal) 5.50

#### CHUCKLEHEAD GRILLED CHEESE

All American cheese on grilled white bread. Served with potato chips and apple slices. (610 cal) 5.50

#### CHEESY-DILLA

Jack and Cheddar cheese folded into a warm tortilla. Served with Harbor potatoes. (750 cal) 5.50

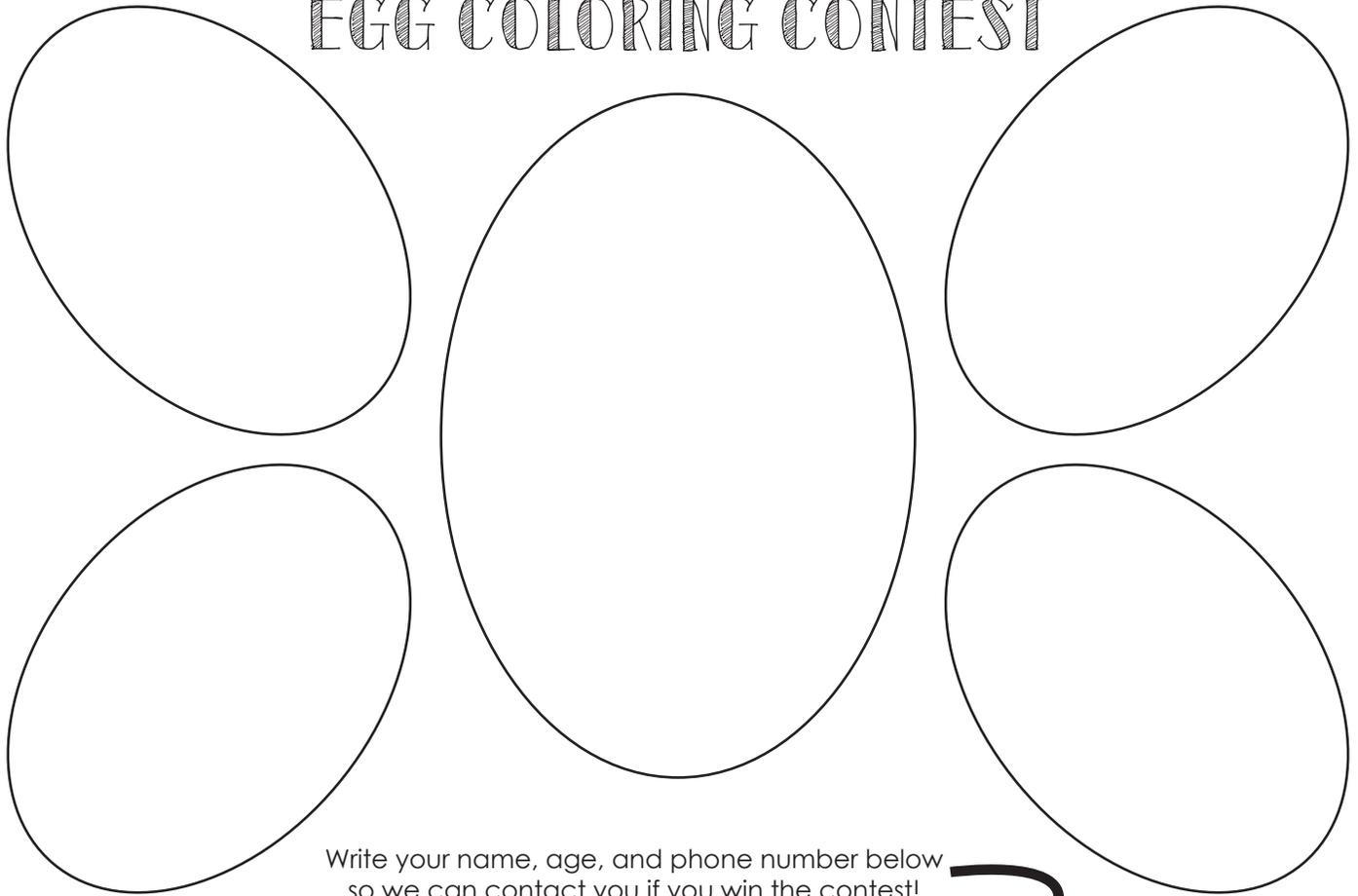


#### LIL' EXTRAS

Beverage refill (0 - 220 cal)	2.00
Kiddy potatoes (180 cal)	1.50
with cheese (280 cal)	2.30
Kiddy bacon (110 cal)	2.00
Kiddy sausage link (160 cal)	2.00

1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4 to 8 years and 1,400 to 2,000 calories a day for children 9 to 13 years, but calorie needs vary.

# EGG COLORING CONTEST



Write your name, age, and phone number below  
so we can contact you if you win the contest!

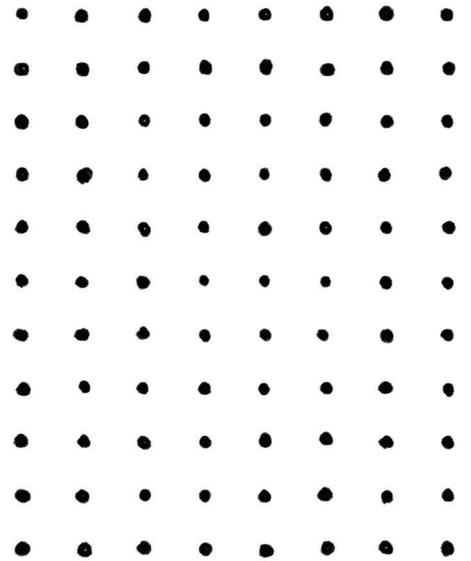
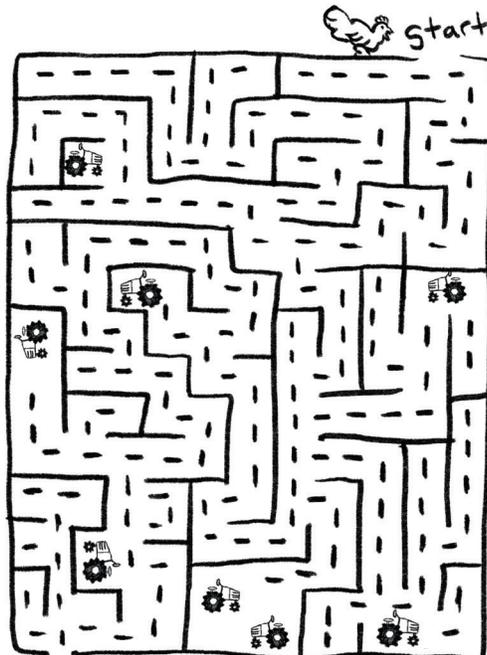
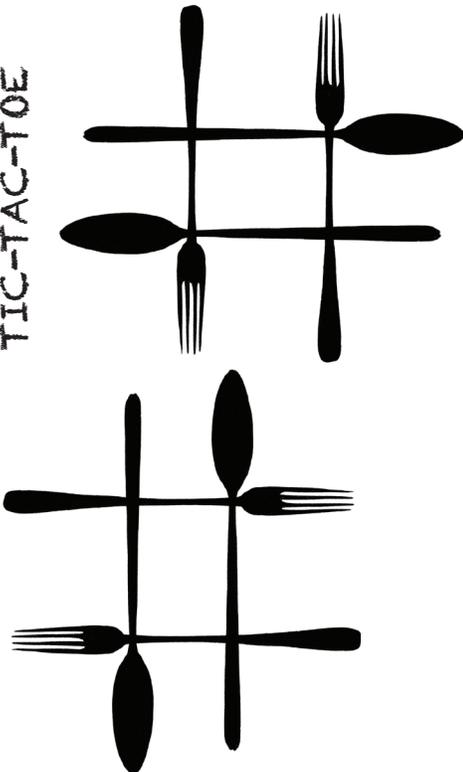


Each month we will pick the best drawing.  
Winner receives a free kid's meal!

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Phone #: \_\_\_\_\_

TIC-TAC-TOE



Dots and Boxes