



GLUTEN-FREE MENU

Please specify **GLUTEN-FREE (GF)** to your server 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.

OMELETTES & SCRAMBLERS

Made with three cage free eggs and served with Harbor potatoes (240 cal) and fruit (50 cal).

GF Aztec Omelette

Chorizo, fresh jalapeño, avocado, and cilantro, topped with Pepper Jack cheese, sour cream, and tomato. (670 cal)

GF Bacado Omelette

Bacon and avocado, topped with Jack cheese, sour cream, and green onions, served with house-made salsa. (710 cal)

GF Dynamite Veggie White

Cage free egg whites, spinach, mushroom, red and green peppers, topped with house-made salsa and Mozzarella. (200 cal)

GF Garden Scrambler

Mushrooms, spinach, tomato, and Jack cheese, topped with sour cream. (540 cal)

GF Joe's Healthy Scrambler

Chicken sausage, cage free egg whites, spinach, mushrooms, roasted onion, and Mozzarella cheese. (300 cal)

GF Gregg's Chili & Eggs

House-made Black Bean Chicken Chili, melted Jack and Cheddar cheeses, tomato, and green onion atop a cage free egg white omelette. (320 cal)

CREATE YOUR OWN GLUTEN FREE

Omelette, Scrambler or Skillet

Choice of three ingredients (290 - 960 cal)

Bacon · Ham · Sausage · Turkey Bacon · Canadian Bacon · Chicken Sausage · Chorizo Sausage
Spinach · Avocado · Mushroom · Tomato · Onion · Red Pepper · Green Pepper · Jalapeño · Artichoke
Jack and Cheddar · Jack · Pepper Jack · Mozzarella · Goat Cheese · Cream Cheese
Sour Cream · Salsa · Green Salsa · Hollandaise · Basil Hollandaise



Denotes Spicy Menu Item

GF TRADITIONAL BREAKFASTS

Two large cage free eggs, any style*, with Harbor potatoes and fruit (450 - 500 cal).

Traditional GF Breakfast with Meat

Bacon, sausage links, chicken sausage, Canadian bacon or turkey bacon. (540 - 820 cal)

Thick-cut, Cherrywood Smoked Bacon (750 - 800 cal)

House-made Corned Beef Hash
Prepared with green pepper and onion. (1030 - 1080 cal)

EGGCEPTIONAL SKILLETS

Fresh ingredients topped with two cage free eggs, any style*. Served with fruit (50 cal).

GF Matt's Meaty Skillet

Harbor potatoes, Jack and Cheddar cheeses, and a double portion of bacon, ham, and sausage. (1230 - 1280 cal)

GF San Antonio Skillet

Harbor potatoes, chorizo, bacon, onion, fresh jalapeño, tomato, and Pepper Jack cheese. (880 - 930 cal)

GF Ultimate Skillet

Harbor potatoes, ham, mushroom, green pepper, onion, tomato, and Jack and Cheddar cheeses. (650 - 700 cal)

GF Carnitas Skillet

Harbor potatoes, carnitas, Queso Fresco, avocado, red onion, and cilantro. (840 - 890 cal)

GF Sweet Potato Skillet

Sweet potatoes, shaved Brussel sprouts, bacon, apple, and Mozzarella cheese. (780 - 830 cal)

We serve cage free, certified humane eggs from hens that are fed a high quality, vegetarian diet containing no antibiotics or hormones.

Any of our egg dishes can be prepared with cage free egg whites for \$1 extra.

EXTRA TOUCHES

Seasonal Fruit Cup (50 cal)

Mixed Berry Cup (35 cal)

Vanilla Yogurt (100 cal)

Gluten Free Toast (230 cal)

Gluten Free Cinnamon Roll (530 cal)

Cherrywood-Smoked Bacon (300 cal)

Canadian Bacon (90 cal)

Harbor Potatoes (240 cal)

Large Cage Free Egg, any style*

(80 - 130 cal)

Bacon (220 cal)

Sausage Links (320 cal)

Chicken Sausage (240 cal)

Turkey Bacon (240 cal)

*ADVISORY: EGGS ARE COOKED TO ORDER. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.



GLUTEN-FREE MENU

EGG - CETERA

GF Cinnamon Roll Breakfast

Amazing GF cinnamon roll topped with cream cheese icing, with two cage free eggs, any style,* bacon or sausage, and Harbor potatoes. (1040 - 1140 cal)

GF Shakshuka

House-made Moroccan spiced tomato-pepper-onion sauce and spinach with three cage free eggs* poached inside. Topped with goat cheese and cilantro. Served with fruit. (450 cal)

GF Habanero Hash and Eggs

Habanero hash prepared in house with chorizo, peppers and onions, topped with Jack & Cheddar cheeses, two cage free eggs, any style*, sour cream and cilantro. Served with fruit. (920 - 970 cal)

GF Chorizo Chilaquiles

Corn tortilla chips, house-made green salsa, and chorizo, topped with Jack cheese, two cage free eggs, any style*, and avocado. Served with fruit. (1020 - 1070 cal)

Substitute chicken for \$3.5 (990 - 1040 cal)

SANDWICH BOARD

Sandwiches are served on toasted Gluten Free Bread with Harbor potatoes (240 cal) and fruit (50 cal).

GF California Club

Turkey, avocado, bacon, tomato, Jack cheese and lettuce with mayonnaise. (670 cal)

GF Chicken and Avocado

Chicken breast, avocado, tomato, Mozzarella cheese and herbed mayonnaise. (740 cal)

GLUTEN-FREE PANCAKES

Signature GF pancakes created for us by *Sweet Ali's Bakery* with a delicious blend of brown rice, white rice, sweet rice and tapioca flours, blended with milk and butter. (970 cal)

GF PANCAKE COMBO

A smaller portion of our GF pancakes, two cage free eggs, any style* and your choice of bacon or sausage. (1030 - 1180 cal)

SOUP & CHILI

Tomato Bisque (350 cal)

Cream of Chicken with Wild Rice (290 cal)

Chicken Tortilla (180 cal)

Black Bean Chicken Chili (340 cal)

GF DOOR COUNTY CHICKEN SALAD

Served with fruit (50 cal).

Field greens with two scoops of house-made chicken salad with dried cranberries, apple and pecans, topped with Mandarin oranges and sugared pecans. Served with house-made poppyseed dressing. (850 cal)

GF California Tuna Melt

House-made tuna salad, avocado, tomato, red onion and Cheddar cheese. (730 cal)

GF Egg Salad Melt

House-made egg salad, avocado, tomato, and Jack and Cheddar cheeses. (790 cal)

GF Door County Melt

House-made chicken salad with dried cranberries, pecans and apples, with Jack and Cheddar cheeses and tomato. (690 cal)

Beverages

Fresh Squeezed Orange Juice (170 cal)

Strawberry Orange Juice (190 cal)

2% Milk (200 cal)

Oatly Milk (210 cal)

Chocolate Milk (430 cal)

Apple Juice (170 cal)

Tomato Juice (70 cal)

REFILLABLE BEVERAGES

priced per person

Coffee (0 cal)
Regular or Decaf

Flavored Coffee
(0 cal)

Loose Leaf Hot Tea
(0 cal)

English Breakfast,
Earl Grey, Chamomile,
Blueberry, Mint Green,
or Orange Blossom
Green

Iced Tea (0 - 110 cal)
Traditional, Green,
or Black Currant

Soda (0- 110 cal)

About Us:

We are family owned and have locations throughout Illinois, Wisconsin and Georgia. We love breakfast and we are so blessed to be able to share that love with you. Our commitment to our guests is to provide friendly, thoughtful service and to offer delicious gourmet breakfast and lunch creations using carefully sourced, high-quality ingredients.

Find us on Facebook, Instagram, and Twitter. Visit EggHarborCafe.com to order online for carryout, learn about great career opportunities, or to purchase gift cards, mugs, and more!

PLEASE NOTIFY A MANAGER OF ANY FOOD ALLERGIES BEFORE PLACING YOUR ORDER. *ADVISORY: EGGS ARE COOKED TO ORDER.
CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.
2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. ADDITIONAL NUTRITIONAL INFORMATION AVAILABLE UPON REQUEST.