



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.

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 & Cheddar cheeses, and double portions of bacon, ham, and sausage. (1230 - 1280 cal)

GF San Antonio Skillet

Harbor potatoes, pork chorizo, bacon, onion, fresh jalapeño, tomato, and Pepper Jack cheese. (860 - 910 cal)

GF Ultimate Skillet

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

GF Everyday I'm Brusselin'

Cauliflower rice, shaved Brussel sprouts, bacon, fresh jalapeño, and Parmesan cheese. (490 - 540 cal)

CREATE YOUR OWN GLUTEN FREE

Omelette, Scrambler or Skillet

Choice of three ingredients (290 - 930 cal)

Bacon · Ham · Sausage · Pork Chorizo Sausage
 Turkey Bacon · Canadian Bacon · Chicken Sausage
 Spinach · Mushroom · Tomato · Onion
 Brussel Sprouts · Artichoke · Avocado
 Red Pepper · Green Pepper · Jalapeño
 Corn · Black Beans · Sun-Dried Tomatoes
 Jack & Cheddar Cheese Blend · Jack Cheese
 Pepper Jack · Mozzarella · Parmesan
 Goat Cheese · Cream Cheese · Feta
 Sour Cream · Salsa · Green Salsa
 Hollandaise · Basil Hollandaise

GF TRADITIONAL BREAKFASTS

(540 - 820 cal). 11.5

Two large cage-free eggs, any style*, served with Harbor potatoes, fresh fruit, and your choice of: bacon, pork sausage links, chicken sausage links, Canadian bacon, turkey bacon, thick-cut cherrywood-smoked bacon (+\$1), or plant-based sausage patties (+\$1.5)

OMELETTES & SCRAMBLERS

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

GF Aztec Omelette

Pork 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 Gregg's Chili & Eggs

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

GF Joe's Healthy Scrambler

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

GF Garden Scrambler

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

GF Santorini Scrambler

Chicken sausage, sun-dried tomatoes, spinach, and Feta cheese. (520 cal)

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



Denotes Spicy Menu Item

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)

Pure Maple Syrup (160 cal)

Cherrywood-Smoked Bacon (300 cal)

Canadian Bacon (90 cal)

Harbor Potatoes (240 cal)

Large Cage-free Egg (80 - 130 cal)

Habanero Hash (500 cal) 

Prepared with pork chorizo, peppers, and onions

Bacon (220 cal)

Sausage Links (320 cal)

Chicken Sausage (240 cal)

Turkey Bacon (240 cal)

Plant-Based Sausage (260 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!

*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. (1070 - 1230 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 pork 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 pork chorizo, topped with Jack cheese, two cage-free eggs, any style*, and avocado. Served with fruit. (1020 - 1070 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. (910 - 1180 cal)

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SOUP & CHILI

Tomato Bisque (280 cal)

Cream of Chicken with Wild Rice (220 cal)

Chicken Tortilla (100 cal)

Black Bean Chicken Chili (270 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)

GF Tuna-Cado 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. (740 cal)

GF Door County Melt

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

GARDEN SALADS

Served with fruit (50 cal).

GF Sedona BBQ Salad

Mixed greens, BBQ chicken, avocado, tomato, Jack cheese, jicama, corn, black beans, green onions, fresh basil, cilantro, and tortilla strips. Served with house-made ranch dressing. (1200 cal)

GF Door County Chicken Salad

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. (990 cal)

GF Chicken Pecan Dijon Salad

Mixed greens, chicken, bacon, avocado, sugared pecans, tomato, and Jack & Cheddar cheeses. Served with honey dijon dressing. (1180 cal)

Beverages

100% Fresh Orange Juice or Strawberry Orange Juice (170 - 190 cal)

2% Milk (200 cal)

Chocolate Milk (330 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 Rooibos, Mint Green, or Orange Blossom Green

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

Soda (0 - 110 cal)

PLEASE NOTIFY A MANAGER OF ANY FOOD ALLERGIES BEFORE PLACING YOUR ORDER. *ADVISORY: EGGS ARE COOKED TO ORDER.
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2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. ADDITIONAL NUTRITIONAL INFORMATION AVAILABLE UPON REQUEST.