



# 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.

## SCRAMBLERS, OMELETTES, & FRITTATAS

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 Sir Dugan Frittata

Bacon, spinach, and tomato, topped with Jack & Cheddar cheeses, and sour cream. (660 cal)

### GF Dynamite Veggie White Omelette

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)

### Maple Bourbon Bacon

Three slices of premium thick-cut bacon glazed with pure maple syrup, barrel-aged bourbon, brown sugar, and black pepper, finished with a drizzle of pure maple syrup. (390 cal)

## GF TRADITIONAL BREAKFASTS

(550 - 900 cal).

Two large cage-free eggs, any style\*, served with Harbor potatoes, fresh fruit, and your choice of: bacon, pork sausage links, chicken sausage patties, Canadian bacon, turkey bacon, plant-based sausage patties (+\$1.5), thick-cut cherrywood-smoked bacon (+\$1), or our sweet and savory Maple Bourbon Bacon (+\$2.3).

## 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)

## CREATE YOUR OWN GLUTEN-FREE

### Omelette, Scrambler or Skillet

Choice of three ingredients (290 - 930 cal)

- Bacon • Sausage • Ham • Pork Chorizo Sausage
- Chicken Sausage • Turkey Bacon • Canadian Bacon
- Tomato • Mushroom • Spinach • Artichoke • Avocado
- Red Pepper • Green Pepper • Jalapeño • Onion • Red Onion
- Jack Cheese • Jack & Cheddar Cheese Blend
- Pepper Jack • Goat Cheese • Mozzarella
- Cream Cheese • Jalapeño Cream Cheese • Parmesan
- Sour Cream • Red Salsa • Hollandaise

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 (80 cal)

Mixed Berry Cup (35 cal)

Vanilla or Strawberry Yogurt (190 - 200 cal)

Gluten-Free Toast (420 cal)

Gluten-Free Cinnamon Roll (530 cal)

Harbor Potatoes (240 cal)

Habanero Hash (500 cal) 

Prepared with pork chorizo, peppers, and onions

Pure Maple Syrup (160 cal)

Large Cage-free Egg\* (80 - 130 cal)

Bacon (220 cal)

Cherrywood-Smoked Bacon (300 cal)

Canadian Bacon (90 cal)

Sausage Links (320 cal)

Chicken Sausage Patties (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 TikTok. Visit [EggHarborCafe.com](http://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.

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## GLUTEN-FREE GRIDDLE

Served with whipped butter (150 cal) and syrup (300 cal).

### GF 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)

Add fresh blueberries (add 30 cal) +\$1.5

### GF Blackberry Banana Pancakes

Our signature gluten-free batter loaded with fresh blackberries and bananas. (1070 cal)

### Make it a Combo

Get a smaller portion of pancakes with two cage-free eggs, any style\*, and your choice of bacon or sausage for only \$4.5 more! (910 - 1250 cal)

### 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. (1120 - 1390 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, lettuce, and mayonnaise. (670 cal)

### GF Chicken & Avocado

Chicken breast, avocado, tomato, Mozzarella cheese and herbed mayonnaise. (770 cal)

## GARDEN SALADS

Served with fruit (50 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)

## AVOCADO TOASTS

Served with two cage-free eggs, any style\* (160 - 210 cal), and fruit (50 cal).

### Classic Avocado Toast

Gluten-free toast, lightly seasoned mashed avocado, arugula, grape tomatoes, and a fig balsamic drizzle. (390 cal)

### Caprese Avocado Toast

Gluten-free toast, lightly seasoned mashed avocado, fresh Mozzarella cheese, tomato, fresh basil, and a fig balsamic drizzle. (570 cal)

### Cherrywood Avocado Toast

Gluten-free toast, lightly seasoned mashed avocado, diced Cherrywood bacon, goat cheese, red onion, and a fig balsamic drizzle. (470 cal)

## EGG - CETERA

Served with fruit (50 cal).

### GF Shakshuka

Moroccan spiced tomato-pepper-onion sauce and spinach with three cage-free eggs\* poached inside. Topped with goat cheese and cilantro. (400 cal)

### GF Habanero Hash & 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. (880 - 930 cal)

### GF Tuna-Cado Melt

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

### GF Door County Melt

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

## SOUP & CHILI

**Tomato Bisque** (280 cal)

**Black Bean Chicken Chili** (270 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, Iced, or Decaf

**Soda** (0 - 110 cal)

**Iced Tea** (0 - 100 cal)  
Unsweet or Sweet

**Loose Leaf Hot Tea** (0 cal)  
English Breakfast, Earl Grey, Chamomile, Blueberry Rooibos, Mint Green, or Orange Blossom Green

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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.