



**EGG IT ON
CAFE™**

Breakfast · Brunch · Lunch

7am-2pm
Tuesday-Sunday
Closed on Mondays

1131 S. Aspen Ave.
Broken Arrow, OK 74012
(918) 254-0455

www.EggItOnCafe.com

Locally owned and operated by
Dale and Sue Lowe



EGG-CELLENT OMELETS

Any omelet can be made with egg whites or cholesterol free eggs at no additional charge. All of our omelets are made with three eggs and are served with seasoned potatoes or hash browns and an English muffin or one slice of toast. 8.99

CREATE YOUR OWN OMELET

A three egg omelet made with your choice of three of the following ingredients and choice of one cheese. 8.99

Onions • Broccoli • Tomatoes • Avocado • Mushrooms
Green Chiles • Celery and Zucchini Mix • Diced Bacon
Ham • Sausage • Smoked Turkey • Italian Sausage
Roasted Red Peppers • Green Bell Peppers

DENVER

Diced ham, sautéed bell peppers and onions topped with combo cheese.

GREEK TO ME

Roasted red peppers, Feta cheese and spinach topped with black olives and red onions.

PHILLY CHEESE STEAK OMELET

Filled with sliced roast beef, sautéed onions, bell peppers and mushrooms, topped with jack cheese.

AMIGO

Chorizo, avocado, green chilies and onions, topped with melted combo cheese and sour cream, served with a side of freshly made salsa.

GRANDE AVOCADO

Bacon, avocado and melted Monterey Jack cheese, topped with sour cream and chives, served with a side of salsa.

THE POPEYE

Diced bacon, fresh spinach and Swiss cheese topped with diced tomatoes.

FARM FRESH

Sautéed onions, mushrooms, celery, zucchini and broccoli topped with combo cheese and diced tomatoes.

THE WORKS

Ham, bacon, sausage, mushrooms, onions, combo cheese and diced tomatoes topped with sour cream and chives.

THE GODFATHER

Grilled Italian Sausage, onions, bell peppers, roasted red peppers and mushrooms all sautéed in garlic then topped off with mozzarella cheese and black olives.

MINI OMELETS

Your choice of any omelet made with 2 eggs. Served with a side of fresh fruit, mini yogurt parfait and a fresh muffin of the day. 10.49

CREPES AND EGGS

Different and delicious! We combine our omelets with a thin crepe. Served with seasoned potatoes and an English muffin or one slice of toast. 9.49

TURKEY DILL

Smoked turkey, mushrooms, fresh spinach, onions and Monterey Jack cheese, topped with diced tomatoes, hollandaise sauce and dill.

CHICKEN FAJITA

Spiced chicken, bell peppers, roasted red peppers, diced onions and combo cheese. Topped with our southwest sauce, sour cream and chives.

THE LIGHT ONE

Fresh baby spinach, sautéed mushrooms, onions and veggie mix. Topped with sliced avocado and diced tomato. Served with poppy seed dressing.

EGG-CEPTIONAL FRITTATAS

Open-faced omelets made with three eggs. Served with seasoned potatoes or hash browns and an English muffin 8.99

THE BOSS

Diced chicken, bacon and combo cheese. Topped with sliced avocado, diced tomatoes, chives and sour cream.

OKIE TRAIN

Bacon, sausage and diced onions topped with our sausage gravy.

WHITE OUT FRITTATA

An open faced omelet made with egg whites, diced smoked turkey, red onions, sliced avocado, diced tomatoes, and a sinful small amount of combo cheese. Served with a fresh fruit kabob in place of potatoes and a dry English muffin.

HEALTH DEPARTMENT

VEG OUT SCRAMBLE

Celery, onions, mushrooms, broccoli and zucchini all sautéed then added to two eggs scrambled. Topped with diced tomatoes. Served with a fresh fruit kabob, salsa and a dry English muffin. 7.99

NURSE LOWE'S WRAP

Fluffy egg whites, smoked turkey, spinach and mushrooms wrapped tightly in a sun-dried tomato basil tortilla with Swiss cheese, served with a fresh fruit cup and salsa. 8.49

DR. PAUL'S PARFAIT

A generous portion of granola, low fat yogurt and fresh fruit dusted with powdered sugar, served with a muffin of the day. 7.49

FRESH FRUIT CREPE

A thin home made crepe filled with low fat strawberry yogurt, sliced strawberries, kiwi and bananas. Topped with granola and more fresh fruit. Served with the muffin of the day. 7.49

EGG-CITING SKILLET*^{*}

A skillet for the heartiest of appetites! Seasoned potatoes topped with 3 of the following ingredients all sautéed together. Melted cheeses and 2 eggs cooked any style top it off. Served with an English muffin and fresh fruit. 8.99

- Onions
- Broccoli
- Tomatoes
- Avocado
- Mushrooms
- Roasted Red Peppers
- Green Bell Peppers
- Green Chilies
- Celery and Zucchini Mix
- Diced Bacon
- Ham
- Sausage
- Smoked Turkey
- Italian Sausage

A LA CARTE

- Fresh Muffin Of The Day 2.29
- Bagel with Cream Cheese 2.29
- Pita Bread with Hummus 2.29
- French Fries 2.29
- Loaded Potato Cakes (2) 4.29
- Homemade Fried Veggies 3.99
- (Fried Mushrooms • Onion Rings • Fried Zucchini)
- Chicken Tenders (3) 4.79
- Bowl Of Soup Of The Day or Chili 4.79
- House Salad 2.29
- Mini Yogurt Parfait 4.29
- Side of Fresh Fruit 4.29
- Fresh Fruit Bowl 6.99
- Fresh Fruit Kabob 2.29
- Cottage Cheese with Fruit 2.29
- Oatmeal (cup) 3.99
- Bacon 4.29
- Sausage 3.49
- Cornbeef Hash 3.49
- Grits 2.29
- Egg (1) 1.29
- Biscuit (1) 1.79
- Texas Toast 1.79
- Toast (2)
- (White 1.29 • Wheat 1.79 • Rye 1.79 • Sour Dough 1.79)
- English Muffin 1.79

EGG-CLUSIVELY OURS

LOADED POTATO CAKES*

Two grilled potato cakes topped with diced bacon, sautéed onions and melted combo cheese, served with a half side of meat, two eggs any style and an English muffin or one slice of toast. 7.99

BIG BOY*

One freshly baked biscuit sliced and covered with two sausage patties and over medium eggs, then topped with our sausage gravy and served with seasoned potatoes or hash browns. 7.99

WAFFLE SLIDERS

Two waffle sandwiches with one over hard egg and your choice of bacon, sausage patty or ham. Served with seasoned potatoes or hash browns. 7.99

COUNTRY FRIED CHICKEN*

A 6oz boneless breast, breaded, deep-fried, then topped with gravy, served with seasoned potatoes or hash browns, a hot fresh biscuit and two eggs any style to complete this favorite. 9.99

CROISSANT SCRAMBLE

A fresh croissant topped with scrambled eggs, spinach, ham, and melted cheeses, then topped with hollandaise. Served with fresh fruit and your choice of seasoned potatoes or hash browns. 8.49

MACHO MAN*

Grilled 8oz bone in ham steak topped with grilled pineapple and served with two eggs any style, seasoned potatoes or hash browns and grilled Okie toast. 10.99

THE B.A. PLATTER*

Two eggs any style, two plain dollar size pancakes, two strips of bacon, one sausage patty and half side of ham steak. Served with seasoned potatoes or hash browns. 10.99

EGG IT ON BENNY'S*

Hollandaise smothering 2 poached eggs on top of a toasted English muffin served with potatoes or hash browns and fresh fruit. Choose any of the below combinations.

- Ham & Tomato 8.99
- Turkey & Avocado 9.49
- Spinach & Tomato 8.99
- Corn Beef Hash & Tomato 8.99

BREAKFAST EGGCHILADAS

Two scrambled eggs with diced spicy chicken, smoked turkey, avocado and jack cheese rolled into two flour tortillas, topped with our southwest sauce and sour cream. Served with a crispy tostada topped with refried beans, combo cheese, diced tomatoes, green chilies and a fried egg served with salsa on the side and your choice of hash browns or seasoned potatoes. 10.99

OKLAHOMA BURRITO

Chorizo, green chilies, onions, and combo cheese all scrambled with eggs then stuffed into a flour tortilla, topped with southwest sauce and sour cream served with seasoned potatoes or hash browns. 9.99

SUN RISE TACOS

Two soft tacos filled with scrambled eggs, chorizo, diced tomatoes, onions, combo cheese and chives. Served with your choice of seasoned potatoes or hash browns. Salsa and sour cream on the side. 7.99

PANCAKES

Made from scratch pancakes topped with whipped butter. Add wheat germ to any pancake at no extra cost.

PLAIN one 2.99, two 3.99, three 4.99

Add (.99 per item): Blueberry, Banana, Granola, Cranberry, Chocolate Chip, Apple Cinnamon

TOWER OF POWER*

A stack of six dollar pancakes with sliced bananas and granola. Served with two eggs any style. 7.99

CHUNKY MONKEY CAKES

Two plain pancakes with walnuts and a banana sautéed in cinnamon and vanilla topped off with chocolate chips and whipped cream. Served with two eggs any style. 7.99

PANCAKE TRIO

Two plain pancakes served with two eggs any style and your choice of sausage patty, sausage link or two slices of bacon. 9.49

HOT OFF THE GRIDDLE COMBOS

FRENCH TOAST COMBO

Grilled Okie toast dusted with powdered cinnamon sugar and topped with whipped butter. Served with two eggs any style. 8.49

HOME STYLE CINNAMON FRENCH TOAST COMBO

Three slices of cinnamon bread with two eggs any style. 8.49

BANANA BREAD FRENCH TOAST

Two slices of grilled banana bread with two eggs any style. 8.49

BELGIAN WAFFLE

Made to order Belgian waffle dusted with powdered cinnamon sugar then topped with whipped butter and a strawberry garnish. 6.49
Add two eggs any style 7.99

WAFFLE TRIO

A Belgian waffle served with two eggs any style and your choice of sausage patty, sausage link or two slices of bacon. 10.49

AUNT DEE WAFFLE*

A Belgian waffle served with crispy chicken tenders and two eggs any style. 10.49

TRADITIONALS

SOUTHERN STYLE BISCUIT AND GRAVY

One large southern style biscuit split in half and smothered with our home made sausage gravy. 3.29
Add two eggs cooked any style and seasoned potatoes. 6.49

TRADITIONAL DAY STARTER*

Two eggs cooked to order, seasoned potatoes, and an English muffin or one slice of toast with your choice of grilled ham, bacon, sausage patties or sausage links. 7.49

MEAT LOVERS SCRAMBLE*

Two eggs scrambled with diced ham, bacon, sausage, onion, and combo cheese. Served with seasoned potatoes and an English muffin or one slice of toast. 7.49

OATMEALS

OATMEAL

Just the basics...milk, brown sugar, with an English muffin or one slice of toast. 4.99

Add (.99 per item)

- Pecans
- Cranberries
- Cinnamon Apples
- Sliced Bananas
- Blueberries

SANDWICHES

All our burgers are served with your choice of French fries, house salad or chips and fresh salsa. Substitute homemade onion rings for 2.29. Substitute fresh fruit for .99

CHICKEN OR TUNA SALAD SANDWICH

Freshly prepared and served on a croissant with tomato and lettuce. 7.99

FRENCH DIP

Thinly sliced roast beef warmed in au jus with melted Monterey Jack cheese served on a hoagie bun. 7.99

REUBEN

Your choice of corned beef or smoked turkey, on grilled rye with Thousand Island, sauerkraut and Swiss cheese. 7.99

THE FENTON

Smoked turkey, bacon, tomatoes, Monterey Jack cheese and ranch dressing on grilled sourdough. 7.99

PHILLY CHEESE STEAK

Sautéed roast beef, onions, mushrooms, bell peppers and Jack cheese on a grilled hoagie bun. 7.99

KITCHEN SINK SUB

A grilled hoagie bun with melted jack cheese, bacon, ham, turkey, tomatoes, lettuce, avocado and onions. 8.49

CLUB

Smoked turkey, bacon, avocado, lettuce, tomato, sliced Monterey Jack cheese and mayo on toasted wheat bread served cut and on a kabob stick. 8.49

SAN DIEGO*

A grilled chicken breast topped with two pieces of bacon and combo cheese served with sliced tomato, avocado and mayonnaise on a grilled hoagie bun. 8.49

BAGELWICH

Grilled bagel with cream cheese, grilled ham, sliced tomato, red onion and an over hard egg. Served with seasoned potatoes or hash browns. 7.49

EGG IT ON BLT*

Toasted wheat bread, lettuce, tomato slices, four pieces of bacon, one over hard egg and mayonnaise. 7.99

LUNCHTIME FAVORITES

LUNCHTIME COMBO

One half of any sandwich (except San Diego) With your choice of the soup of the day or side salad with choice of dressing. 8.49

CHICKEN QUESADILLA

Grilled chicken breast, cheese, green chilies, and onions fill a crisp flour tortilla. Served with chips and fresh salsa. Sour cream and guacamole on the side. 8.49

CHICKEN FINGER PLATTER

Our breaded chicken tenders served with French fries, Okie toast and a ramekin of gravy. 8.99

LOW-CARB PLATTERS

LEAN MACHINE*

Grilled and seasoned turkey patty with sliced tomatoes and red onions. Served with steamed broccoli and cottage cheese with pineapple rings. 7.99

GRILLED CHICKEN BREAST*

Grilled chicken breast with sliced tomatoes and red onions. Served with steamed broccoli and cottage cheese with pineapple. 7.99

BURGERS

All our burgers are served with your choice of French fries, house salad or chips and fresh salsa. Substitute homemade onion rings for 2.29. Substitute fresh fruit for .99

CLASSIC BACON CHEESEBURGER*

Lettuce, tomato, two slices of crisp bacon and sliced American cheese. 8.99

CALIFORNIA*

Jalapenos, avocado, lettuce, tomato, red onion, Monterey Jack cheese and drizzled with our Santa Fe dressing. 9.49

EGG IT ON CHILI CHEESEBURGER*

A half lb. grilled patty served open faced with chili, an over-hard egg, combo cheese, diced tomatoes, sour cream, and chives. 8.99

PATTY MELT*

An 8oz beef patty on grilled sourdough with grilled white onions, Thousand Island dressing and Swiss cheese. 8.99

SALADS

Served with your choice of a fresh muffin or grilled pita bread with hummus.

EGG IT ON SALAD

A bed of our fresh greens with quartered tomatoes, sliced cucumbers, red onions, diced bacon and a hard boiled egg. Served with your choice of dressing on the side. 6.99

CHEF SALAD

Ham, turkey, combo cheese, tomatoes, croutons, sliced cucumbers, and hard boiled egg, over romaine lettuce with your choice of dressing on the side. 7.49

PECAN DIJON PLEASE

Diced chicken breast, bacon, avocado, pecans, tomatoes and combo cheese on a bed of our fresh greens and warm Dijon honey mustard dressing. 8.49

FIESTA TACO SALAD

Served in a crispy salad shell with romaine lettuce, chorizo, tomato wedges, sliced avocados, black olives, black beans and combo cheese topped with sour cream and pico de gallo includes home made chips and salsa on the side in place of the muffin of the day. 8.49

CHICKEN OR TUNA SALAD MEDLEY

Our homemade chicken, or tuna salad served on top of baby spinach, sliced tomato, fresh fruit and our homemade poppy seed dressing. 8.49

CHOICE OF DRESSINGS:

- 1000 Island
- Blue Cheese
- Ranch or Fat Free Ranch
- House Dressing
- Raspberry Vinaigrette
- Italian with Feta



BEVERAGES

Soft Drinks (free refills) 2.29

Coffee 2.29

Regular or Decaf

Teas 2.29

Unsweetened or sweet iced tea

Hot Teas 2.29

(Ask your server about today's selection of hot herbal teas)

Hot Chocolate (topped with whipped cream) 2.29

Milk, Chocolate Milk, Orange Juice, Apple Juice

Small 1.79 • Large 2.59

Carafe of Orange Juice 5.49

**GIFT CERTIFICATES &
FULL SERVICE CATERING AVAILABLE!**

Same food, same quality
Breakfast, Lunch and Dinner
Delivery for all events
For catering information call Sue
(918) 521-7930



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*Thank you for choosing Egg It On Cafe.
We realize how many places you could have gone to eat.
We will always do our best to make this one of your favorite dining spots!*

*Sincerely,
Dale, Sue and Staff*