TRADITIONALS

Biscuits and Gravy
Two biscuits served with sausage gravy.

Biscuits and Gravy Meal*
Two biscuits with sausage gravy, two eggs cooked any style and seasoned potatoes.

Traditional Day Starter*
Two eggs cooked to order, seasoned potatoes, and an English muffin with your choice of grilled ham, bacon, turkey sausage, sausage patties, or sausage links.

OATMEALS

Oatmeal
Just the basics...milk, brown sugar, and sliced bananas with an English muffin.

Cranberry Pecan Oatmeal
Oatmeal with cranberries and pecans served with milk, sliced bananas and brown sugar with an English muffin.

Orchard Oatmeal
Fresh cinnamon apples added to our oatmeal, served with milk, brown sugar, granola, and an English muffin.

OFF THE GRIDDLE

French Toast
Grilled Okie toast dusted with powdered cinnamon sugar and topped with whipped butter.

Fruity French Toast
French toast sprinkled with wheat germ and powdered cinnamon sugar, covered with bananas, kiwi, and strawberries.

Fruity Waffle
A Belgian waffle covered with bananas, kiwi, and strawberries then dusted with powdered cinnamon sugar.

Belgian or Tornado Waffle
Made to order Belgian waffle dusted with powdered cinnamon sugar then topped with whipped butter and a strawberry.

Nutty Waffle
A Belgian waffle with diced pecans added while it cooks topped off with sliced bananas and whipped cream.

Aunt Dee Waffle*
A Belgian waffle topped with crispy chicken tenders, served with two eggs any style.

PANCAKES

Made from scratch pancakes topped with whipped butter. Add wheat germ to any pancake at no extra cost. Your choice of one, two or three pancakes.

Plain, Blueberry, Banana and Granola, Cranberry Pecan, Chocolate Chip, Apple Cinnamon

Moon Cakes
Two plain pancakes with a smashed moon pie inside topped off with chocolate chips and whipped cream.

Chunky Monkey Cakes
Two plain pancakes with walnuts and a banana sautéed in cinnamon and vanilla topped off with chocolate chips and whipped cream.

Three of a Kind*
A made to order pancake, French toast, or Belgian waffle served with two eggs any style and your choice of bacon, ham, or sausage.

EGG-SCLUSIVELY 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.

Big Boy*
One freshly baked biscuit sliced and covered with 2 sausage patties and over medium eggs, then topped with our sausage gravy and served with seasoned potatoes or hash browns.

Sun Rise Tacos
Two soft tacos filled with scrambled eggs, chorizo, diced tomatoes, onions, combo cheese and sour cream served with your choice of seasoned potatoes or hash browns.

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.

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.

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

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.

Breakfast Quesadilla
Two eggs scrambled with chorizo, diced onions, green chilies, red peppers and combo cheese folded in a warm flour tortilla then topped with sliced avocados and sour cream served with seasoned potatoes and a fresh fruit kabob.

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.

Fried Breakfast Chimi
Grilled chicken breast, diced bacon, onions, black beans and combo cheese with two scrambled eggs rolled into a flour tortilla, fried, then topped off with sour cream and pico de gallo, served with seasoned potatoes or hash browns and fresh fruit.

The B.A. Platter*
Two eggs any style, two plain dollar size pancakes, two strips of bacon, one sausage patty and two strips of ham served with seasoned potatoes or hash browns.

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
- Turkey & Avocado
- Spinach & Tomato
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.

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

Okie Train
Bacon, sausage and onions topped with sausage gravy.

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

Bacon Cheeseburger
A cheese omelet with a grilled 2oz beef patty inside topped with two pieces of crisp bacon, diced tomatoes and sharp cheddar cheese topped with sour cream and chives.

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.

The Ranchero
A cheese omelet filled with diced bacon and onions. Topped with chili and sour cream.

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.

Big Easy
Spicy chicken, mushrooms, onions and Monterey Jack cheese, served with our Santa Fe dressing on the side.

BASIC OMELETTES
- **Just “Say Cheese”**
  - Sharp cheddar, Monterey jack and Swiss cheese
- **Bacon and Sharp Cheddar Cheese**
- **Sausage and Combo Cheese**
- **Ham and Sharp Cheddar Cheese**

MINI OMELETTE
Your choice of any omelet made with 2 eggs. Served with a cup of fresh fruit, mini fruit parfait and a fresh muffin of the day.

- Our combo cheese is a blend of mild cheddar and Monterey jack cheese.
- Jalapeno peppers can be added to any menu item at no extra charge

EGG-CITING SKILLETS*
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.

- 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

CREPES AND EGGS
Different and delicious! We combine our omelets with a thin crepe. Served with seasoned potatoes & an English muffin.

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

Fajita
Spicy chicken, bell peppers, roasted red peppers, onions and combo cheese, topped with our southwest sauce and sour cream.

Western
Smoked turkey, avocado and bacon Monterey Jack cheese, topped with sour cream and diced tomatoes, served with homemade salsa on the side.

HEALTH DEPARTMENT

Nurse Lowe’s Wrap
Fluffy egg whites, smoked turkey, spinach and mushrooms wrapped tightly in a sundried tomato basil tortilla with Swiss cheese, served with a fresh fruit cup and salsa.

Fruit Crepes
Two thin homemade crepes wrapped around fresh fruit, topped with strawberry yogurt, powdered cinnamon and sugar. This item is served cold with a fresh muffin of the day and granola.

Veg Out Scramble
Celery, onions, mushrooms, broccoli and zucchini all sautéed then added to two eggs scrambled and served with sliced tomatoes, salsa, fresh fruit kabob and a dry English muffin.

White Out Frittata
An open faced omelet made with egg whites, diced smoked turkey, red onions, sliced avocado, salsa, and a sinful small amount of combo cheese served with a fresh fruit kabob and a dry English muffin.

Dr. Paul’s Parfait
A generous portion of granola, low fat yogurt & fresh fruit dusted with powdered sugar, served with a muffin of the day.

Mini Me Parfait
A mini version of Dr. Paul’s Parfait served with a fresh muffin of the day.

Egg-Citing Skillets*
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.
SANDWICHES

All of our sandwiches are served with house salad, fresh fruit and your choice of French fries, seasoned potatoes or hash browns.

**Egg It On BLT**
Toasted wheat bread, lettuce, tomato slices, four pieces of bacon, over hard egg and mayonnaise.

**Chicken, Egg or Tuna Salad Sandwich**
Freshly prepared and served on a croissant with tomato and lettuce.

**French Dip**
Thiny sliced roast beef warmed in Au Jus with melted Monterey Jack cheese served on a hoagie bun.

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

**The Fenton**
Smoked turkey, bacon, tomatoes, Monterey Jack cheese, and ranch dressing on grilled sourdough.

**Philly Cheese Steak**
Sautéed roast beef, onions, mushrooms, bell peppers, and Jack cheese on a grilled hoagie bun.

**Kitchen Sink Sub**
A grilled hoagie bun with melted jack cheese, bacon, ham, turkey, tomatoes, lettuce, avocado and onions.

**Club**
Smoked turkey, bacon, avocado, lettuce, tomato, sliced Monterey Jack cheese and mayo on toasted wheat bread served cut and on a kahob stick. $6.99

**Wide Eyed**
A spicy Cajun chicken breast on a fresh toasted roll with melted combo cheese, lettuce, tomato, and Santa Fe dressing.

**Maui Melt**
A grilled teriyaki chicken breast on a fresh toasted roll topped with sliced avocado and melted Swiss cheese.

**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.

**LUNCHTIME FAVORITES**

**Chicken Quesadilla**
Grilled chicken breast, cheese, green chilies, and onions fill a crisp flour tortilla topped with sour cream, served with avocado, lettuce, tomatoes, and salsa.

**Lunchtime Combo**
One half of a ham, turkey, tuna, chicken salad or egg salad sandwich with a bowl of today's soup and a house salad.

**Chicken Finger Platter**
Our breaded chicken tenders served with French fries, Okie toast and a ramekin of gravy.

**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.

**Grilled Chicken Breast**
Grilled chicken breast with sliced tomatoes and red onions. Served with steamed broccoli and cottage cheese with pineapple rings.

BURGERS

Half-pound fresh, never frozen beef patty on a freshly grilled roll, served with house salad, fresh fruit, and your choice of French fries, seasoned potatoes, or hash browns.

**Classic Cheeseburger**
Lettuce, tomato, and sliced American cheese.

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

**Ashton's Shroom N' Swiss Burger**
Sautéed mushrooms and Swiss cheese.

**Chile Cheeseburger**
Two 2oz, grilled patties served open faced with chili, combo cheese and diced onions and tomatoes.

**Jack's K.C. Burger**
Grilled onions, sharp cheddar cheese and BBQ sauce.

**Hombre Burger**
Santa Fe dressing, pico de gallo and jack cheese on grilled sourdough bread.

**Patty Melt**
A 4oz beef patty on grilled rye bread with grilled white onions, Thousand Island dressing and Swiss cheese.

**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.

**Chef Salad**
Ham, turkey, combo cheese, tomatoes, avocados, croutons, sliced cucumbers, and hardboiled egg, over romaine lettuce with your choice of dressing on the side.

**Won Ton's**
Grilled teriyaki chicken breast, fresh vegetables, and water chestnuts warmed in our sweet and sour dressing, piled on top of fresh romaine, oriental noodles and topped with pineapple rings.

**Mesa Verde**
Lettuce, mushrooms, tomatoes, combo cheese, and avocados tossed in our Santa Fe dressing with Cajun chicken and croutons.

**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 salsa and a cheese crisp on the side in place of the muffin of the day.

**Egg, Chicken, or Tuna Salad Medley**
Our homemade egg, chicken, or tuna salad served on top of baby spinach, sliced tomato, fresh fruit and our homemade poppy seed dressing.

**CHOICE OF DRESSINGS:**

- 1000 Island
- Blue Cheese
- Ranch or Fat Free Ranch
- House Dressing
- Italian with Peta
**BEVERAGES**

<table>
<thead>
<tr>
<th>Soft Drinks</th>
<th>Coffee</th>
<th>Teas</th>
<th>Hot Teas</th>
<th>Hot Chocolate</th>
<th>Milk and Juices</th>
<th>Carafe of Orange Juice</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Regular or decaf</td>
<td>Unsweetened or sweet iced tea</td>
<td>Ask your server about today's selection of hot herbal teas</td>
<td>Milk, orange, grapefruit, apple, cranberry, V8</td>
<td>Fresh muffin of the day</td>
<td>Fresh fruit bowl</td>
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**SIDES**

- Fresh muffin of the day
- Bagel with cream cheese
- Pita bread with hummus
- French fries
- Loaded potato cakes (2)
- **NEW** Pita bread with hummus
- Homemade Fried Veggies
  - Whole fried mushrooms
  - Onion rings
  - Fried zucchini
  - **NEW** Pita bread with hummus
- Chicken tenders (3)
- Ham, sausage, turkey sausage or bacon
- Bowl of soup of the day or chili
- House salad
- Mini fruit parfait
- Fresh fruit cup
- Fresh fruit bowl
- **NEW** Cottage cheese with pineapple rings
- Fresh fruit kabob
- **NEW** Pita bread with hummus
- Cup of oatmeal

*Public Health Advisory: Consuming raw or undercooked meats or eggs with less than well done yolks may pose an increased risk of food borne illness.*