



MENU

918-254-0455

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. 9.29 (Substitute fruit 2.99)

CREATE YOUR OWN OMELET

An omelet made with 3 eggs and your choice of three of the following ingredients and choice of one cheese. 9.29

- Broccoli • Tomatoes • Avocado • Mushrooms • Green Chiles • Celery and Zucchini Mix • Diced Bacon Ham
- Andouille 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 OMELET COMBO

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. 12.99

CREPES AND EGGS

Different and delicious! We combine our omelets with a thin crepe. Served with seasoned potatoes or hash browns 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.

NEW ORLEANS CREPE

Andouille sausage, roasted red peppers, diced green peppers, onions and black beans. Topped with jack cheese 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 two 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.

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

GRANDE 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 homemade 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. 8.49

EGG-CITING SKILLET^{*}

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

Andouille Sausage	Mushrooms
Avocado	Onions
Black Beans	Roasted Red Peppers
Bacon (diced)	Sausage
Chorizo	Smoked Turkey
Ham	Spinach
Italian Sausage	Tomatoes

SIDES

Biscuit (1) 1.79
Avocado 2.29
Chicken Tenders (3) 4.79
Corn beef Hash 3.49
Cottage Cheese with Fruit 2.29
English Muffin 1.79
Egg (1) 1.29
Fruit Bowl 6.99
French Fries 2.29
Grits bowl or cup 4.99
House Salad / side salad 2.29
Homemade Fried Veggies 4.99
(Fried Mushrooms • Onion Rings • Fried Zucchini)
Loaded Potato Cakes (2) 4.29
Muffin of The Day 2.59
Mini Yogurt Parfait 4.29
Oatmeal cup or bowl 4.99
Pita Bread with Hummus 2.59
Soup of The Day bowl 4.79
Sausage 3.49
Texas Toast 1.79
Toast (2)
(White 1.29 • Wheat 1.79 • Rye 1.79 • Sour Dough 1.79)

EGG-EXCLUSIVELY

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. 8.99

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, and ham then topped with hollandaise. Served with your choice of seasoned potatoes or hash browns. 8.49

HAYSTACK

Hash browns, and a fried breaded beef steak covered with sausage gravy. Topped with two eggs any style. Served with a fresh baked biscuit. 8.49

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. 11.99

EGG IT ON BENNY'S*

Hollandaise smothering 2 poached eggs on top of a toasted. English muffin served with potatoes or hash browns.

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. 11.99

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. 8.99

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

EGGS CARLOS

Two over medium eggs topped with Andouille sausage, onions, tomatoes and sliced American cheese and cilantro. Served with your choice of hash browns or seasoned potatoes and two warm flour tortilla. 7.99

PANCAKES

Made from scratch pancakes.

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

BUILD A TOWER OF POWER*

A stack of four dollar pancakes. Tell us one "power ingredient" you want added to your pancakes. Served with two eggs any style. 5.99

PANCAKE TRIO

Two plain pancakes served with two eggs any style and your choice of sausage patty, sausage link or two slices of bacon. 10.49

HOT OFF THE GRIDDLE

FRENCH TOAST TRIO

Grilled Okie toast dusted with powdered cinnamon sugar. Served with two eggs any style and your choice of sausage patty, sausage link or two slices of bacon. 10.49

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

HOME STYLE CINNAMON FRENCH TOAST COMBO

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

BELGIAN WAFFLE

Made to order Belgian waffle dusted with powdered cinnamon sugar then topped strawberry garnish. 5.49 Add two eggs any style 6.99

AUNT DEE WAFFLE*

A Belgian waffle served with crispy chicken tenders and two eggs any style. 11.99

TRADITIONALS

SOUTHERN STYLE BISCUIT AND GRAVY

One large southern style biscuit split in half and smothered with our homemade 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. 7.99

MEAT LOVERS SCRAMBLE*

Two eggs scrambled with diced ham, bacon, sausage, onion, and combo cheese. Served with seasoned potatoes or hash browns and an English muffin or one slice of toast. 7.99

OATMEALS

Milk, brown sugar, with an English muffin or one slice of toast. 5.99

Add (.99 per item)

Cinnamon Apples Blueberries
Cranberries Sliced Bananas

Gourmet Grits*

Served with two eggs any style and an English muffin with your choice of:

- Andouille Sausage, roasted corn and peppers
Or
- Gouda cheese and bacon
7.99

SANDWICHES

All our sandwiches are 8.49 and served with your choice of French fries, house salad or chips and fresh salsa. (Substitute fruit for 2.99 and homemade onion rings for 2.29)

CHICKEN OR TUNA SALAD SANDWICH

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

FRENCH DIP

Thinly 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 kabob stick.

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.

EGG IT ON BLT*

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

LUNCHTIME FAVORITES

LUNCHTIME COMBO

One half of any sandwich (except San Diego sandwich) comes with cup of the soup of the day and a side salad with choice of dressing. 9.49

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

THE NAKED BURGER*

Grilled and seasoned ground beef patty with sliced tomatoes and red onions. Served with steamed broccoli and cottage cheese. 8.99

GRILLED CHICKEN BREAST*

Grilled chicken breast with sliced tomatoes and red onions. Served with steamed broccoli and cottage cheese with pineapple. 8.49

BURGERS

All our burgers are served with your choice of French fries, house salad or chips and fresh salsa. (Substitute fruit for 2.99 and homemade onion rings for 2.29)

CLASSIC BACON CHEESEBURGER*

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

PATTY MELT*

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

CALIFORNIA*

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

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. 8.49

CHICKEN DIJON SALAD

Diced chicken breast, bacon, avocado, 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
- House Dressing
- Raspberry Vinaigrette
- Italian with Feta
- Honey Mustard
 - Santa Fe

BEVERAGES

Pepsi Products

Soft Drinks (free refills) 2.59

Lemonade 2.59

Coffee 2.59

Unsweetened or sweet iced tea 2.59

Hot Teas 2.59

Hot Chocolate (topped with whipped cream) 2.59

Milk, Chocolate Milk, Orange Juice, Apple Juice

Small 1.79 • Large 2.59

Carafe of Orange Juice 5.49

