

immense OMELETS

ALL OF OUR LARGE & FLUFFY OMELETS
ARE SERVED WITH:

your choice of toast (*Italian, 7-Grain, or Pumpernickel*),
and a side of our famous home fries or dressed field greens

THE ITALIAN | 8.99

peppers, onions, spicy sausage & mozzarella topped
with house made marinara sauce, parmesan cheese
and a fresh basil leaf

THE GREEK | 8.99

feta cheese, spinach, mushrooms, onions & black olives

THE LOADED MEXICAN | 9.29

avocado corn black bean salsa and cheddar cheese
topped with sour cream & salsa

*substitute eggs with our house made eggbeaters
(does contain some egg yolk) or egg whites | +.99

THE VEGGIE | 8.99

fresh veggies including broccoli, onions, peppers, mushrooms &
tomatoes *topped with sliced avocado & Pico de Gallo*

THE PHILLY STEAK | 10.99

roasted angus beef, peppers, onions, mushrooms *topped with
aged cheddar cheese sauce & scallions*

THE BUILD IT HOW U WANT IT | 9.49

choose 3 of the following items:

ham, sausage, turkey sausage, bacon, turkey bacon, house made
hash, pepperoni, peppers, onions, mushrooms, tomatoes,
broccoli, spinach & your choice of cheese

egg ENSEMBLES

ALL OF OUR EGG ENSEMBLES
ARE SERVED WITH:

your choice of toast (*Italian, 7-Grain, or Pumpernickel*),
and a side of our famous home fries or dressed field greens

TOMATO SPINACH PARM SCRAMBLE | 8.99

diced tomatoes sautéed with baby spinach, topped with
parmesan cheese & a fresh basil leaf

QUINOA CRUSTLESS QUICHE | 12.99

quinoa hash, broccoli, onions, ham, & swiss egg wedge
topped with maple bechamel sauce

CLOUD EGGS | 9.29

baked whipped egg whites with a runny yolk center

HASH AND EGGS | 8.29

house made corned beef hash with 2 eggs any style

*substitute eggs with our house made eggbeaters
(does contain some egg yolk) or egg whites | +.99

FRITTATA | 9.29

peppers, onions, broccoli, sausage, pepperoni & home fries
scrambled together

THE BASIC "B" | 9.29

2 eggs any style, 2 sausage links, 2 bacon slices and choice of 2
slices of French toast, 2 pancakes or home fries & toast

VEGAN SCRAMBLE (VG) | 11.99

tofu, sweet potato home fries, peppers, onions, broccoli, spinach
topped with vegan cheddar

the BENNY'S

WAFFLE | 9.29

2 poached eggs and sliced ham on 2 mini waffles **topped with holly sauce**

CALI | 9.29

2 poached eggs, sliced avocados, sliced red tomato, fried green tomatoes on a buttery croissant **topped with holly sauce**

IRISH | 8.49

2 poached eggs and our house made corned beef hash on an English muffin **topped with holly sauce**

PORK BELLY | 9.29

2 poached eggs, savory pork belly on an English muffin **topped with holly sauce**

CRUST

BANANA BLACKBERRY GRANOLA | 5.99

nutella spread, sliced bananas, blackberries & granola on a 7 grain crust

FRUITY MASCARPONE & HONEY | 7.29

mascarpone cheese spread, sliced strawberries & dragon fruit on a 7 grain crust **topped with a light honey drizzle**

LOADED AVOCADO | 7.29

cream cheese, sliced onion, tomato, feta cheese, avocado, watermelon radish & fried over eggs on 7 grain crust **sprinkled with everything bagel seasoning**

BUILD YOUR OWN CRUST (PICK 3) | 6.49

sweet toppings	honey	savory toppings	mascarpone cheese spread
	granola		avocado
	nutella		cream cheese
	peanut butter		nuts
	strawberries		egg
	blueberries		cucumber
	blackberries		tomato
	dragon fruit		lox
	watermelon radish		onion

crust choice: 7 grain, pumpernickel, Italian, gluten free

MONTE CRISTO | 9.29

2 poached eggs, ham, turkey, swiss cheese on Italian bread French toast **topped with holly sauce**

COUNTRY STYLE | 9.29

2 poached eggs, country fried steak in between Jenga style biscuit sticks **topped with house made sausage gravy**

VEGGIE | 8.29

2 poached eggs, broccoli, onions, peppers, mushrooms & tomato on an English muffin **topped with holly sauce**

SEAFOOD | 12.99

2 poached eggs, lobster mix on fried grouper **topped with holly sauce & a sugar cane shrimp skewer**

ON THE SIDE

OUR FAMOUS HOME FRIES | 3.29

SWEET POTATO HOME FRIES | 3.49

LOADED HOME FRIES | 4.99

SEASONAL FRUIT | 4.29

TURKEY SAUSAGE OR TURKEY BACON | 3.99

HOUSE MADE CORNED BEEF HASH | 5.49

BACON OR SAUSAGE LINKS | 3.99

SAUSAGE PATTY | 3.49

FIELDS GREENS | 2.99
tossed in lemon & olive oil

QUINOA HASH | 4.99

FRENCH FRIES | 3.49

SWEET POTATO WAFFLE FRIES | 4.29
served with our house cinnamon toast crunch butter

ENGLISH MUFFIN OR BAGEL | 1.99

CROISSANT | 2.49

GLUTEN FREE TOAST | 2.49

HOUSE MADE
CINNAMON RAISIN TOAST | 2.29

sweet & savory WAFFLES

HOT N HONEY CHICKEN & WAFFLES | 10.29

savory house made sausage gravy, sweet gooey honey, crispy chicken tenders and a lip smackin waffle

MOFFLES (MOCHI WAFFLES) | 8.99

sweet n chewy Japanese treat, wafflized! Flavors: double chocolate, matcha (green tea) or strawberry banana

WAFFLE PIZZA | 6.99

a lip smackin waffle topped with house made pizza sauce & mozzarella cheese

**additional toppings: spicy sausage, bacon, pepperoni, onions, peppers, mushrooms, black olives | +.75 each*

BANANA SPLIT | 12.99

triple stack of strawberry, chocolate and vanilla waffles **topped with: chocolate sauce, marshmallow sauce, strawberry sauce, scoop of vanilla bean ice cream, sliced bananas, walnuts & whipped cream**

CHEDDAR CHIVE & LOX | 13.99

savory cheddar & chive waffle **topped with: herbed cream cheese & smoked lox**

BROWNIE | 7.99

brownie chunks, whipped cream & drizzled chocolate syrup over a brownie waffle

**add a scoop of vanilla bean ice cream | +1.99*

QUESADILLA | 10.29

waffle stuffed with scrambled eggs, cheddar cheese, mozzarella, peppers & onions **topped with nacho cheese & served with Pico de Gallo**

CARROT CAKE | 10.29

carrot cake waffle topped with cream cheese frosting & ooey gooey pecan praline

WAFFLE | plain 3.99 | gluten free 5.99 | vegan 6.99

**pump it up - add fresh seasonal fruit, nuts or toppings | +.99 each*

**cereal butter options: Cinnamon Toast Crunch, Coco Puff*

french to the TOAST

FRENCH PRESS | 8.99

stuffed and pressed French toast with hazelnut ganache, battered & deep fried **topped with dulce de leche and fresh strawberries**

BANANA FOSTER CROISSANT | 8.99

caramelized bananas, pecans, brown sugar, and rum poured over French toast battered croissants with a dollop of whipped cream

CINNAMON SWIRL | 7.99

French toast dipped cinnamon cobblestone bread **topped with cinnamon bun goo, our signature cream cheese frosting & powdered cinnamon sugar**

**add roasted Fuji apples | +.99*

BIG MAMA STACKER | 9.29

cinnamon cobblestone French toast stacked high **with fresh strawberries, blueberries, & cream cheese frosting**

CAMPFIRE NUTELLA FONDUE 11.99

stacked graham cracker encrusted French toast, **drizzled with Nutella & marshmallow sauce, campfire marshmallows & Nutella dipping sauce**

Create your own experience...Campfire included!

FRENCH TOAST

cobblestone bread, Texas bread or gluten free (single or short stack) | prices may vary

**pump it up - add fresh seasonal fruit, nuts or toppings | +.99 each*

pancake OLOGY

OREO'S N CREAM | 8.29

crushed Oreos sprinkled in a short stack of pancakes
topped with: sweet cream frosting & chocolate syrup

STRAWBERRIES N CREAM | 8.29

sliced fresh strawberries in a short stack of pancakes
topped with: sweet cream frosting & strawberry sauce

S'MORES | 8.99

crushed graham crackers & chocolate chips sprinkled in a short stack of pancakes *topped with: graham crackers, chocolate syrup, marshmallow sauce & toasted marshmallows*

REESE'S PEANUT BUTTER CUP | 8.99

reese's peanut butter cups sprinkled in a short stack *topped with: warm peanut butter sauce, chocolate sauce, marshmallow sauce & mini peanut butter cups*

SALTED CARAMEL BANANA NUT | 8.99

Sliced bananas & pecans in a short stack of pancakes *topped with: more bananas, caramel sauce, pecans & pink Himalayan sea salt*

COOKIE DOUGH | 8.29

reese's pieces or chocolate chip cookie dough stuffed pancake

BIRTHDAY CAKE | 8.29

birthday quins sprinkled in a short stack of vanilla cake pancakes
topped with: sweet cream frosting & more fun birthday sprinkles

OMBRE BLUEBERRY | 9.49

tower of ombre-style blueberry pancakes
topped with: dark chocolate & sugared blueberries

CINNAMON ROLL | 8.49

cinnamon bun goo swirled through a short stack of pancakes
topped with: our signature cream cheese frosting, garnished with cinnamon sticks

**add warm apple crisp & vanilla bean ice cream | +2.99*

PANCAKES

plain, gluten free or vegan (single, short, or tall stack) | prices vary

**pump it up - add fresh seasonal fruit, nuts or toppings | +.99 each*

**cereal butter options: Cinnamon Toast Crunch, Coco Puff*

jars & BOWLS

PB&B OVERNIGHT OATS (VG) | 5.99

banana, peanut butter, granola, oat milk soaked oats
topped with cacao nibs served with a side of oat milk

RECESS OVERNIGHT OATS (VG) | 5.99

Recess cold brew, maple syrup, cocoa, vanilla, oat milk soaked oats *topped with chopped walnuts & cacao nibs*

GREEN APPLE JACKS YOGURT PARFAIT | 5.99

vanilla yogurt, green apple slices, apple jack's cereal, local honey

FRUIT & GRANOLA PARFAIT | 5.99

vanilla yogurt layered with fresh strawberry, blueberry & granola

CHEESY SHRIMP & GRITS | 11.99

cheesy cheddar grits *topped with savory shrimp*

BREAKFAST MAC & CHEESE (V) | 10.99

pasta tossed with cheese sauce, jalapeno & onions over crispy hash browns topped with melted cheddar cheese

FOLDS

SIGNATURE BIG DADDY PANCAKE WRAP | 10.29

scrambled eggs, homies, sausage, bacon and cheddar cheese wrapped into a large buttermilk pancake

SPICY AVOCADO BACON WRAP | 9.29

scrambled eggs, bacon, avocado, chipotle ranch & cheddar cheese wrapped into a large tortilla served with house made tortilla chips, sour cream & salsa

BUFFALO CAULIFLOWER WRAP (VG) | 11.99

fried buffalo cauliflower, shredded carrots, cucumber, lettuce, avocado & vegan ranch in a tortilla wrap served with a side of your choice

PANCAKE TACOS | 7.99

original - chorizo, homies, scrambled eggs in 2 small fluffy pancake taco shells **topped with cheddar cheese**

Irish - house made hash, scrambled eggs in 2 small fluffy pancake taco shells **topped with holly sauce**

the green LEAFY STUFF

*our salads are big enough for 2, so enjoy!

BREAKFAST | 13.99

avocado, heirloom tomatoes, sausage links, sunny up eggs on a bed of mixed greens served with our house made everything bagel dressing & a side of toasted 7 grain bread

CHICKEN TACO | 11.99

grilled chicken dusted with taco seasoning, jalapenos, black olives, cheddar & heirloom tomatoes on a bed of mixed greens in a fried tortilla shell & drizzled with chipotle ranch

ORIENTAL SESAME | 11.99

grilled or crispy chicken, mandarin oranges, toasted sesame seeds, chow mein crispy noodles, red onions & almond slices served on a bed of mixed greens with a side of oriental sesame dressing

DRESSINGS: thousand island | creamy blue | crumbly blue | balsamic olive oil vinaigrette | raspberry vinaigrette ranch | oriental sesame | avocado ranch | honey mustard creamy caesar

FISH CREPE TACOS | 9.99

fried grouper, cilantro slaw drizzled with lime crema in a savory crepe taco shell served with a side of pickled jalapenos & pickled onions

BREAKFAST FAJITA QUESADILLA | 8.49

your choice of grilled chicken or roasted angus beef seasoned with fajita spice, peppers, onions, egg & cheddar, grilled in a tortilla served with a side of sour cream & salsa

CREPE SUSANNE | 10.99

mascarpone cheese, thinly sliced fried Taylor ham, & pear chutney in a folded savory crepe topped with a sunny up egg

LEMON POPPY CREPES | 9.29

Fresh house made whipped crème in a lemon poppy crepe **topped with raspberry maple sauce**

BUILD YOUR OWN CREPE (PICK 2) | 8.99

Fresh berries, bananas, Nutella, local honey, granola, whipped crème, raspberry maple sauce

BOURBON CHICKEN | 11.99

grilled chicken with tangy bourbon sauce, heirloom tomatoes, shredded cheddar, cucumbers & red onions served on a bed of mixed greens

SWEET DRAGON | 13.99

dragon fruit, candied pecans, apple slices & goat cheese on a bed of mixed greens drizzled with a balsamic glaze

TURKEY COBB WEDGE | 12.99

roasted turkey, avocados, heirloom tomatoes, bacon, hardboiled eggs, crumbly blue cheese on a wedge of lettuce topped with creamy blue cheese

GREENHOUSE (VG) | 11.29

Cucumbers, heirloom tomatoes, avocados, onions, roasted peppers and broccoli on a bed of mixed greens served with balsamic olive oil vinaigrette

SAMMICHES

*with your choice of side

DIRTY TAYLOR | 9.29

fried Taylor ham, American cheese, fried egg, hash brown, jalapenos & a spicy aioli on a grilled Kaiser roll

BACON GLAZED CINNAMON ROLL | 10.29

warm house made cinnamon roll stuffed with fried egg, cheddar cheese, applewood smoked bacon & topped with our house made bacon glaze

GRIDDLER | 9.29

pick of pancakes, cobblestone French toast or waffles stuffed with egg any style, your choice of meat & cheese

VG BLT | 8.49

grilled bella mushrooms, lettuce, tomato, veganise on toasted 7 grain bread

TAYLOR | 8.99

fried Taylor ham, fried over egg, American cheese on a grilled Kaiser roll

MAPLE WAFFLE BISCUIT | 8.99

grilled kielbasa style maple sausage, omelet style egg, cheddar cheese on a grilled buttery maple waffle biscuit served with a warm maple syrup for your dipping pleasure

DIRTY "D" | 9.29

fried egg, American cheese, sausage patty & hash brown topped with "garbage plate" meat hot sauce on a grilled hard roll

PESTO & EGG GRILLED CHEESE | 9.29

goat cheese, basil pesto, omelet style egg with a drizzle of local honey on grilled Italian bread

Brinner

IT'S WHAT'S FOR DINNER

CAULIFLOWER BREAKFAST PIZZA (GF) | 10.99

cauliflower crust with bacon, sausage, shredded hash brown, onion, jalapenos & mozzarella cheese topped with runny eggs, diced tomatoes & chopped scallions

SURF & TURF BRINNER | 14.99

2 eggs any style, flat iron steak served with lobster mac & cheese & toasted 7 grain bread

JAM BURGER | 13.99

Fresh angus beef patties, fried goat cheese with blackberry bourbon jam, frizzled onions, bacon, lettuce, tomato on a 3-tiered brioche roll served with your choice of side

RISE N SHINE BURGER | 13.99

Fresh angus beef patty topped with house made corned beef hash, cheddar cheese and over easy eggs served on a 3-tiered brioche roll with your choice of side

RISE N GRIND SIGNATURE BURGER | 13.99

**Named best in upstate New York!*

Our signature house blend coffee rub seared into fresh angus beef patties topped with house made bacon onion jam & cheddar cheese served on a 3-tiered brioche roll with your choice of side

BRUNCH BURGER | 14.99

Fresh angus beef patty topped with bacon, sausage, ham, sunny up egg, cheddar cheese on pancake buns served with a side of warm maple syrup & your choice of side

KIND BURGER (VG) | 14.99

Beyond Meat patties, fried avocado, pickled onions, lettuce, tomato, vegan cheese & veganise on a Kaiser roll served with your choice of side

DIVVIES *for sharing!

TIN CAN BREAKFAST PIEROGIES | 13.99

sharable amount of layered, scrambled eggs, griddled potato filled pierogies, crumbled bacon, frizzled onions & cheese sauce

FRIED PICKLE FRIES | 6.99

served with house dilly dilly sauce

FRENCH TOAST FONDUE | 10.99

WAFFLED CHICKEN WINGS | 7.99

4 hot and sassy chicken drumettes dipped & seared in waffle batter served with maple syrup & blue cheese for your dipping pleasure

FRIED BUFFALO CAULIFLOWER (VG) | 10.99

served with house made vegan ranch

BREAKFAST NACHOS (enough for 4) | 10.99

house made tortilla chips topped with scrambled eggs, avocado corn salsa, nacho cheese sauce, chopped bacon, jalapenos, sour cream & scallions

BUFFALO MAC N CONE | 8.99

buffalo chicken bites, mac n cheese wedges & fries in a fried pancake cone topped nacho cheese & sour cream

BEVVIES

*sub oat milk or almond milk in some bevies | +.49

COFFEE - plain | 2.99
with soft cream topping | +.50

HOT TEA | 2.29

ICED OR HOT GREEN TEA MATCHA LATTE | 3.99

CEREAL MILK LATTES | 4.99
fruity pebbles or coco puffs

VANILLA CHAI TEA LATTE | 3.99

COLD BREW - plain | 3.99
with soft cream topping | +.50

CARAMEL MOCHA COLD BREW | 5.29

KOMBUCHA ON TAP *ask server for flavor

JUICE FLIGHT (CHOOSE 4) | \$5.99

cranberry | tomato | apple | grapefruit | orange
green machine (green goddess)

HOT OR ICED CHOCOLATES | 5.99
reese's peanut butter | s'mores | oreo | salted caramel
birthday cake

BOXED WATER | 1.99

SOFT DRINKS | 2.99

SPECIALTY MILKSHAKES *ask about vegan options

reese's peanut butter	10.49
s'mores	10.49
oreo	8.99
salted caramel	8.99
birthday cake	10.49
recess mocha cold brew	10.99
cotton candy (seasonal)	9.99
creamsicle (seasonal)	9.99

kids MENU

SILVER DOLLAR PANCAKES | 4.99

stacked silver dollar pancakes with fresh fruit

2 EGGS AND TOAST | 2.99

KIDS BURGER | 6.99

with waffle fries or carrot sticks

CHICKEN MAC N CONE | 6.99

popcorn chicken piled in a waffle cone served with a side of mac and cheese

PB&J TACOS | 5.99

peanut butter and jelly folded in a taco size uncrusted bread topped with fresh fruit