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connectorcafeandgrill.com
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BREAKFAST

Annie

2 poached eggs over sautéed spinach and onions with sweet hash and tomato slices (P) 9

Wilbur

3 eggs, pulled pork, bacon, onion, pepper, cheddar cheese scrambled with a touch of BBQ sauce, home fries and toast 11

The Standard

2 eggs any style, homefries and toast 5, add sausage or bacon 2.50

Fran

3 egg omelet with broccoli, mushroom, onion, and peppers, with sweet potato hash and tomato slices (P) 8.50

Helen

2 turkey burgers, 3 egg whites scrambled, sweet potato hash and tomato slices (P) 12

Amanda

3 eggs scrambled over sautéed mushrooms, onions and peppers (P) 7.50

The Connector

3 egg omelet with tomatoes, spinach, and feta home fries and toast 7.50

The Mid Western

3 egg omelet with ham and onion 7.50

Custom Omelets

3 eggs plus homefries & toast 6.50, add vegetables or cheese .50, bacon, sausage links, diced ham 1 each

Stacey

8 oz sirloin steak with 2 eggs sunny side up over sautéed peppers and onions (P) 14

The HERO WOD

5 Eggs any style, 4 oz. Turkey Tips, 4 oz Steak Tips, 4 Bacon Slices, Sweet Potato Hash & Roasted Vegetables, & your choice of one paleo muffin (P) 23

Add Egg or Substitute Egg Whites to above meals 1, Substitute Cage Free Eggs 1.50

SIDES

Pancakes 6

Short Stack of Pancakes 5

Waffle 6

Cinnamon Bun Waffle 6

French Toast 6

Raisin French Toast 7

Paleo French Toast (allergy: almonds/coconut oil) 8

Add: blueberries/ strawberries/ banana/ whipped cream 1

Breakfast Sandwich

Egg & Cheese on Toast, Bagel or English Muffin 4.50

add bacon, sausage or ham 1

Jalapeno Sausage (locally sourced) (P) 4

Pepper & Onion Sausage (locally sourced) (P) 4

Jalapeno Bacon 4

Bacon 4

Breakfast Sausage 4

Corned Beef Hash 4

Beans 2.50

Fruit Cup 4.50

Oatmeal 3.50, add Fruit 1

Corn or Blueberry Muffin, grilled 2.50

Bagel 2.50 add cream cheese or peanut butter .50

Before placing your order, please inform your server if anyone in your party has a food allergy.

Whole30.

(P) indicates Paleo and

LUNCH

SANDWICHES

*Served with your choice of Chips, Fresh Cut, Seasoned, or Sweet Potato Fries.
(add an additional \$1 for Onion Rings)*

- Tuscan Chicken** grilled chicken, provolone, tomatoes, pesto mayo on sourdough 9.50
- Cuban** pulled pork, ham, provolone, grilled onions, chipotle mayo on sourdough 9.50
- Turkey Club** sliced roasted turkey, lettuce, tomatoes, bacon, mayo on wheat 9.50
- Reuben** sliced corned beef, sauerkraut, dressing, swiss on rye 9.50
- BBQ Pulled Pork** on an onion roll 9.50
- B.L.T.** mayo on texas toast 7.50
- Ham & Cheese Melt** on texas toast 7.50
- Grilled Cheese** on texas toast 6.50
- 4-Cheese Melt** tomato chipotle mayo on texas toast 7.50
- Tuna Salad** lettuce, tomatoes on toasted wheat 8.50
- Chicken Salad** lettuce, tomatoes on toasted white 8.50
- Cheeseburger** lettuce, red onion, tomato on a bun 11
- Connector Burger** cheddar cheese, fried egg, lettuce, tomato on a bun 12
- Chicken B.L.T.** bacon, lettuce, tomato, chipotle mayo on a bun 10
- Buffalo Chicken** lettuce, tomato, blue cheese on a bun 10
- Turkey Burger** cucumbers, lettuce, chipotle mayo on a bun 10
- Veggie Burger** grilled onions, lettuce, tomato on an onion roll 9
- Steak & Cheese Bomb** mushrooms, peppers, onions, cheese on a sub roll 9.50

WRAPS

*Served with your choice of Chips, Fresh Cut, Seasoned, or Sweet Potato Fries.
(add an additional \$1 for Onion Rings)*

- Greek Salad Wrap** w/ chicken 9.50
- Caesar Wrap** w/ chicken 9.50
- Mayflower** turkey, lettuce, stuffing, cranberry mayo 9.50
- Buffalo Chicken** blue cheese, lettuce, tomato 9.50
- Chicken Club** bacon, lettuce, tomato, mayo 9.50

SALADS

Served with Grilled Pita Bread & Choice of Dressing

- Garden** mixed greens, cucumbers, tomatoes, peppers, carrots, onions (P) 7
- Caesar** romaine lettuce, cheese, croutons 7
- Greek** mixed greens, cucumbers, tomato, peppers, onions, feta, olives 7.50

Add: salmon 6, chicken 3, steak tips 5, turkey tips 5, tuna salad 2, chicken salad 2

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ENTREES

Includes choice of two sides (see below)

Turkey Tips (P) 12
Steak Tips (P) 14
Chicken Breast (P) 11
Chicken Fingers 11
Salmon (P) 12
Pulled Pork (P) 11
Two Turkey Burgers (P) 11
Meatballs (*allergy: almonds*) (P) 10
Meatloaf (*allergy: almonds*) (P) 11

Our Favorite Entree: **The Nancy** Grilled Chicken served with sides of sautéed mushrooms and broccoli (P) 10

Fry Baskets, Sides & Soups

Soup of the Day, Roasted Sweet Potato (P), Sweet Potato Hash (P), Broccoli (P),
Cauliflower Rice (P), mixed veggies (P), side salad (P),
fresh cut fries, sweet potato fries, seasoned fries, onion rings 4.50

BEVERAGES

Coffee, Tea, Hot Cocoa, Juice, Milk, Chocolate Milk, Coca Cola Items 2
Kill Cliff 3
Butter Coffee 4.50

Paleo Muffins by GOODMuffin 3

Our muffins are made with all natural paleo ingredients:

Almond Flour, Coconut, Eggs.

They are free of gluten, refined sugars and dairy.

add .25 for muffins grilled in coconut oil.

(Allergy: almonds and coconut oil, eggs)

Availability may vary daily:

Apple Cinnamon, Banana Chocolate Chip, Banana Walnut, Blueberry, Chocolate Raspberry,
Double Chocolate Mocha, Orange Cranberry, Power Muffin, Pumpkin Cranberry
Power Muffin Contains: flax, almond flour, coconut, banana, pumpkin, raisins, carrots, zucchini,

Please include 7% Meals Tax on all items. All prices are subject to change without notice.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

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Whole30.

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