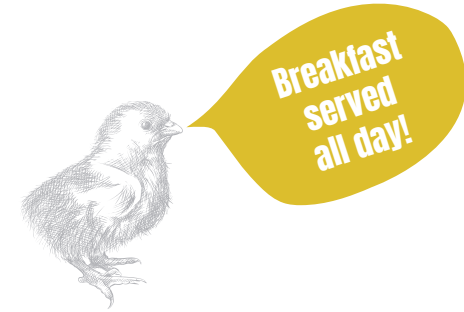


SPARTA CLASSIC DINER



LIGHT START

- City Oatmeal**
strawberries, blueberries, toasted almonds 9.95
- Country Oatmeal**
dried cranberries, walnuts 9.95
- Fresh Fruit Bowl**
an assortment of seasonal fruit 10.95
- Bowl of Berries**
strawberry, blueberries 10.95

GREEK YOGURT BOWLS

- Classic Energy Bowl**
fresh seasonal fruit, granola, honey 11.95
- Banana Bread Bowl**
strawberries, banana, honey, walnuts 12.95
- Honey Walnut Bowl**
honey, walnuts 9.95

BAKED GOODS

- Croissant** 3.75
- Danish** 3.75
- Corn Muffin** 2.95
- Bran Muffin** 2.95
- Blueberry Muffin** 2.95
- Pound Cake** 3.95
- Banana Nut Bread** 4.95
- Toasted Bagel w/ Butter** 2.25
w/ cream cheese +1.50
- English Muffin** 2.25



Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

Breakfast

CAGE FREE EGGS

- Served w/ homefries and toast
- Substitute pancakes +3.95
- Substitute Gluten free or organic sprouted grain +1.95
- Two Eggs Any Style** 8.95
add choice of meat +4.95
- Corned Beef Hash & Eggs**
homemade, topped with two eggs any style 15.95
- Country Breakfast**
two eggs, bacon, sausage, virginia ham 15.95
- Steak & Eggs**
grilled to perfection, two eggs any style 24.95

- Add Choice of Only One:**
- Bacon, Ham, Sausage, Taylor Ham +5.95
 - Chicken Sausage, Turkey Bacon +5.95
 - Canadian Bacon +6.25

EGG SPECIALTIES



- Original Avocado Toast**
multigrain toast, two poached eggs, salsa, spring mix 16.95
- Greek Scramble**
feta, beef gyro, tomatoes, onions, pita, tzatziki, french fries 16.95
- Huevos Rancheros**
two fried eggs, chorizo, ranchero sauce on corn tortillas, home fries 16.95
- Cuban Breakfast**
two eggs any style, chorizo, sliced avocado, fried sweet plantain, rice, black beans 17.95
- Short Rib Hash And Eggs**
two eggs any style, slowly braised angus short rib, caramelized onions, peppers & mushrooms, home fries 20.95
- Cali Scramble**
sliced grape tomatoes, cheddar-jack cheese, avocado, served w/ multi-grain toast, spring mix, salsa, sour cream 15.95
- Eggs Benedict**
canadian bacon, hollandaise sauce 14.95
- Texas Breakfast Bowl**
scrambled eggs, ham, peppers, onions, sharp cheddar, over homefries, salsa, jalapeno, sour cream, warm tortillas 16.95

- California Skillet**
home fries, onions, mushrooms, sausage, avocado, sharp cheddar cheese, hollandaise, 2 basted eggs, english muffin 16.95
- Veggie Breakfast Skillet**
home fries, spinach, mushrooms, red onion, quinoa, ranchero sauce, 2 basted eggs, english muffin 16.95

PANCAKES

Made from scratch daily using our buttermilk pancake recipe. Served with warm syrup and butter. Substitute Vermont maple syrup +2.95

- Buttermilk Pancakes**
dusted w/ powdered sugar 11.50
- Strawberry Napoleon Pancakes**
sweet mascarpone filling, fresh strawberries, nutella drizzle 15.95
- Chocolate Chip Pancakes**
chocolate chips, whipped cream, chocolate drizzle 12.95
- Funfetti Pancakes**
house-made funfetti cake, rainbow sprinkles, whipped cream 16.95
- Chunky Monkey Pancakes**
chocolate chips, bananas, nutella drizzle 16.95
- Oreo Pancakes**
oreos, whipped cream, chocolate drizzle 15.95
- Quinoa Pancakes**
multi-grain, banana, almonds, quinoa 15.95
- Lumberjack Pancakes**
two eggs any style, bacon, sausage 17.95

- Multi-Grain Pancakes** 11.95
- Gluten-Free Pancakes** 10.95



FRENCH TOAST



Hand dipped daily in our classic french toast recipe. Served with warm syrup and butter. Substitute Vermont maple syrup +2.95

- Classic French Toast**
dusted with powdered sugar 11.95
- Banana Nutella French Toast**
layered w/ bananas, nutella 16.95
- Oreo French Toast**
oreo cookie icing topped w/ more oreos, chocolate, vanilla sauce 16.95
- Gluten Free French Toast**
dusted with powdered sugar 13.95
- Healthy French Toast**
whole-grain gluten-free french toast, sliced strawberries, blueberries, toasted almonds 17.95
- French Toast Tiramisu**
layered w/ sweet mascarpone filling, strawberries, bananas, raspberry sauce, chocolate powder 16.95

WAFFLES

- Belgian Waffle** 10.95
- Fruit & Nutella Waffle**
strawberries, bananas, whipped cream, nutella drizzle 16.95
- Banana Walnut Waffle**
loaded w/ bananas, walnuts 14.95
- Fried Half Chicken & Waffle**
fried chicken over a belgian waffle 20.95
- Gluten-Free Waffle** 10.95
- Chocolate Chip Waffle**
chocolate chips, whipped cream 13.95

EGG SANDWICHES

Substitute Gluten-Free Bread, Bun or Wrap +2.00

- Healthy Egg Sandwich**
egg whites, spinach, apple, avocado, sprouted multigrain toast, spring mix 14.95
- NJ Sandwich**
taylor ham, fried eggs, american cheese, kaiser roll 6.95
- Breakfast Sliders**
buttermilk biscuits, scrambled egg, american cheese, bacon, french fries 14.95



- Farmers Breakfast Wrap**
eggs, sausage, bacon, ham, peppers, onions, american served w/ home fries 12.95
- Bandito Burrito**
scrambled eggs, chorizo, onion, tomato, jalapeño, cheddar jack, topped w/ ranchero sauce, served w/ home fries 15.95
- Smoked Salmon Deluxe**
red onions, tomatoes, capers, olives, toasted bagel, cream cheese 18.95



FRESH PRESSED JUICE & SMOOTHIES

Freshly Squeezed Orange Juice
6.95

- Peach Mango Smoothie**
peach, mango, yogurt, milk 9.95
- Strawberry Banana Smoothie**
strawberry, banana, yogurt, milk 9.95
- Dolce Vida**
banana, peanut butter, chocolate whey protein, coconut milk 9.95
- Tropical Smoothie**
pineapple, banana, strawberry, coconut milk, honey 9.95
- Berry Sinful**
strawberry, blueberry, greek yogurt, honey, milk 9.95
- Tomato | Apple | Grapefruit | Cranberry** 3.95

OMELETTES



- Served w/ homefries and toast
- Substitute pancakes +3.95
- Substitute Gluten free or organic sprouted grain +1.95
- Wild Western Omelette**
mushrooms, cheddar cheese, ham, bell peppers, onions 14.95
- Mexican Omelette**
jalapeno, peppers, onions, sharp cheddar cheese, with tortilla chips and salsa 13.95
- Colorado Omelette**
ham, bacon, sausage, cheddar-jack cheese 17.95
- Florentine Omelette**
fresh spinach, feta cheese 14.95
- Alpine Omelette**
bacon, swiss cheese, mushrooms, onions 14.95
- Mediterranean Omelette**
feta cheese, spinach, tomatoes, onions, mushrooms 15.95
- Santa Fe Omelette**
chicken, jalapeño, turkey bacon, onions, tomatoes, salsa, sour cream 17.95
- Body Builder Omelette**
egg whites, broccoli, mushrooms, chicken, tomatoes, onions 17.95
- Italian Omelette**
sausage, mozzarella, tomatoes, mushrooms 14.95
- Light Omelette**
egg whites, mushrooms, onions, broccoli, tomatoes 15.95
- American Classic**
diced ham, american cheese 13.95
- New York Omelette**
smoked salmon, onions 18.95
- Chicken Fajita Omelette**
marinated chicken, onions, peppers, shredded cheese topped w/ salsa, guacamole, sour cream, chili hash browns 18.95

Disclaimer: We are not a gluten free kitchen. All food items are prepared on shared equipment.

Hot Beverages

- Illy Espresso**
regular or decaf 3.50
- Illy Double Espresso**
regular or decaf 4.25
- Illy Cappuccino**
double espresso, foamy steamed milk 5.95
- Illy Café Latte**
double espresso, steamed milk 5.95
- Illy Café Mocha**
espresso, chocolate sauce, steamed milk, fresh whipped cream 5.95
- Chai Tea Latte**
nirvana in a cup 5.95
- Illy Salted Caramel Latte**
double espresso, steamed milk, ghirardelli salted caramel syrup, whipped cream 5.95
- House Roast Coffee**
regular or decaf 3.25
- Rishi Tea**
assorted flavors crafted from the highest quality tea leaves 3.25
- Ghirardelli Hot Chocolate**
topped w/ fresh whipped cream, a pirouline chocolate wafer 6.95

Cold Drinks

- House Roast Iced Coffee** 3.95
- Freshly Brewed Iced Tea** 3.95
- Hand Spun Milkshake**
vanilla, chocolate, strawberry, or black & white 9.95
- Saratoga Sparkling Water** 2.95
- Boylan Bottling Co. Soda**
orange, creme, or root beer 3.95
- Freshly Squeezed Lemonade** 4.95
- mango, peach, raspberry, strawberry, passion fruit or kiwi +0.75

ADD TO ANY BREAKFAST:

- House-Made Corned Beef Hash** 9.95
- Turkey Bacon** 6.95
- Chicken Sausage** 7.95
- Chorizo Mexican Sausage** 7.95
- Beyond Vegan Sausage** 10.95
- Canadian Bacon** 6.95
- Bacon | Sausage Ham | Taylor Ham** 6.95
- Blueberries or Strawberries** 4.95
- Banana** 3.95

Main menu on flip side