

THE HEALTHY SIDE

Bowl of Granola
Served w/ 2% Milk (+ Bananas, Strawberries OR Blueberries)
Beth's Luau
Grilled Steak, Eggs Whites, Olives, Mushrooms, Tomatoes, Garlic,
Sour Cream, Cream Cheese, & Worcestershire Sauce
A.J.'s Health Nut
Egg Whites, Spinach, Feta, Walnuts, Dried Cranberries & Tomatoes
(+ Garden Patty)
Kevin's Super Chicken
Egg Whites, Grilled Chicken, Mushrooms & Spinach with White Rice

T-Byrd
Turkey Bacon, 2 Poached Eggs, served with Cottage Cheese & Sliced
Tomatoes
Lean & Mean
Egg Whites, Bell Peppers, Musrooms, Tomatoes & Rice
Tree Hugger Sandwich
Spinach, Tomato, Cucumber, Onions & Avocdo (+ Cheese)
Flipper Lives
Tuna, Lettuce & Tomato toasted on your choice of bread
Fruity Deluxe (All the Fruits & Berries we have)

SANDWICHES

Kyla's Egg Sandwich
Mayo, Cheese, Lettuce & Tomato
BLT
Mayo, Bacon, Lettuce & Tomato (+Avocado)
Turkey
Mayo, Lettuce & Tomato
Healthy Tuna OR Turkey
Mayo, Cheese, Onions, Avocado, Lettuce & Tomato
Grilled Ham, Turkey OR Chicken Malibu
Ham, Swiss & Tomato
French Dip
Thinly sliced Roast Beef OR Turkey with Au Jus
on a French Roll (+ Cheese + Ortgea Chilis)
Hot Pastrami on Rye
Pastrami, Pickles & Mustard
Grilled Cheese
Jack & Cheddar Cheese

SALADS

Side Salad
Lettuce, Tomato, Cheese & Olives
Great Little Salad with Bacon (+Tuna)
Chicken Surprise
Lettuce, Tomato, Avocado & Cheese
Afternoon Delight
Bacon, Tuna, Ham, Turkey, Eggs Avacado, Cheese,
Bellpepper, Mushrooms, Onions, Tomatos & Cucumber
Chef's Salad
Ham, Turkey, Egg, Lettuce, Tomato, Cheese & Olives

KIDS CORNER

Mickey Cake
Lil Frankie Special
1 Egg, 1 Cake & 1 Bacon
Cold Cereal
Fruit Bowl
Quesadilla
Chicken Tenders
Buttermilk tenders served with fries
Flinstone French Toast

ALL SANDWICHES AND BURGERS INCLUDED EITHER SEASONED
CURLY FRIES, THICK CUT FRIES, SALAD, BREAKFAST POTATOES,
FRUIT, COTTAGE CHEESE OR SLICED TOMATOES

.. NO HALF ORDERS ..

The-Bronx

Chilled Roast Beef, Pastrami, Ham, Lettuce,
Tomato, Red Onions & Mayo

Club

Triple Decker with Ham, Bacon, Turkey,
Lettuce, Tomato & Mayo (Sub Chicken)

Italian Sausage & Peppers

Grilled Sausage, Peppers & Cheese on a French Roll

James's Polish

Polish Sausage, Tomato, Mustard & Pickles

Patty Melt

1/2 pound Burger Patty, Swiss Cheese & Grilled
Onions on Griddled Rye
(Deluxe: Add Avocado & Tomato)

Tuna Melt

Tuna, Jack & Cheddar
(Deluxe: Add Avocado & Tomato)

BURGERS

All Include:

Half Pound Patty, Mayo, 1,000 Island Dressing,
Lettuce, Tomato, Pickle & Onion.
Served on a Brioche Bun
(+Avocado OR Sub in Turkey Patty OR
Sub in Garden Patty)

Cheeseburger

Mushrooms & Swiss

Chicken Burger

Homemade Chili & Cheese Burger

Hangover

Cheddar Cheese, Avocado, Bacon & Fried Egg

Western Bacon Burger

Cheese, BBQ Sauce, & Topped with Onion Rings

SPECIALTIES

Buttermilk Chicken Tenders

Served with Ranch Dressing & your choice of Fries

Quesadilla

Avocado, Olives, Jalapenos, Sour Cream & Avo-Salsa

Tostada Grande

Spicy Ground Beef, Cheese, Tomatos, Lettuce,
Avocado, Olives, Jalapenos, Sour Cream & Avo-Salsa

SIDE DISHES

2 Eggs, any style
Bacon or Sausage
Turkey Bacon
Turkey Sausage
Country Sausage
Beef or Garden Patty
Chicken or Turkey Breast
Ham Steak
Scoop of Tuna
Homemade Chili Bowl w/ Cheese & Onion
Spinach or Tomatoes
Salsa
Avocado
Cottage Cheese
Toast OR Tortilla
Muffin OR Cinnamon Roll
Biscuits & Gravy
French Fries (Curly or Thick Cut)
(+Chili & Cheese)

VEGAN, VEGETARIAN & GLUTEN FREE

Veggie Spuds

Our famous potatoes topped with sauteed spinach,
mushrooms, red onions, green peppers, green onions,
diced tomatoes & fresh avocado.

Tofu Scramble

Firm tofu seasoned and scrambled with sauteed
mushrooms, green onions and tomatoes. Served with
bell peppers, potatoes and toast.

Veggie Burrito

Flour tortillas stuffed with sauteed tofu, green peppers
mushrooms & tomatoes. Topped with avocado, red
enchilada sauce & potatoes. (+Garden Patty on the side)

Vegan Benedict

Toasted English muffins covered with sauteed spinach,
sliced tofu & Vegan Hollandaise. Served with potatoes.

Gluten Free Fruity Pancakes

Blueberries and bananas inside and fresh strawberries.

Gluten Free Pancake

Gluten Free Waffle

Topped With bananas, blueberries & strawberries.

Some Do/Some Don't Scramble

BEVERAGES

Fix Me Ups

Beer
Imported Beers
Michelada
Mega Mimosa
Bloody Mary
Hibiscus (Cranberry & Champagne)

Fresh Squeezed

Orange
Grapefruit
Lemonade

Juices

Apple
Cranberry

Coffee & Tea

Regular (free refills)
Decaf (free refills)
Arnold Palmer
Herbal Tea (free refills)
Iced Tea (free refills)

Other Drinks

V-8
Soda (free refills)
Coke, Diet Coke, Root Beer, Sprite, &
Dr. Pepper
Milk
Chocolate Milk
Hot Cocoa

EAT AT THE POTHOLDER

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DOWNTOWN LONG BEACH | BELMONT HEIGHTS | LAKEWOOD | LOS ALAMITOS