

this menu prepared for you by:



bite bolt<sup>TM</sup>

ANY restaurant - delivered lightning fast

[bitebolt.com](http://bitebolt.com) 805.328.5050

## Hearty Omelettes

Made with a splash of our famous buttermilk and wheat pancake batter for extra fluffiness and served with three buttermilk pancakes or fresh fruit.

**Big Steak Omelette** Tender strips of steak, hash browns, green peppers, onions, mushrooms, tomatoes and Cheddar cheese. Served with salsa.

**Country Omelette** A delicious blend of ham, cheese, onions and hash browns. Topped with sour cream.

**Hearty Ham & Cheese Omelette** Stuffed with diced ham, a rich cheese sauce and Jack and Cheddar cheeses.

**Bacon Temptation Omelette** Loaded with six strips of crispy bacon, a rich cheese sauce, Jack and Cheddar cheeses and diced tomatoes.

**Spinach & Mushroom Omelette** Fresh spinach, mushrooms, onions and Swiss cheese rolled in a fluffy omelette. Topped with rich hollandaise and diced tomatoes.

**Colorado Omelette** A meat lover's delight. Bacon, pork sausage, shredded beef, ham, onions, green peppers and Cheddar cheese. Served with salsa.

**Garden Omelette** An abundance of fresh green peppers, mushrooms, onions, tomatoes and Cheddar cheese.

**Chicken Fajita Omelette** Grilled fajita seasoned chicken breast strips, onions and green peppers with salsa and a blend of cheeses. Topped with sour cream.


**Create Your Own Omelette** Begin with our hearty omelette and your choice of cheese: American, Cheddar, Jack, Provolone or Swiss.

Then add your favorite ingredients

- Two Bacon Strips
- Two Pork Sausage Links
- 1 oz. Ham
- 2 oz. Extra Cheese
- 1 oz. Oven-Roasted Tomatoes
- 1 oz. Green Peppers & Onions
- 2 oz. Tomatoes
- 2 oz. Fresh Spinach
- 2 oz. Mushrooms

### SIMPLE & FIT Omelettes


Our SIMPLE & FIT omelettes are made with egg substitute and served with seasonal fresh fruit.

 **SIMPLE & FIT Spinach, Mushroom & Tomato Omelette** With fresh spinach, mushrooms, onions and Swiss cheese. Topped with diced tomatoes.

330 Calories

 **SIMPLE & FIT Turkey Bacon Omelette** With Swiss cheese.

420 Calories

 **SIMPLE & FIT Veggie Omelette** With mushrooms, green peppers, onions and oven-roasted tomatoes.

320 Calories

## Breakfast Combinations

**Breakfast Sampler\*** Two eggs, two bacon strips, two pork sausage links, two pieces of ham, hash browns and two fluffy buttermilk pancakes.

**T-Bone Steak & Eggs\*** A mouthwatering USDA Select steak served with three eggs and three buttermilk pancakes.

**Sirloin Tips & Eggs\*** Grilled, tender, sweet and savory USDA Select sirloin tips with grilled onions and mushrooms. Served with two eggs, hash browns and two buttermilk pancakes.

**New!** **Country Fried Steak & Eggs\*** An 8 oz. fried beef steak smothered in country gravy. Served with two eggs, hash browns and two buttermilk pancakes.


**Smokehouse Combo\*** Two smoked sausage links served with two eggs, hash browns and two buttermilk pancakes.

**New!** **Biscuits & Gravy Combo\*** Two fluffy buttermilk biscuits topped with four sausage links and country gravy. Served with two eggs and hash browns.

**Split Decision Breakfast\*** A hearty combination of two eggs, two crispy bacon strips, two pork sausage links, two triangles of French toast and two buttermilk pancakes.

**Thick-Cut Bone-In Ham & Eggs\*** A 10 oz. hickory-smoked ham steak served with two eggs, hash browns and two fluffy buttermilk pancakes.

**Quick Two-Egg Breakfast\*** Two eggs, hash browns, toast, plus two crispy bacon strips or two savory pork sausage links.

 **SIMPLE & FIT Two-Egg Breakfast** Scrambled egg substitute, two strips of turkey bacon, whole wheat toast and fresh fruit.


*350 Calories*

**New!** **Create Your Own Viva La French Toast Combo\*** Your choice of French toast below served with two eggs, hash browns and your choice of two bacon strips or two pork sausage links.

- Original
- Strawberry
- Whole Wheat with Banana Slices
- Strawberry Banana
- Cinnamon Apple
- **New!** CINN-A-STACK®
- Blueberry

**Stuffed French Toast Combo\*** Cinnamon raisin French toast with a sweet cream filling, crowned with your choice of cool strawberry topping, warm blueberry or cinnamon apple compote and whipped topping. Served with two eggs, hash browns, two bacon strips or two pork sausage links.

**Strawberry Banana French Toast** Six French toast triangles with cool strawberries, fresh banana slices and whipped topping.

 **SIMPLE & FIT Whole Wheat French Toast Combo** Two slices of whole wheat French toast topped with fresh slices of banana. Served with scrambled egg substitute and two strips of turkey bacon. *490 Calories*

**New!** **CINN-A-STACK® French Toast** A stack of three slices of thick-cut French toast layered with a luscious cinnamon roll filling, then drizzled with rich cream cheese icing and topped with whipped topping.

**Original French Toast** Six fluffy triangle-shaped slices topped with whipped butter and powdered sugar.

**New!** **Belgian Waffle Combo\*** Our Belgian waffle served with two eggs and your choice of two bacon strips or two pork sausage links.

*With cool strawberry topping, warm blueberry or cinnamon apple compote.*

**Also available: Belgian Waffle** Topped with whipped butter. *Or crowned with your choice of cool strawberry topping, warm blueberry or cinnamon apple compote and whipped topping.*


**New!** **Strawberry Banana Danish Fruit Crepes** Two delicious crepes filled with an authentic Danish combination of cool strawberries and rich sweet cream cheese. Topped with cool strawberries, fresh slices of banana and whipped topping.

**Nutella® Crepes** Three egg batter crepes filled with "the original creamy, chocolaty hazelnut spread"™ Nutella® and fresh slices of banana, topped with cool strawberry topping and whipped topping.

**Swedish Crepes** Four delicate crepes with lingonberries and lingonberry butter.

**International Crepe Passport\*** Two eggs, two crispy bacon strips and two pork sausage links served with your choice of crepe below.

- Nutella® Crepes
- Strawberry Banana
- **New!** Fresh Fruit Crepe
- Swedish Crepes
- Danish Fruit Crepe

**New!**  **SIMPLE & FIT Seasonal Fresh Fruit Crepes** Two crepes topped with fresh fruit, low-fat strawberry yogurt and granola.

*580 Calories*


# World Famous Pancake Combos

**Pick-A-Pancake Combo\*** Your choice of two same-flavored famous pancakes. Served with two eggs, hash browns and your choice of two bacon strips or two pork sausage links. Choose from any of our famous pancake flavors.

- Original Buttermilk
- Strawberry Banana
- **New!** CINN-A-STACK®
- Harvest Grain 'N Nut®
- Double Blueberry
- Cinnamon Apple
- Chocolate Chip
- Strawberry
- New York Cheesecake


**Pancake Platter** Three award-winning buttermilk pancakes with your choice of four crispy bacon strips or four savory pork sausage links.

**Rooty Tooty Fresh 'N Fruity\*\*** Two eggs, two bacon strips, two pork sausage links and two buttermilk pancakes crowned with cool strawberry topping, warm blueberry or cinnamon apple compote and whipped topping.

 **SIMPLE & FIT Blueberry Harvest Grain 'N Nut® Combo** Two Harvest Grain 'N Nut® pancakes loaded with blueberries and topped with fresh slices of banana. Served with scrambled egg substitute.

*560 Calories*

**Two x Two x Two\*** Two eggs with two buttermilk pancakes and two crispy bacon strips or two savory pork sausage links.

 **SIMPLE & FIT Two x Two x Two** Scrambled egg substitute with two buttermilk pancakes and two strips of turkey bacon.

*400 Calories*

**Three Eggs & Pancakes\*** Three eggs served with three fluffy buttermilk pancakes.

With your choice of:

- Four Bacon Strips
- Four Turkey Bacon Strips
- Four Pork Sausage Links

## Pancake Flavors

**Double Blueberry Pancakes** Four buttermilk pancakes filled with blueberries, topped with warm blueberry compote and whipped topping.

**Chocolate Chip Pancakes** Four rich, chocolate batter pancakes filled with chocolate chips and topped with powdered sugar and whipped topping.

**New! CINN-A-STACK® Pancakes** A stack of four fluffy buttermilk pancakes layered with a luscious cinnamon roll filling, drizzled with rich cream cheese icing and topped with whipped topping.

**New York Cheesecake Pancakes** Four fluffy buttermilk pancakes loaded with creamy, rich cheesecake pieces and crowned with cool strawberries, powdered sugar and whipped topping.

**Strawberry Banana Pancakes** Four pancakes filled with slices of banana and crowned with cool strawberries, more banana slices and whipped topping.

**Harvest Grain 'N Nut® Pancakes** Four pancakes made with hearty grains, wholesome oats, almonds and English walnuts.

*With warm blueberry or cinnamon apple compote and whipped topping.*

**Original Buttermilk Pancakes** Five award-winning buttermilk pancakes with authentic country flavor.

## Savory Crepes

**Garden Stuffed Crepes** Two crepes stuffed with Swiss cheese and eggs scrambled with fresh spinach, mushrooms and onions. Topped with rich hollandaise and diced tomatoes.


**Chicken Florentine Crepes** Chicken breast strips sautéed with fresh spinach, mushrooms and onions in light seasonings. Rolled inside two delicate crepes with Swiss cheese and topped with rich hollandaise.

**New! Bacon & Cheddar Stuffed Crepes** Two light, golden crepes filled with scrambled eggs, Cheddar cheese and bacon. Topped with Cheddar cheese and sour cream.

## **New! Take Two** Combos

Pick two of your favorite items to make a combo.

- House Salad
- Side Caesar Salad
- Seasonal Fresh Fruit
- **New!** Loaded Potato & Bacon Soup
- Soup of the Day
- Half Turkey Sandwich
- Half Pot Roast Melt Sandwich
- Half Double BLT Sandwich

 Seasonal fresh fruit paired with any half sandwich are under 600 calories.

## Signature Soups

**New! Loaded Potato & Bacon Soup** Creamy potato and bacon soup topped with Cheddar cheese and sour cream.

**Soup of the Day.**

## Sandwiches & Burgers

*Served with your choice of seasoned fries, onion rings, fresh fruit, soup or salad and a dill pickle spear (except for SIMPLE & FIT selections which are served as described).*


**New! Philly Cheese Steak Stacker** Grilled Ribeye steak and onions topped with melted American cheese on a grilled roll.

**New! Turkey & Bacon Club Sandwich** Roast turkey, crispy bacon, Cheddar cheese, sliced tomatoes, lettuce and mayonnaise on a grilled roll.

**Double BLT** A great double-decker with six strips of crispy bacon, lettuce, tomato and mayonnaise on white toast.

**Ham & Egg Melt** Grilled sourdough bread stuffed with ham, scrambled eggs, Swiss and American cheeses.

**Tuscan Chicken Griller** A juicy, grilled chicken breast with melted Provolone cheese, oven roasted tomatoes, lettuce and sun-dried tomato pesto on a grilled bun.

 **SIMPLE & FIT Simply Chicken Sandwich** A tender, grilled chicken breast on a toasted bun with lettuce and fresh tomato. Served with a side of fresh fruit.

*470 Calories*

**Pot Roast Melt** Tender slow-cooked USDA Choice beef pot roast with caramelized onions in rich beef and mushroom gravy on grilled sourdough bread with melted Swiss and American cheeses.

## *New!* Bacon 'N Beef™ Burgers

Hickory-smoked bacon is blended right into the beef to make our burgers juicy and delicious with bacon flavor in every bite. Served with your choice of seasoned fries, onion rings, fresh fruit, soup or salad and a dill pickle spear.

**An all-beef patty may be substituted for any of our Bacon 'N Beef™ Burgers.**

**Bacon 'N Beef™ Cheeseburger** A thick, juicy, Bacon 'N Beef™ burger with Cheddar cheese on a grilled bun with lettuce, tomato and red onion.

**Bacon 'N Beef™ Bacon & Egg\* Cheeseburger** A thick, juicy, Bacon 'N Beef™ burger topped with Cheddar cheese, crispy bacon and one egg over medium on a grilled bun with lettuce, tomato and red onion.

**Bacon 'N Beef™ Bacon Cheeseburger** A thick, juicy, Bacon 'N Beef™ burger with Cheddar cheese and two strips of crispy bacon on a grilled bun with lettuce, tomato and red onion.

**Bacon 'N Beef™ Mega Mushroom Burger** A thick, juicy, Bacon 'N Beef™ burger with grilled mushrooms crowned with Swiss cheese. Served on a grilled bun with lettuce, tomato and red onion.

**Monster Bacon 'N Beef™ Cheeseburger** Two thick, juicy Bacon 'N Beef™ burger patties smothered in American and Provolone cheeses on a grilled bun with lettuce, tomato and red onion.

## Appetizers

*New!* **Chicken Fajita Quesadilla** Grilled seasoned chicken breast with onions, green peppers and tomatoes in a grilled flour tortilla with Cheddar and Jack cheeses. Served with sour cream and salsa.

*New!* **Steak Fajita Quesadilla** Grilled seasoned steak with onions, green peppers and tomatoes in a grilled flour tortilla with Cheddar and Jack cheeses. Served with sour cream and salsa.

**Crispy Chicken Strips & Fries** All white meat chicken strips, breaded and crispy-fried. Served with seasoned fries, garlic bread and honey mustard dipping sauce.

**Appetizer Sampler** All our favorites. Monster Mozza Sticks, Onion Rings and Crispy Chicken Strips. Served with honey mustard and marinara sauces.

**Monster Mozza Sticks** Five extra thick Mozzarella cheese sticks coated with Italian bread crumbs and fried crisp. Served with marinara sauce.


**Onion Rings** Big bowl of golden brown onion rings.

## Fresh Salads

**Grilled Chicken Caesar Salad** Grilled chicken breast served on romaine lettuce with Parmesan cheese and croutons, tossed in our Caesar dressing. Served with garlic bread.

**Crispy Chicken Salad** Garden greens topped with diced crispy-fried chicken, tomatoes, crispy bacon, Jack and Cheddar cheeses and a hard boiled egg. Tossed with honey mustard dressing and served with garlic bread.

*Also available with grilled chicken.*

*New!*  **SIMPLE & FIT Fresh Fruit & Yogurt Bowl** A light and refreshing bowl of seasonal fresh fruit topped with low-fat strawberry yogurt and granola.

330 Calories

 **SIMPLE & FIT Fruit Bowl** Refreshing seasonal fresh fruit.

130 Calories

 **SIMPLE & FIT House Salad** Served with reduced-fat Italian dressing.

50 Calories

**House Salad** Served with croutons and your choice of dressing.

- Buttermilk Ranch • Blue Cheese
- Creamy Caesar • Balsamic Vinaigrette

- Honey Mustard
- Reduced-Fat Italian

**Side Caesar Salad** Romaine lettuce, shredded Parmesan and croutons.

## Hearty Dinner *Favorites*

*Served with your choice of soup, house salad or side Caesar salad and garlic bread (except for SIMPLE & FIT selections which are served as described).*

**T-Bone Steak\*** A big, juicy USDA Select steak, cooked just the way you like it. Served with seasoned red skin potatoes and steamed broccoli.

**Sirloin Steak Tips Dinner\*** Grilled, tender, sweet USDA Select sirloin tips grilled with onions and mushrooms. Served with mashed potatoes and buttered corn.

**Thick-Cut Bone-In Ham Dinner** A 10 oz. hickory-smoked ham steak served with mashed potatoes, buttered corn and cinnamon apples.

**New!** **Country Fried Steak** An 8 oz. fried beef steak smothered in country gravy. Served with mashed potatoes and steamed broccoli.

**Grilled Tilapia Hollandaise** Tilapia lightly seasoned, grilled and topped with rich hollandaise. Served with seasoned red skin potatoes and steamed broccoli.

**New!** **SIMPLE & FIT Grilled Tilapia** Seasoned tilapia, grilled to perfection then topped with sautéed mushrooms, onions, diced tomatoes, balsamic glaze and a lemon wedge. Served with steamed broccoli and a house salad with reduced-fat Italian dressing.

*490 Calories*

**New!** **Maui-style Crunchy Shrimp** Light crunchy golden fried shrimp, served with steamed broccoli, seasoned red skin potatoes and Pineapple Island glaze.

**Mediterranean Lemon Chicken** Two seared chicken breasts marinated with rosemary, garlic and lemon. Served with seasoned red skin potatoes and steamed broccoli hollandaise.

**SIMPLE & FIT Grilled Balsamic-Glazed Chicken** A grilled tender boneless chicken breast topped with sautéed mushrooms, onions, diced tomatoes and a balsamic glaze. Served with a side of steamed broccoli and a house salad with reduced-fat Italian dressing.

*440 Calories*

**Crispy Chicken Strips** All white meat chicken strips, breaded and crispy-fried. Served with mashed potatoes, steamed broccoli and honey mustard sauce.

**French Onion Pot Roast** USDA Choice beef slow-cooked with caramelized onions in a rich beef and mushroom gravy. Served with mashed potatoes and buttered corn.

## Delicious Desserts

**Ice Cream Sundae** Vanilla ice cream smothered with your choice of hot fudge or cool strawberry topping. Served with whipped topping and a cherry.

**Ice Cream**

**Fruit Crepe** A fruit crepe crowned with vanilla ice cream and whipped topping. With cool strawberry topping, warm blueberry or cinnamon apple compote.

**New!** **Crispy Strawberry Banana Cheesecake** Creamy cheesecake layered with caramel and chunks of banana, quick-fried in a flaky pastry tortilla. Topped with cool strawberry topping, fresh slices of banana and whipped topping.

*Also available with a scoop of ice cream.*

**New!** **Old-Fashioned Chocolate Cake** Rich, moist chocolate cake with melt-in-your-mouth chocolate frosting.

*Also available with a scoop of ice cream.*

## 55+ Specialty Entrées

Seniority has its privileges. For our guests 55 and over.


**Senior Omelette** Made with a splash of buttermilk and wheat pancake batter for extra fluffiness and your choice of two ingredients. Served with two buttermilk pancakes.

**Senior Sampler\*** One egg, one buttermilk pancake, one strip of crispy bacon, one pork sausage link, one piece of ham and hash browns.

**Senior Two x Two x Two\*** Two buttermilk pancakes, two eggs and two crispy bacon strips or two pork sausage links.

**Rise 'N Shine\*** Two eggs, toast and hash browns served with your choice of two strips of crispy bacon or two pork sausage links.

**Senior French Toast** Four triangles of French toast dusted with powdered sugar. Served with two crispy bacon strips or two pork sausage links.

 **SIMPLE & FIT Senior Buttermilk Pancakes** A stack of three of our award-winning buttermilk pancakes.

490 Calories


**Senior Grilled Tilapia Hollandaise** Tilapia lightly seasoned, grilled to perfection and topped with rich hollandaise. Served with seasoned red skin potatoes, steamed broccoli and garlic bread.

**Senior Pot Roast** A smaller portion of our tender USDA Choice pot roast with caramelized onions in a rich beef and mushroom gravy. Served with mashed potatoes, buttered corn and garlic bread.


**Senior Mediterranean Lemon Chicken** Rosemary, garlic and lemon marinated chicken breast seared to seal in flavor. Served with seasoned red skin potatoes, steamed broccoli hollandaise and garlic bread.

## Just for Kids (12 and under)


All of our Just for Kids menu items are denoted with  and are SIMPLE & FIT with under 600 calories.

 **Create-A-Face Pancake** A big buttermilk pancake with strawberry eyes, a whipped topping nose and a fresh banana smile. Served with a tube of low-fat strawberry yogurt to add your own special touch.


420 Calories

 **Rooty Jr.®** One scrambled egg, one strip of bacon, one pork sausage link and one buttermilk pancake crowned with cool strawberry topping, warm blueberry or cinnamon apple compote with whipped topping.

460-470 Calories

 **Funny Face®** A big chocolate chip pancake dusted with powdered sugar and a whipped topping smile. Buttermilk version also available.


450 Calories

 **Silver Five** Five silver dollar-sized buttermilk pancakes with a scrambled egg and crispy bacon.


360 Calories

 **French Toast** Two triangles of French toast with two crispy bacon strips.


430 Calories

 **Cheese Omelette** Made with a splash of buttermilk and wheat pancake batter for extra fluffiness and filled with cheese. Served with fresh fruit.

520 Calories


 **Baby Cakes** Scrambled egg substitute served with one turkey bacon strip and five silver dollar buttermilk pancakes.


210 Calories

 **Jr. Scrambled Egg & Pancake** Scrambled egg substitute served with one buttermilk pancake.

180 Calories


**We now serve fresh fruit. Substitute seasoned fries by request.**


 **Crispy Chicken Strips** Served with fresh fruit.  
290 Calories

 **Cheeseburger** Served with fresh fruit.  
500 Calories

 **Grilled Cheese Sandwich** Served with fresh fruit.  
470 Calories

  **Macaroni & Cheese** Served with fresh fruit.  
380 Calories

 **Jr. Fish** Tilapia lightly seasoned, grilled to perfection. Served with broccoli.  
150 Calories

 **Jr. Fresh Fruit Dish** A refreshing dish of seasonal fruit.  
80 Calories

## **Kid's Beverages & Dessert**

**Kid's Drinks** (Unlimited refills on soft drinks)

- Soft Drinks
- Milk
- Chocolate Milk
- Hot Chocolate

**Kid's Ice Cream Sundae** Vanilla ice cream topped with your choice of cool strawberry topping or hot fudge plus whipped topping and a cherry.

\*NOTICE: ITEMS MARKED WITH AN \* MAY BE COOKED TO ORDER. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

VARIATIONS IN INGREDIENTS AND PREPARATION, AS WELL AS SUBSTITUTIONS, WILL INCREASE OR DECREASE STATED NUTRITIONAL VALUES, SUCH AS CALORIES. STATED NUTRITIONAL VALUES ARE APPROXIMATE; VALUES OBTAINED BY LABORATORY TESTING MAY BE DIFFERENT.