

Helen's Morning Bites

Served until 11am on weekdays, 12pm Sat. & Sun.

Breakfast Sandwiches . . . 3.79 (without meat . . . 2.79)

Egg and your choice of bread, cheese and meat

- **Breads:** English Muffin, Plain or Everything Bagel
- **Meats:** Ham, Sausage or Bacon
- **Cheese:** American, Swiss, Cheddar, Provolone, Pepper-Jack

Toast, Bagel or English Muffin

With butter and jelly . . . 1.99

With cream cheese or peanut butter . . . 2.79

Extra cream cheese or peanut butter . . . 79¢

Breads: Sour Dough, Wheat, Multigrain, Seeded Rye & Raisin

Quiche Served with raisin toast and fresh fruit.

Spinach with Bacon & Cheese . . . 9.99

Broccoli & Cheese . . . 9.49

Oatmeal Whole grain oats with brown sugar & milk.

Full Order . . . 3.49 (Loaded add \$2.00.)

Half Order . . . 2.99 (Loaded add \$1.00.)

Loaded oatmeal includes dried fruits & nuts.

Breakfast B.E.L.T.

A full-sized sandwich with bacon, egg, lettuce, tomato and mayonnaise served on our grilled rustic country loaf . . . 6.99

Breakfast Pita Pizza Your choice of ham, sausage or chicken with egg, Alfredo sauce, cheddar and provolone cheeses, crumbled bacon and lightly seasoned with salt, pepper and garlic . . . 6.99

Assorted Large Muffins . . . 2.99

Homemade Gluten-Free Baked Goods*

Muffins, rolls, scones and more.

Ask server for details . . . 3.99

Side of Fresh Fruit . . . 2.99

To Helen

*Helen, thy beauty is to me
Like those Nicean barks of yore,
That gently, o'er a perfumed sea,
The weary, wayworn wanderer bore
to his own native shore.*

*On desperate seas long wont to roam,
Thy hyacinth hair, thy classic face,
Thy Naiad airs have brought me home
To glory that was Greece,
And the grandeur that was Rome.*

*Lo! in yon brilliant window niche
How statue-like I see thee stand,
The agate lamp within thy hand!
Ah, Psyche, from the regions which
Are Holy Land!*

Edgar Allan Poe

Breakfast Burritos...5.49

Two eggs, served in a grilled flour tortilla.

Sausage & Cheese

With American cheese, tomato, onion and mushroom

Veggie Pesto Bruchetta ✓

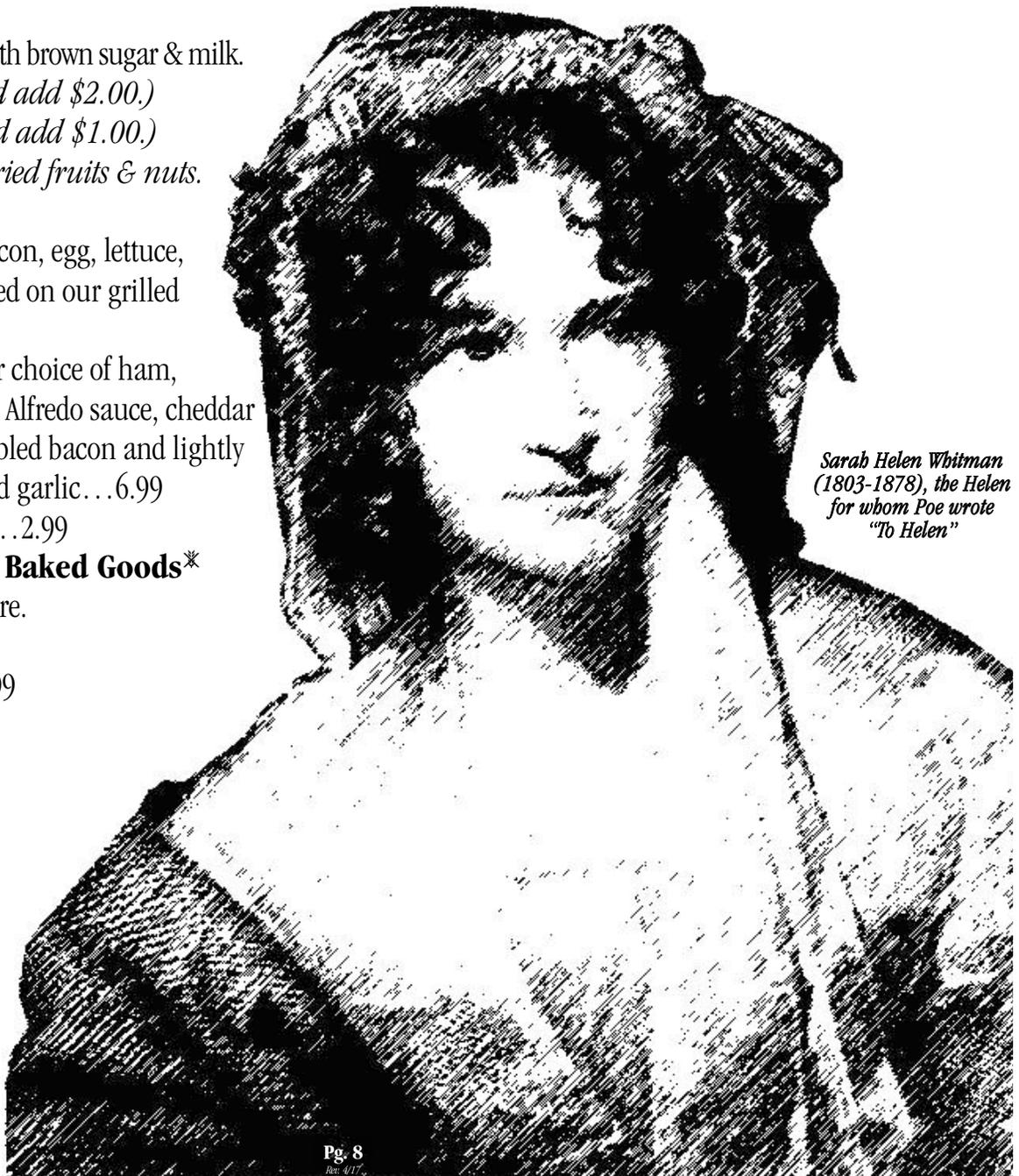
With the Raven Bruchetta mix, red onion, cucumber, basil pesto and gorgonzola blue cheese

Bacon & Cheese

With provolone-mozzarella and cheddar cheeses, tomato, red onion, cucumber and chipotle ranch sauce

Grave Digger's Blanket...5.99

Shredded potatoes, onion and cheddar topped with a fried egg and your choice of cheese.



*Sarah Helen Whitman
(1803-1878), the Helen
for whom Poe wrote
"To Helen"*