

Breakfast

Substitute local free range eggs in any dish for \$1

Bagel Plate

Toasted everything bagel served open-faced with cream cheese, red onion, capers, and tomato. 5.25
Add local smoked trout or house cured salmon for 3.00

Bowl-a-Yoga

Organic yogurt served with Mado's homemade maple nut granola and fresh berries. Substitute organic milk or soy milk if you like. 5.95

Three Whole Grain Pancakes

Your choice of plain, blueberry, apple, almond, banana, pecan, walnut, or chocolate chip. Served with syrup & butter 5.95
Substitute pure maple syrup, add 1.50

Stuffed French Toast

A baked delight! 2 layers of fruit, cream cheese, and French bread topped with powdered sugar and served with homefries or grits. 7.95

Fresh Baked Quiche

Ask your server for today's selection. Served with salad or fresh fruit. 7.95

Breakfast Burrito

Sausage, Ham, or Veggie. Made with eggs, cheese, peppers, onions, & homemade salsa. Served with homefries or grits or beans and rice. 7.95

Shrimp and Grits

Large tiger shrimp sauteed with garlic, andouille sausage, diced tomato, fresh lemon, and poblano peppers served over our parmesan grits. 11.95

Side Items

Bacon, Sausage, or Ham 3.00
Turkey Bacon or Tempeh 3.00
Local Smoked Trout 3.50
House Cured Salmon 3.50
2 eggs any style 2.50
Muffin 2.50
Bagel, Biscuit or Toast 1.75
Stoneground Grits 2.00
Homefries 2.00
Fruit Cup 3.50
1 Biscuit & Sausage Gravy 3.00
1 Pancake 3.00



Huevos Rancheros

2 crispy flour tortillas topped with black beans, 2 eggs any style, smoked tomato mole, and fresh avocado. Served with a side of sour cream and your choice of homefries or grits. 9.95

Smoked Trout Hash

Sunburst Farms smoked trout, bell peppers, onions, and red bliss potatoes seasoned with paprika and fresh dill topped with two eggs any style. Served with a side of sour cream and your choice of toast or biscuit. 10.95

Salmon Cakes

Two generous cakes stuffed with Wild Alaskan salmon, green onions, red bell peppers, fresh lemon, and capers then drizzled with a garlic-lime aioli. Served with a side salad or fresh fruit. 9.95

Mountain Man Breakfast

2 eggs, bacon or sausage, grits or homefries and your choice of biscuit & gravy or 2 pancakes. 7.95
Mountain Lady: 1/2 portion 4.95

Build Your Own Omelette

Choose 3 of the following:

artichokes	tomatoes	sausage
broccoli	olives	ham
mushrooms	swiss	bacon
peppers	cheddar	turkey bacon
onions	havarti	turkey
spinach	American	tempeh
jalapenos	mozzarella	brie cheese

Served with grits or homefries. 7.95

Beverages

Organic Fair-Trade Coffee 2.00
Dynamite Organic Espresso 1.50
Dynamite Organic Cappuccino or Latte 3.00
Dynamite Organic Mocha 3.50
Hot Herbal Tea 2.00
Fresh Squeezed OJ 3.00
Other Juices \$2.25
Organic Milk \$2.50
Sweet or un-sweetened Ice Tea \$2.00
RC Cola, Diet Rite, 7-up, Orange Crush, Rootbeer, Cheerwine, Gingerale, Hawaiian Punch 2.00
Izze Natural Fruit Spritzers 2.50
Snapple Teas 3.00
San Pellegrino 2.75(sm) 3.75(lg)

Whenever possible we source our food from local farmers and purveyors. This helps support the local economy, reduces the use of fossil fuels, and preserves our mountain heritage. Oh yeah, and it tastes sooo good!



Lunch

Sandwiches and wraps come with seasoned fries, cup of soup, or an organic green salad.



The Wrap Reiner

All natural pastrami, caramelized onions, brie cheese, and fresh bell pepper with roasted garlic mayo. \$8.25

Moroccan Chicken Salad Wrap

Made with pistachios, golden raisins, and fresh mint. Seasoned with spicy smoked paprika, ginger, and a hint of cinnamon. 7.95

Basil Melt

Fresh pesto, roasted garlic mayo, tomato and melted mozzarella on wheatberry bread. 6.95
add chicken breast for 2.50
add local smoked trout for 3.00

Roasted Goddess Wrap

Tons of fresh roasted veggies, homemade pesto, fresh spinach, and goat cheese wrapped in a whole wheat tortilla. 7.95

California Tuna

Albacore tuna salad on wheatberry with sprouts and fresh tomatoes.
Whole 7.50 ½ 6.50

Queenie's Chicken Salad

Our own special recipe. Made with sun-dried tomatoes, fresh basil, pine nuts, and roasted garlic on wheat.
Whole 7.95 ½ 6.50

B.L.F.G.T.

Bacon, lettuce, fried green tomatoes on toasted wheat with lemon-caper remoulade. 7.25

Pastrami Reuben

Your choice of all natural pastrami or marinated tempeh, homemade 1000 isle dressing, swiss cheese, & crisp sauerkraut on grilled rye. 8.25

West Coast Wrap

Smoked turkey, avocado, brie cheese, sprouts, tomatoes, and pesto. 8.25

Shrimp, or Fish Po Boy

Large tiger shrimp or tilapia dipped in tempura batter and fried golden brown. Served on buttery grilled French bread with homemade spicy remoulade, crisp lettuce, tomato and red onion. \$8.50

Blue Bayou

Smoked ham, roast turkey breast, and havarti on sourdough dipped in egg batter and grilled to perfection. \$7.95

Grilled Pimento Cheese

Our addictive homemade pimento cheese made with extra sharp cheddar cheese, pimentos, poblano peppers, and a touch of tabasco grilled between two slices of whole wheat toast. 6.95
Add bacon 1.50

CC's Enchiladas

Two of Ciel's favorite foods, sweet potatoes and goat cheese stuffed between layers of flour tortillas and seasonal greens. Topped with Cookie's special Enchilada sauce and monterey jack cheese. Served with black beans and rice. 8.50

Our Famous Fish Tacos

You haven't lived 'til you've had our amazing fish tacos! Seriously. Tempura tilapia, crunchy cabbage, and zesty cilantro-lime sauce. Served with salsa, seasoned black beans, and rice.
2 tacos \$8.50 1 taco \$7.00
want your fish grilled? Add \$1.00

Our Fabulous Soups

Our creative soups are made from scratch everyday from only the finest ingredients!
Cup 2.95
Bowl 5.00
Soup and Salad Plate 7.5

Build a Salad

Pick 5 items from the list below and we pile 'em high on top of a bed of fresh organic baby lettuces and greens. \$7.95

Goodies

broccoli
carrots
sprouts
red onions
mushrooms
peppers
tomatoes
cabbage
avocado
sun-dried tomatoes
artichoke hearts
olives
walnuts
pecans
pine nuts
blue cheese
swiss
havarti
cheddar
mozzarella
dried cranberries
mandarin oranges

Extras 2.50

smoked turkey
black forest ham
grilled tempeh
chicken breast
chicken salad
tuna salad
turkey bacon
bacon
goat cheese
local smoked trout
house-cured salmon

Home Made Dressings

ranch
bleu cheese
asian ginger
cilantro-lime
honey mustard
1000 isle
strawberry-Balsamic
caesar

Because we care about your health, The Morning Glory Cafe does not use any hydrogenated oils or oils that contain trans-fats. We also only serve select deli meats and bacon that contain no added preservatives, hormones, or nitrates.

