

# FRIENDSHIP TOWERS

## BREAKFAST

Full breakfast ends at 10:00 am. Limited items available all day.

### Breakfast Sweets

Assorted Muffins, Donuts, Cinnamon Rolls \* Ask your server for available flavors

### Bread Selection

White, Wheat, Rye, Raisin, Gluten Free, Bagel, English Muffin, Biscuit, Croissant.

### Hot & Cold Cereal

Hot Oatmeal, Grits, Raisin Bran, Frosted Flakes, Cheerios, Cinnamon Toast Crunch

### Cereal Toppers ♥

Top off any Cold Cereal or Oatmeal  
Bananas & Berries  
Walnuts  
Honey

### Smart Start Options ♥

{Cholesterol free} Egg Beaters  
Bowl of Oatmeal  
Stewed Prunes  
Fresh Fruit Cup  
Cottage Cheese  
Whole Wheat Toast with Balance Butter  
Oat Bran Muffin

### All Day Breakfast

Eggs any Style  
Belgian Waffles  
Crisp Bacon  
Sausage Patty

### Anytime Omelet

Sauteed Onion, Peppers, Tomato, Mushroom, Sausage, Bacon, Ham, Cheese

### Weekly Specials

#### Sunday

The Generals Breakfast  
Corned beef Hash, Scrambled eggs, Biscuit and Gravy

#### Monday

The Skinny Sammy  
Toasted English Muffin,  
Smashed Avocado, Fresh Tomato

#### Tuesday

The Lox is Back !  
Toasted Bagel, Cream Cheese,  
Smoked Salmon, Tomato, Red  
Onion, Chopped Parsley, Lemon  
wedge

#### Wednesday

Baby Spinach & Feta Omelet  
served with a Blueberry Oat Bran  
Muffin

#### Thursday

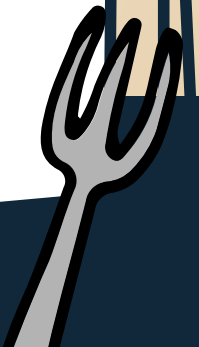
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#### Friday

THE USUAL  
Cinnamon French Toast with  
Raspberry Sauce, side of Bacon

#### Saturday

Blueberry Pie Pancakes with a side  
of Sausage



# LUNCH & DINNER

## SALADS & SANDWICHES

Available in half portions \*ask your server

### Grilled Spring Chicken Salad ♥

Grilled Chicken Breast over shredded Super Blend, Mandarin Oranges, thin crunchy Asian Noodles, finished with Sesame Ginger Dressing and chopped Cilantro

### Say OPA !!! ♥

Chopped Romaine, sliced Cucumber, red Onion, Kalamata Olives, Feta Cheese drizzled with Vinaigrette and served with a grilled Pita.

### The Power Wrap ♥

Whole Wheat Wrap spread with roasted sweet red pepper Hummus, then filled with lean Turkey, Baby Spinach, and red Onion

### Easy Does it

Flakey Croissant spread with Apple Butter and Swiss

### Going on a Picnic

Pickle Loaf, American Cheese, thin onion, Mustard, Mayo on White

### The Shrimpa Cado

Popcorn Shrimp, Guacamole, Pickled Onions in a Brioche' Bun

## BREAKFAST

Served All Day

2 Eggs Any Style

2 Waffles with Syrup

2 Sausage or Bacon

Personal Omelet

## DELI CLASSICS

**Choose any bread selection and pair it with your favorite**

Cheese Selection

Turkey

Ham

Pimento Cheese

Ham Salad

Chicken Salad

Tuna Salad

Egg Salad

## FROM THE GRILL

Made fresh to order

### Beenie Weenie

Simple and Comforting, Baked Beans with sliced all Beef Hot Dogs served in a bowl

### Classic B.L.T

Your Choice of Toast, Bacon, Lettuce, Tomato, Mayo

### A 1 Steak Burger

Fresh, never frozen Angus Beef Burger cooked to order topped with Cheddar Cheese, crisp Onion, & A 1 Sauce

### The Healthy Harvest ♥

Grilled Chicken or Salmon served over Riced Cauliflower topped with Chefs house made Bruschetta

### The Best Reuben

Grilled Swirl Rye Bread, Corned Beef, Sauerkraut, Swiss Cheese, served with a side of brown Mustard. It's a Fan Favorite!

### Bless Your Heart ♥

Grilled Veggie Burger on a Whole Wheat Bun with Guacamole and a slice of Tomato. This is packed with 15 Grams of Fiber and Flavor!

## THE CATCH & CLUCK

### The Swim Team

Cat Fish, Salmon or Cod served with a Lemon wedge.

### Southern Crunch

Crispy Chicken Breast topped with Cole Slaw and Tomato

### Fried Chicken Liver

Tender, Crisp, & Golden with Country Gravy

## SIDE ITEMS

Baked or Sweet Potato

Cole Slaw

Baked Beans

Mashed Potatoes &

Country Gravy

French Fries

Sweet Potato Fries

Mac N Cheese

Riced cauliflower

Mixed Vegetables

Yellow Squash

Green Beans

Side Salad