

Salt Bay Café

Breakfast Menu

Family Restaurant since 1985!

Omelets & Scrambles

Made with 3 eggs, served with home fries & choice of toast or muffin of the day, except where *noted*.

Sausage & Sharp Cheddar Omelet 7.50

Ham & Sharp Cheddar or **Ham & Swiss Omelet** 7.50

Bacon & Swiss or **Bacon & Sharp Cheddar** or **Bacon & Cream Cheese Omelet** 7.25

Tri Veggie Omelet sautéed spinach, tomato & mushroom with Swiss cheese 7.25

Tri Meat Omelet sausage, bacon, ham & Jack cheese 8.75

Smoked Salmon Omelet apple & sharp cheddar cheese 8.75

Farmer's Omelet sausage, sautéed peppers, onions & diced tomato with Jack cheese 7.75

Western Omelet ham, sautéed peppers, onions & Jack cheese 7.50

***Mexican* Omelet** Chorizo sausage, sautéed peppers, onions, tomato & sharp cheddar.

Topped with house made salsa & sour cream, served with a warm flour tortilla 8.75

Avocado & Artichoke Omelet mushroom, onion, diced tomatoes and Swiss cheese 9.50

Veggie Scramble baby spinach, sliced mushrooms, diced tomatoes & Jack cheese 7.25

Salt Bay Scramble sausage, bacon, ham, mushrooms, tomatoes, peppers & Jack cheese 8.75

Green Scramble baby spinach, peppers, scallions, broccoli,

Swiss cheese & a touch of sesame oil 8.50

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Consumption of this food may increase the risk of foodborne illness.

Please check with your physician if you have any questions about consuming raw or undercooked foods.

Benedicts

On grilled English muffin with 2 poached eggs, fresh hollandaise and home fries.

Traditional Eggs Benedict (with Canadian bacon) 8.25

Sautéed Crab Cake Benedict 11

Smoked Salmon Benedict 11

Black Stone Benedict sliced grilled tomato & crisp bacon 8.25

Veggie Benedict sliced tomato, sautéed artichoke hearts, onions, broccoli, mushroom 10

Eggs

Served with home fries and choice of toast or muffin of the day.

1 Egg any style 3.75 with choice of meat 5.25

2 Eggs any style 4.40 with choice of meat 5.90

3 Eggs any style 5.05 with choice of meat 6.55

Meat choices~ bacon, ham or sausage patty

Breakfast Sandwiches

Served with home fries.

Salt Bay Muffin

English muffin grilled with omelet style egg, sharp cheddar cheese
& a choice of bacon, ham or sausage patty. 5

Veggie English

English muffin grilled with sliced tomato, sautéed; artichoke hearts, onion,
broccoli, mushroom and melted sharp cheddar cheese. 6 Add an egg 1.50

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Salt Bay Specialties

Served with home fries.

The MEGA Breakfast

2 pancakes, 2 eggs any style, 2 bacon strips & a sausage patty 7.75

sub the pancakes for cinnamon swirl French toast or add blueberries, chocolate chips, or raspberries in the pancakes 1.50

Breakfast Burrito

Flour tortilla burrito filled with scrambled eggs, diced tomatoes, onions, Jack cheese, peppers & black bean corn salad. Served with house made salsa & sour cream 8.25

Huevos Rancheros

2 corn tortillas topped with refried beans, jack cheese & 2 scrambled eggs.

Finished with house made salsa & sour cream 7.25 Add Chorizo sausage 2

Caribbean Bean Cake & Eggs

(made with red kidney & black beans blended with peppers, onions, garlic, Jamaican relish, sriracha, jack cheese & cilantro coated in panko bread crumbs & sautéed in extra virgin olive oil) Served with a mango pineapple chutney & 2 eggs any style 8.50

Below items served with home fries (except where noted*) & a choice of toast or muffin of the day.

Steak & Eggs

8oz. Flat Iron (lean & tender shoulder cut steak), cooked to your liking with 2 eggs any style 16.50

Crab Cake & Eggs

Fresh sautéed Crab Cake with 2 eggs any style 10.50

Homemade Corn Beef Hash & Poached Eggs 10

Chicken Livers & Eggs

sautéed with onions & served with 2 eggs any style 9.75

***Cup or Bowl of Hot Oatmeal** with toast or muffin. 4/5

Have it **Loaded** with apples, cinnamon, brown sugar & raisins 5/6

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Pancakes & French Toast

Real Maine Maple Syrup Available (Organic) 2.50

Wild Maine Blueberry Pancakes (3) 5.25, Short stack (2) 4.50, Single (1) 3.25

Raspberry Pancakes (3) 4.75, Short stack (2) 4, Single (1) 2.75

Double Berry Pancakes (Maine Blueberry & Raspberry) (3) 5.25, Short stack (2) 4.50, Single (1) 3.25

Chocolate Chip Pancakes (3) 4.75, Short stack (2) 4, Single (1) 2.75

Chocolate Chip & Raspberry Pancakes (3) 5.25, Short stack (2) 4.50, Single (1) 3.25

Pancakes (3) 3.75, Short stack (2) 3.10, Single (1) 2.10

Cinnamon Swirl French Toast (3) 4.95, Short stack (2) 4.50, Single (1) 2.85

Classic French Toast on your choice of bread (3) 3.95

Side Orders

Homemade Corn Beef Hash 7, **Meat** Bacon 3.75, Ham 3.50, Sausage Patties (all natural, preservative free) 3.50

Egg ala Carte 1.50, **Muffin of the day** 1.65, **English Muffin** 1.25, **Home fries** 1.50,

Hollandaise 1.75, **Peanut Butter** .75, **European Style Toast** 1.50

Children's Menu 3.95 Includes small juice or milk for children under 10.

1 Egg any style~ with home fries & toast* **1 Egg & Cheese Omelet**~ with home fries & toast*

* sub above toast with muffin of the day +.50

3 Silver dollar pancakes or **1 Maine Blueberry Pancake** or **1 Raspberry Pancake** or

1 Chocolate Chip Pancake or **1 Slice of French Toast** on choice of bread.

Served with a side of applesauce

Beverage

12 oz. Freshly Ground Coffee 2 **Decaf Coffee** 2 **Tea & Herbal Tea** 2

Hot Chocolate w/ whipped cream 2 **Mocha** (Coffee & Hot Chocolate w/ whipped cream) 3.25 **Iced Coffee** 2.50

Fresh Brewed Unsweetened Iced Tea or **Sweet Raspberry Iced Tea** 2.50

Lemonade or **Arnold Palmer** 2.50

Smart Water (20oz sparkling or vapor distilled with electrolytes) 2.25 **Sanpellegrino:** Lemon or Orange 2.50

Serving Coke Products: 2.65 with refill (16oz) (Coke, Diet Coke, Sprite, Root Beer, Ginger Ale, Club & Tonic)

Milk, Chocolate Milk and Juice Small (7oz) 2.25 Medium (10oz) 2.75 Large (16oz) 3.75

Orange, Cranberry, Apple, Pineapple, Grapefruit or Tomato

Full Bar Available Enjoy a **Bloody Mary, Mimosa, Bellini, or Irish Coffee!** (After 9a Sun.)

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