

BIG MEADOWS WAYSIDE

Good Morning!

Assorted Chilled Juices
\$ 1.55

Selection of Cold Cereals
\$ 2.35
Add Berries in season or Sliced Banana
\$.95

Hot Cereal
Steel Cut Oats, with Raisins and Brown Sugar or Wild Flower Honey
\$ 2.50

WAYSIDE BREAKFASTS

Low Carb Breakfast Burrito **\$ 7.50**
Scrambled low cholesterol Eggbeaters, Tomato, Bell Pepper and Cheddar Cheese
Wrapped in a Low Carb Tortilla

Healthy Hiker **\$ 7.25**
Scrambled Eggbeaters, Breakfast Potatoes, Turkey Bacon and choice of
Toast or English muffin

Shenandoah Cinnamon Apple French toast **\$ 6.50**
Griddled, Egg Battered Texas Toast, Topped with Warm Apple Cinnamon
Compote Maple or Blackberry Syrup

Skyline Slap Jacks **\$ 6.95**
Three Buttermilk or Buckwheat Pancakes, served with your choice of
Smoked Ham, Apple Smoked Bacon or Sausage and Maple or Blackberry Syrup
Add Blueberries **\$ 8.70**

Old Virginian Breakfast **\$ 7.55**
Two Farm Fresh Eggs, any style served with Country Ham,
Breakfast Potatoes or Grits and choice of Toast or English Muffin
Add Biscuit and Sausage Gravy **\$ 9.50**

Blue Ridge Breakfast **\$ 6.95**
Two Farm Fresh Eggs, any style, with your choice of Apple Smoked Bacon,
Sausage or Smoked Ham, Breakfast Potatoes or Grits, Toast or Biscuit

Biscuits and Gravy **\$ 4.50**
Two Flaky Buttermilk Biscuits top with Country Sausage Gravy

Tanners Ridge Breakfast Sandwich **\$ 1.95**
Country Fresh Egg on your Choice of Buttermilk Biscuit or English muffin
Add Cheese **\$ 2.25**
Add Choice of Bacon, Sausage or Ham **\$ 3.50**
Add Cheese and Meat **\$ 4.00**

Eggbeaters available upon request
We use non cholesterol oil in frying. Margarine available upon request

BIG MEADOWS WAYSIDE

Sausage	\$ 2.25
Apple Smoked Bacon	\$ 2.50
Turkey Bacon	\$ 3.75
Smoked Ham	\$ 3.75
Grilled Country Ham	\$ 4.95
Breakfast Potatoes	\$ 1.85
Cinnamon Roll	\$ 2.25
Bagel with Cream Cheese	\$ 2.95
Toast with Butter & Jelly	\$ 1.55
English Muffin with Butter & Jelly	\$ 1.95
Grits	\$ 1.95
1 Egg	\$ 1.25
2 Eggs	\$ 1.75
Short Stack	\$ 4.25
Two Buttermilk or Buckwheat Pancakes Served with Maple or Blackberry Syrup	

BEVERAGES

Hot Chocolate	\$ 1.65	Hot Cider	\$ 1.55
Milk	\$ 1.75	Chocolate Milk	\$ 1.75
Herbal Tea	\$ 1.60	Hot Tea	\$ 1.60
Cappuccino	\$ 1.60	Chilled Apple Cider	\$ 2.25
Iced Tea	\$ 1.70	Soda	\$ 1.70

JAVA CITY SHADE GROWN COFFEE OR DECAFFEINATED COFFEE **\$ 1.60**

Shade grown coffee is produced on small-scale farms that work in harmony with existing trees and vegetation, instead of clearing them to make room for crops. Not only does growing coffee under the shade of native trees produce a flavorful cup of coffee, it helps support and sustain a healthy ecosystem. Approximately 150 bird species use shade grown farms as their natural habitat. In addition, our shade grown coffees are organic, using only natural fertilizers and herbicides to promote soil health and protection of the environment. As another part of our commitment to socially responsible farming, Java City's shade grown coffee is Fair Trade Certified.