





*ITALIAN NACHOS
Lightly fried chips, Italian sausage, provolone,
mozzarella, Kalamata olives, tomatoes, pepperoncini, scallions, and Asiago cheese sauce.

MOZZARELLA CHEESE STICKS (V)

Five cheese sticks, fried golden brown, served with our homemade tomato sauce.

FRIED MUSHROOMS (V)

Fresh hand-breaded, golden-fried tender mushrooms. Served with ranch dressing.

LOADED POTATO SKINS (GF)

Idaho potato skins fully-loaded with lots of melted Wisconsin cheddar cheese, crispy bacon, chopped tomato and green onions. Served with sour cream.

HAND-BREADED ONION RINGS (V)

Golden brown and served with honey mustard sauce.

*SOUTHWESTERN CHICKEN **QUESADILLA**

Sliced all natural char-grilled chicken breast, shredded cheddar and mozzarella cheese and a smoked corn and black bean relish in a tortilla. Served with sour cream and salsa.

*HOMEMADE SOUP

Fresh ingredients made daily by the chef. Cup Bowl

*OMEGA HOUSE SALAD

A crispy and chilled romaine and iceberg mix, topped with aged Wisconsin cheddar cheese, hard-boiled egg, tomato, ham, smoked bacon and sliced almonds. Served with your choice of dressing.

(V) Vegetarian (VG) Vegan (GF) Gluten-Free (GFA) Gluten-Free Available

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.



(GF) This dish is gluten free. When placing your order, please let your server know that you are ordering a gluten-free menu item. Please be aware that because our dishes are prepared to order, individual foods may come into contact with one another due to shared cooking and preparation areas. Therefore, we cannot guarantee that cross contact with foods containing gluten will not occur. (GFA) Gluten-Free Available – When placing your order please ask for gluten-free bread or gluten-free dressing as a substitution. Also, please let your server know that you are ordering a gluten-free item. Gluten-free bread is an additional, 1.00



GOGREEN

ALL SALADS BELOW ARE ACCOMPANIED WITH PITA WEDGES.

*GREEK SALAD (V)

A crispy and chilled romaine and iceberg mix, topped with imported feta cheese, Kalamata olives, sliced pepperoncini, red onions and tomatoes. Served with our homemade Mediterranean dressing.

Sliced char-grilled all-natural chicken breast: Add extra Gyros meat: Add extra

*CHAR-GRILLED CHICKEN SALAD

A crispy and chilled romaine and iceberg mix, topped with sliced char-grilled, all-natural chicken breast, tomatoes, red onions, hard-boiled egg and aged Wisconsin cheddar cheese. Served with your choice of dressing.

*CHOPPED SALAD

Chopped chilled romaine and iceberg mix, topped with chopped smoked bacon, avocado, tomato, red and green onions and crumbled Clemson bleu cheese. Served with a honey mustard vinaigrette.

Sliced, char-grilled all-natural chicken breast: Add extra

*APPLE AND PECAN SALAD (V)

Mixed organic field greens, apples, grapes, caramelized pecans, Clemson bleu cheese crumbles and dried cranberries. Served with a Mediterranean vinaigrette. Sliced, char-grilled, all-natural chicken breast: Add extra

*SOUTHERN FRIED CHICKEN SALAD

A crispy and chilled romaine and iceberg mix, deliciously seasoned and hand breaded, all-natural chicken tenders, tomatoes, red onions, hard-boiled egg and Wisconsin cheddar cheese. Served with honey mustard dressing.

*ORIENTAL CITRUS SALAD (V)

Crisp romaine, mandarin oranges, fresh pineapple, fresh cilantro, red onions, cucumber, dried cranberries, edamame, roasted sunflower kernels, fried wontons served with a zesty Asian ginger dressing.

Sliced char-grilled, all-natural chicken breast: Add extra

*STRAWBERRY SALAD (V)
Organic mixed field greens, fresh strawberries and blueberries, candied pecans, green onions, Clemson blue cheese, topped with a merlot strawberry vinaigrette.

Sliced char-grilled, all-natural chicken breast: Add extra

HEALTHY MEDITERRANEAN SALAD BOWL (V)

Romaine lettuce, quinoa, imported feta cheese, hummus, tahini, tzatziki yogurt sauce, garbanzo beans, kalamata olives, diced red onions, pickled beets and onions, tomatoes, cucumbers and red onions. Served with our homemade Mediterranean dressing.

ENLIGHTENED BERRY AND GOAT

CHEESE SALAD (V)

Organic mixed field greens, fresh strawberries and blueberries, chevre goat cheese rolled with Georgia pecans, dried cranberries and green onions. Served with our homemade Mediterranean dressing.

HOMEMADE DRESSINGS

EXTRA VIRGIN OLIVE OIL & RED WINE VINEGAR • BLEU CHEESE HONEY MUSTARD VINAIGRETTE • RANCH • HONEY MUSTARD MEDITERRANEAN (OIL & VINEGAR WITH SEASONING) • 1000 ISLAND

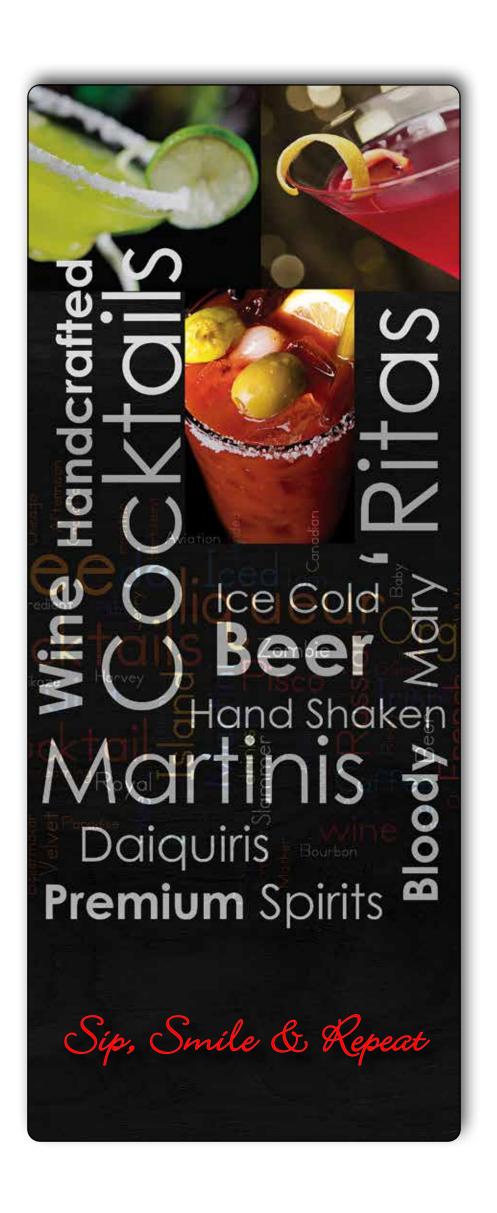
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ADD A HOUSE SALAD OR CUP OF SOUP, EXTRA

CHICKEN & SPINACH CANNELLONI

Our homemade pasta rolled with all-natural chicken, ricotta, asiago and mozzarella cheese, fresh basil, fresh asparagus, fresh baby spinach and Italian spices. Topped with marinara sauce and an asiago cream sauce.

*ITALIAN SPAGHETTI BOLOGNESE

Spaghetti tossed with our homemade meat sauce and topped with parmesan cheese.

*CHICKEN ALFREDO DI ANTONIO Char-grilled, all-natural chicken and fettuccine pasta tossed in a parmesan cream sauce and topped with parmesan cheese.

*CHICKEN PARMIGIANA

Boneless breast of all-natural chicken topped with marinara sauce and melted mozzarella cheese. Served with spaghetti marinara.

*LASAGNA DI ALFONSO

Homemade traditional lasagna made with layers of pasta, ricotta, mozzarella, seasoned ground beef and fresh basil, topped with meat sauce.

*CHICKEN SCALLOPINI

Sautéed all-natural chicken with artichokes, crispy prosciutto, capers and mushrooms in a white wine sauce over cappellini pasta.

FOUR CHEESE RAVIOLI (V)

Filled with a blend of Italian cheeses and topped with marinara sauce and an asiago cream sauce.

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THANK YOU FOR UNDERSTANDING OUR POLICIES, AND THANK YOU FOR YOUR MUCH APPRECIATED BUSINESS!

*LOW COUNTRY SHRIMP AND GRITS

Tender shrimp simmered with Andouille sausage, smoked bacon, colorful bell peppers, onions, garlic, fresh jalapeños and green onions over creamy, cheesy grits.

*STAX FRIED CHICKEN TENDER PLATTER

Four deliciously seasoned and hand breaded, all-natural chicken tenders accompanied with honey mustard sauce. Served with French fries.

*CHICKEN MADEIRA

Pan sautéed, all-natural chicken breast, fresh asparagus, melted mozzarella cheese, tossed in a porcini, portobello, cremini and shiitake madeira wine sauce. Served with Idaho mashed potatoes.

*OFF THE HOOK CAJUN FISH TACOS

Three flour tortillas stuffed with grilled, wild-caught Mahi Mahi, sliced avocado, spicy Cajun aioli, imported feta cheese, shredded lettuce, cilantro, pico de gallo and sour cream on the side. Served with rice.

Our hand-cut 12 oz. USDA Top Choice Black Angus ribeye is well-marbled, juicy and full of flavor. Served with an Idaho baked potato.

RARE: Cool, red center

MEDIUM RARE: Warm red center, with a hint of pink

MEDIUM: Warm pink center

MEDIUM WELL: Some pink in center WELL DONE: No pink, cooked all the way through

(V) Vegetarian (VG) Vegan (GF) Gluten-Free

(GFA) Gluten-Free Available *Consuming raw or undercooked meats, poultry,



SOUTHERN Comfort

Lunch: Monday-Friday 11:00 am-2:30 pm Dinner: Monday-Sunday 4:00 pm-8:00 pm

MEAT SELECTION

*Fried Carolina Grouper Fingers

*Oven Roasted Deli Sliced Roast Turkey and Gravy

*Stax Meatloaf and Marinara Sauce

*All-Natural Boneless Char-grilled Chicken Breast (GF)

*Country Fried Steak and Sausage Milk Gravy

*Hot Roast Beef and Gravy

*Hamburger Steak - Onions and Gravy

*Fish-of-the-Day (GFA)

PICK TWO

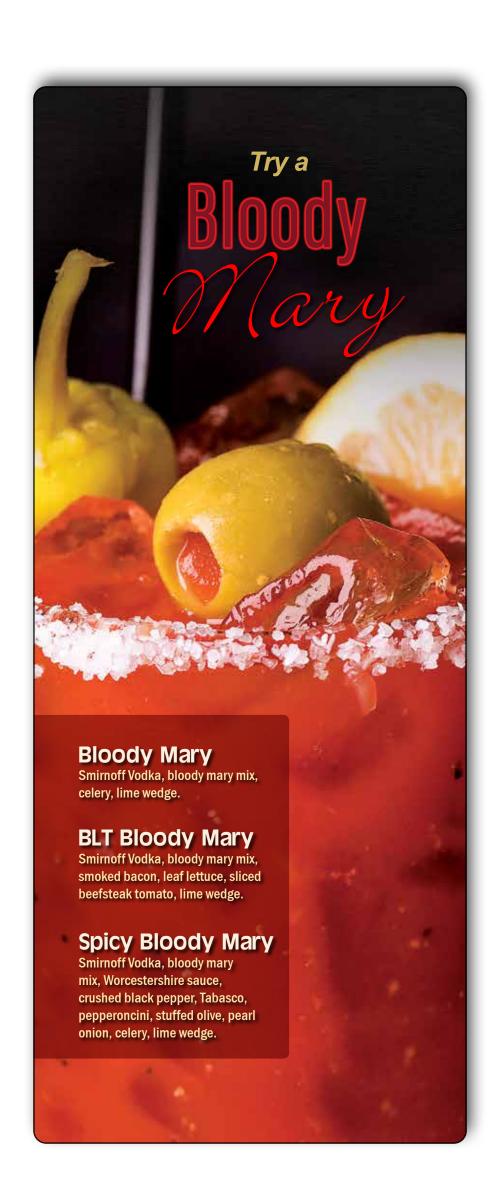
- Buttered Sweet Corn (V) (GF)
- Green Beans (V)
- Fresh Collard Greens (V) (VG) GF)
- Macaroni and Cheese (V)
 Fresh Steamed
- Omega Cole Slaw (V) Real Mashed Potatoes
- and Gravy

- Fresh Steamed Cabbage (V) (VG) (GF)
- Sweet Potato Crunch (V)
- Fried Okra
- Broccoli (V)
- Oven Roasted Greek Potatoes (V) (GF)
- Black Eyed Peas (V) (VG)
 Vegetable of the Day
- Butter Beans (V) (VG) (GF)
 - MEAT AND TWO
 - VEGETABLES (4)

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SKILLETS ARE SERVED WITH YOUR CHOICE OF TOAST (GREEK, HONEY WHOLE WHEAT, JEWISH RYE, ENGLISH MUFFIN). BISCUIT AVAILABLE UNTIL 11:00 AM. ADD EXTRA TO SUBSTITUTE BAGEL OR GLUTEN FREE WHOLE GRAIN BREAD FOR TOAST. ADD EXTRA FOR SIDE OF FRESH SEASONAL FRUIT.

*GREEK SKILLET

Two farm-fresh eggs, any style, over American fried potatoes, fresh baby spinach, tomatoes, oregano, imported Greek feta cheese and all-natural char-grilled chicken strips.

*CALIENTE SKILLET

Two farm-fresh eggs, any style, over American fried potatoes, onions, jalapeños, chopped tomatoes, spicy chorizo pork sausage and queso blanco.

*BAYOU SKILLET

Two farm-fresh eggs, any style, over American fried potatoes, andouille sausage, all-natural char-grilled chicken, tomatoes, onions, peppers, mushrooms, and mozzarella cheese.

*VEGGIE SKILLET (V)

Two farm-fresh eggs any style over American fried potatoes, onions, peppers, tomatoes, mushrooms and aged cheddar cheese.



Before the CHICKEN

SERVED WITH YOUR CHOICE OF AMERICAN FRIED POTATOES, SOUTHERN GRITS OR SLICED TOMATOES AND TOAST (GREEK, HONEY WHOLE WHEAT, JEWISH RYE, ENGLISH MUFFIN). BISCUIT AVAILABLE UNTIL 11:00 AM. ADD EXTRA TO SUBSTITUTE BAGEL OR GLUTEN FREE WHOLE GRAIN BREAD FOR TOAST.

ADD EXTRA FOR SIDE OF FRESH SEASONAL FRUIT.

*Two Farm-Fresh Eggs (V)

*Two Farm-Fresh Eggs with Black Oak Ham

*Two Farm-Fresh Eggs with Watauga Country Ham

*Two Farm-Fresh Eggs with two Patty Sausages

*Two Farm-Fresh Eggs with two Link Sausages

*Two Farm-Fresh Eggs with Fresh Corned Beef Hash *Two Farm-Fresh Eggs with Country Fried Steak

and Sausage Milk Gravy

*Two Farm-Fresh Eggs with three Slices of Smoked Bacon

*Two Farm-Fresh Eggs with three Slices of

Turkey Bacon

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Make Mine an IMELETTE

OMELETTES ARE SERVED WITH YOUR CHOICE OF AMERICAN FRIED POTATOES, SOUTHERN GRITS, OR SLICED TOMATOES AND TOAST (GREEK, HONEY WHOLE WHEAT, JEWISH RYE, ENGLISH MUFFIN). BISCUIT AVAILABLE UNTIL 11:00 AM. ADD EXTRA TO SUBSTITUTE A BAGEL OR GLUTEN FREE WHOLE GRAIN BREAD FOR TOAST. ADD EXTRA FOR A SIDE OF FRESH SEASONAL FRUIT.

*RAGIN' CAJUN OMELETTE

Farm-fresh eggs, Andouille sausage, all-natural char-grilled chicken, tomatoes, onions, peppers, mushrooms, and mozzarella cheese.

*COLORADO OMELETTE

Farm-fresh eggs, fresh baby spinach, sautéed mushrooms, smoked bacon, green onions and aged cheddar cheese.

*DENVER OMELETTE WITH CHEESE

Farm-fresh eggs, Black Oak ham, onions, peppers and aged cheddar cheese.

*GREEK OMELETTE (V)

Farm-fresh eggs, fresh baby spinach and imported Greek feta cheese.

*FARMERS OMELETTE

Farm-fresh eggs, Black Oak ham, aged cheddar cheese, onions, potatoes, blended with peppers and tomatoes.

*SPARTAN OMELETTE

Farm-fresh eggs, gyros meat, roasted red peppers, imported Greek feta cheese and fresh baby spinach.

*SOUTH OF THE BORDER OMELETTE (V)

Farm-fresh eggs, onions, peppers, tomatoes, salsa, sour cream and aged cheddar cheese.

*IRONMAN OMELETTE

Farm-fresh egg whites, fresh baby spinach, all-natural char-grilled chicken breast, onions and mushrooms.

CREATE YOUR OWN Signature Omelette

FRESH BABY SPINACH, ROASTED RED PEPPERS, BELL PEPPERS, TOMATOES, MUSHROOMS, SLICED IDAHO POTATOES, BROCCOLI, ASPARAGUS, GREEN ONIONS, AGED CHEDDAR CHEESE, PROVOLONE CHEESE, AMERICAN CHEESE, SWISS CHEESE, MOZZARELLA CHEESE, SMOKED BACON, SAUSAGE, BLACK OAK HAM, CHORIZO, ANDOUILLE SAUSAGE, GYROS MEAT, ALL NATURAL CHAR-GRILLED CHICKEN BREAST, SLICED ROASTED TURKEY, FRESH BASIL, FRESH CILANTRO.

*PLAIN FARM-FRESH EGGS OMELETTE

*PLAIN FARM-FRESH EGG WHITE OMEI ETTE

EACH ITEM

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BENEDICTS ARE SERVED WITH AMERICAN FRIED POTATOES.

ADD EXTRA FOR SIDE OF FRESH SEASONAL FRUIT.

*CLASSIC EGGS BENEDICT

Two farm-fresh eggs poached on an English muffin with cured Black Oak ham, topped with hollandaise sauce and green onions.

*OMEGA BENEDICT

Two farm-fresh eggs poached on an English muffin with grilled tomato and smoked bacon topped with hollandaise sauce and green onions.

*MARYLAND CRAB BENEDICT

Two farm-fresh eggs poached and nestled on a bed of crabmeat and asparagus atop an English muffin, topped with our delicious hollandaise sauce and green onions.

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ADD EXTRA FOR BACON, LINK OR PATTY SAUSAGE. ADD EXTRA FOR SIDE OF FRESH SEASONAL FRUIT.

LE PETITE STRAWBERRY FRENCH TOAST (V) Thick, batter-dipped French toast topped with

our homemade warm strawberry compote.

LE PETITE BLUEBERRY FRENCH TOAST (V) Thick, batter-dipped French toast topped with our homemade

warm blueberry compote.

OMEGA'S "THICK" FRENCH TOAST (V) Thick, batter-dipped challah bread served with syrup and butter.

*STAX SPECIAL

One thick slice of French toast, two farm-fresh eggs any style and two slices of smoked bacon.







Pass the

ADD EXTRA FOR BACON, LINK OR PATTY SAUSAGE. ADD EXTRA FOR SIDE OF FRESH SEASONAL FRUIT.

*BELLY BUSTER
One giant waffle, two farm-fresh eggs any style and two strips of smoked bacon.

GIANT BELGIAN WAFFLE (V) Made with our special blended batter, served with syrup and butter.

OMEGA BLUEBERRY WAFFLE (V) Topped with our homemade warm

blueberry compote.

OMEGA STRAWBERRY WAFFLE (V) Topped with our homemade warm

strawberry compote.

(V) Vegetarian (VG) Vegan (GF) Gluten-Free (GFA) Gluten-Free Available



BLINTZ AND STRAWBERRY CREPES (V)
Cheese blintz (Plain crepes filled with ricotta and cottage cheese) topped with our homemade warm strawberry compote.

BLINTZ AND BLUEBERRY CREPES (V)
Cheese blintz (Plain crepes filled with ricotta and cottage cheese) topped with our homemade warm blueberry compote.

*CREPE DEJEUNER
Cheese blintz (Plain crepe filled with ricotta and cottage cheese) topped with your choice of our homemade warm strawberry or blueberry compote, two strips of smoked bacon and two farm-fresh eggs, any style.

NUTELLA CREPES (V)
Crepes filled with a cocoa hazelnut paste, topped with bananas, accented with chocolate garnish and dusted with powdered sugar.

(V) Vegetarian (VG) Vegan (GF) Gluten-Free (GFA) Gluten-Free Available







ENHANCE YOUR SMOOTHIE WITH ONE OF OUR NUTRITIONAL ENHANCERS

- WHEY PROTEIN
- B-COMPLEX WITH CHROMIUM AND CREATINE
- PROBIOTIC (PROBIOTIC BLEND LACTOBACILLUS ACIDOPHILUS AND **BIFIDOBACTERIUM LONGUM)**

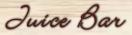
Strawberry Banana

Strawberry, banana, green tea, low-fat Greek yogurt, strawberry/blueberry garnish.

Strawberry, banana, mango, pineapple, coconut, green tea, low-fat Greek yogurt, strawberry/blueberry garnish.

Peach Mango Blast

Peach, mango, green tea, low-fat Greek yogurt, strawberry/blueberry garnish.



- Freshly Squeezed Orange Juice
- 100% Pomegranate Juice
- Cranberry Juice
- Tomato Juice
- 100% Apple Juice
- Pure Premium Grapefruit Juice

Juice Blends

- Fresh squeezed orange juice and grapefruit juice
- · Fresh squeezed orange juice,
- grapefruit and apple juice Fresh squeezed orange juice
- and pomegranate juice • Mimosa (fresh squeezed orange juice and champagne)

Drink Up

- Ice Cold Milk
- Almond Milk
- Chocolate Milk
- Milkshake (Strawberry, Vanilla or Chocolate)
- Fresh Brewed Premium Coffee
- Fresh Brewed Premium Decaf Coffee
- Hot Tea (regular or decaf)
- Omega's Hot Chocolate Topped with freshly whipped cream & chocolate
- Iced Tea sweetened or unsweetened
- Bottomless Sodas
- Bottomiess Lemonade



Hot Espresso Beverages CAPPUCCINOS AND LATTES TOPPED WITH CINNAMON

Espresso (Double)

Caramel, Mocha, French Vanilla, Hazelnut or English Toffee.

Espresso (Double) Crema

Double Espresso topped with freshly whipped cream. Caramel, Mocha, French Vanilla, Hazelnut or English Toffee.

Cappuccino

Caramel, Mocha, French Vanilla, Hazelnut or English Toffee.

Cappuccino Crema

Cappuccino topped with freshly whipped cream. Caramel, Mocha, French Vanilla, Hazelnut or English Toffee.

Café Latte

Caramel, Mocha, French Vanilla, Hazelnut or English Toffee.

Café Latte Crema

Café Latte topped with freshly whipped cream. Caramel, Mocha, French Vanilla, Hazelnut

Cce or Blended Espresso

Iced Cafe Latte

Caramel, Mocha, French Vanilla, Hazelnut or English Toffee.

Ice Blended Espresso Frappe

Caramel, Mocha, French Vanilla, Hazelnut or English Toffee.

Beer by the Bottle

Bud Light • Michelob Ultra • Fat Tire Palmetto Amber Ale • Stone IPA India Pale Ale • Goose Island 312 Wheat Ale Shocktop Belgian White • Blue Point Toasted Lager • Kona Longboard Island Lager • Stella Artois

Wine by the Glass

- **CK Mondavi Family Vineyards** Chardonnay
- CK Mondavi Family Vineyards Merlot
- CK Mondavi Family Vineyards Cabernet
- **CK Mondavi Family Vineyards** White Zinfandel



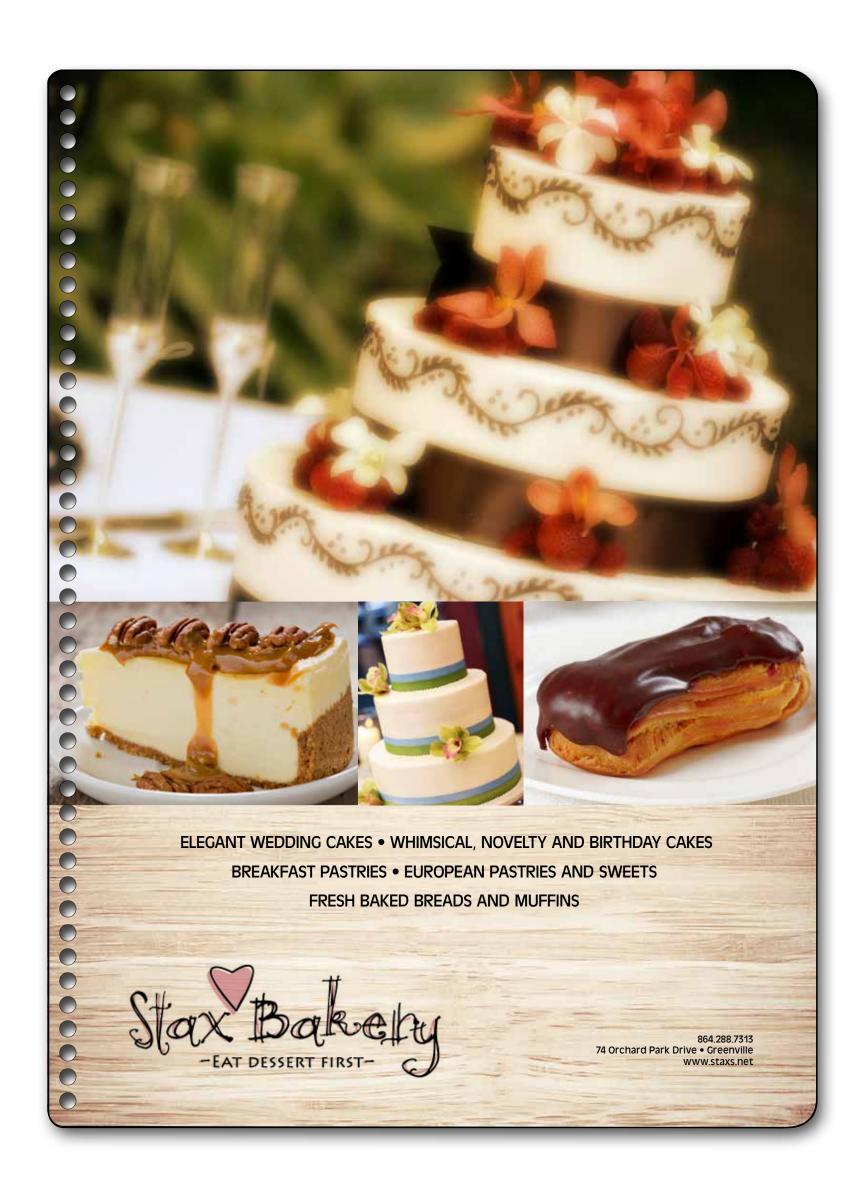








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EAT • DRINK • CELEBRATE







WEDDINGS • COMPANY PICNICS • REHEARSAL DINNERS • COCKTAIL PARTIES

OFFICE LUNCHEONS • LUNCH BOXES • HOLIDAY PARTIES

PHARMACEUTICAL MEETINGS

864.627.1403

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