







A Great American Diner.











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.

SPANAKOPITA (V)

Spinach and imported feta cheese baked in flaky filo dough.

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

HOMEMADE SOUP

Fresh ingredients made daily by the chef. Bowl Cup

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.

SOUP AND SALAD

A bowl of our delicious homemade soup of the day and a fresh, crisp salad 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, .00



ALL SALADS BELOW ARE ACCOMPANIED WITH PITA WEDGES.

STRAWBERRY CHICKEN SALAD (GFA)

Organic mixed field greens, char-grilled all-natural chicken breast, fresh strawberries, blueberries, caramelized Georgia pecans, green onions, Clemson Bleu cheese, topped with a merlot wine strawberry vinaigrette.

GREEK SALAD (GFA)

A crispy and chilled romaine and iceberg mix, topped with imported feta cheese, Kalamata olives, sliced pepperoncini, onion and tomato. Served with our homemade Mediterranean dressing. Sliced char-grilled all-natural chicken breast: Add Gyros meat: Add

HONEY GLAZED CHICKEN SALAD (GFA)

A crispy and chilled romaine and iceberg mix, topped with honey-glazed sliced char-grilled, all-natural chicken breast, tomato, onion, fresh pineapple and caramelized pecans. Served with a honey mustard dressing.

SOUTHERN FRIED CHICKEN SALAD

A crispy and chilled romaine and iceberg mix, topped with a lightly hand-battered, sliced all-natural chicken breast, tomato, onion, hard-boiled egg and aged Wisconsin cheddar cheese. Served with your choice of dressing.

CHAR-GRILLED CHICKEN SALAD (GFA)

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

CHOPPED SALAD (GFA)

Chopped chilled romaine and iceberg mix, topped with chopped smoked bacon, avocado, tomato, red and green onion and crumbled Clemson bleu cheese. Served with a honey mustard vinaigrette. Sliced, char-grilled all-natural chicken breast: Add

GENERAL TSO'S SPICY CHOPPED ASIAN SALAD

Chopped chilled romaine and iceberg mix, topped with a lightly hand-battered, sliced all-natural chicken breast, pineapple, crispy wontons, tomatoes, onions, hard boiled egg, mandarin oranges, avocado, toasted almonds and mozzarella cheese. Served with a sweet and spicy Asian dressing.

APPLE AND PECAN SALAD (GFA)

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

GRILLED CHICKEN SPINACH SALAD (GFA)

Fresh baby spinach topped with seasoned sliced char-grilled, all-natural chicken breast, hard-boiled egg, onion and mushroom. Served with a warm bacon dressing.

TEX MEX SALAD

A crispy and chilled romaine and iceberg mix, topped with sliced char-grilled, all-natural chicken breast, tomatoes, onions, roasted red peppers, aged Wisconsin cheddar cheese, mozzarella cheese, and a smoked corn, tomato, red onion and black bean relish all in a wheat tortilla shell. Served with ranch dressing and a side of salsa and sour cream.

> HOMEMADE DRESSINGS EXTRA VIRGIN OLIVE OIL & RED WINE VINEGAR • BLEU CHEESE • HONEY MUSTARD VINAIGRETTE • RANCH • HONEY MUSTARD • MEDITERRANEAN (OIL & VINEGAR WITH SEASONING) • 000 ISLAND

TEX MEX SALAD



THE REUBEN

CVROS



SANDWICHES ARE SERVED WITH COLE SLAW AND ZERO GRAMS TRANS FAT SEASONED FRENCH FRIES. SUB SWEET POTATO FRIES -ADD A BUCK. ADD A HOUSE SALAD OR CUP OF SOUP

PHILLY STEAK

Shaved seasoned Philly steak, grilled onions and peppers with Swiss cheese on a brioche hoagie roll.

"MILE HIGH" CHICKEN SANDWICH

Char-grilled, all-natural chicken breast topped with smoked bacon, barbecue sauce, tomato, Monterey and cheddar cheeses and fried onion strings. Served on a sesame bun.

THE REUBEN

Seasoned corned beef, Swiss cheese and smoked bacon-sauerkraut on grilled Jewish rye with a side of Thousand Island dressing for dipping.

TWO-HANDED MONTE CRISTO

Sliced Black Oak ham and Swiss cheese grilled in batter dipped challah bread and dusted with powdered sugar.

REALLY GOOD HOMEMADE CHICKEN SALAD CROISSANT

Fresh homemade, chunky, all-natural chicken salad with mayo, celery and spices served on a croissant with lettuce and tomato.

OMEGA TRIPLE DECKER CLUB

Roast turkey, Black Oak ham, smoked bacon and American cheese on Greek toast with lettuce, tomato and mayo.

SLICED PRIME RIB DIP

Thin-sliced, slow-roasted prime rib, provolone cheese, au jus and horseradish cream sauce on the side. Served on a brioche hoagie roll.

GYROS SANDWICH

Seasoned beef and lamb with tomato, onion and tzatziki cucumber sauce on grilled pita bread.

CHICKEN GYROS

Sliced seasoned chicken, tomato, onion and tzatziki cucumber sauce on grilled pita bread.



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



BURGERS ARE SERVED WITH COLE SLAW AND ZERO GRAMS TRANS FAT SEASONED FRENCH FRIES. SUB SWEET POTATO FRIES - ADD A BUCK. ADD A HOUSE SALAD OR CUP OF SOUP

OLD FASHIONED PATTY MELT

Handmade USDA Choice burger chargrilled with American cheese and grilled onions on homemade grilled Jewish rye.

HANDMADE USDA CHOICE CHEESEBURGER

Handmade USDA Choice burger chargrilled, American cheese, lettuce, tomato, mayonnaise and a dill pickle on a sesame seed.

SMOKED BACON AND GOUDA SMOKEHOUSE CHEESEBURGER

Handmade USDA Choice burger chargrilled, smoked bacon, Gouda cheese, lettuce, tomato, mayonnaise and a dill pickle on a sesame seed bun.









PANINIS ARE SERVED WITH COLE SLAW AND ZERO GRAMS TRANS FAT SEASONED FRENCH FRIES. SUB SWEET POTATO FRIES - ADD A BUCK. ADD A HOUSE SALAD OR CUP OF SOUP FOR

CAPRESE PANINI

Mozzarella cheese, sliced tomato, fresh basil and pesto aioli on grilled sourdough filone.

MOM'S TURKEY PANINI

Sliced turkey breast, avocado, green peppers, fresh basil, pesto aioli and Swiss cheese on grilled sourdough filone.

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WRAPS ARE SERVED WITH COLE SLAW AND ZERO GRAMS TRANS FAT SEASONED FRENCH FRIES. SUB SWEET POTATO FRIES - ADD A BUCK. ADD A HOUSE SALAD OR CUP OF SOUP

CALIFORNIA WRAP

Char-grilled, all-natural chicken breast, smoked bacon, tomato, shredded lettuce, red onion and Swiss cheese wrapped in a wheat tortilla. Served with a side of honey mustard dressing.

IT'S ALL GREEK TO ME WRAP

Char-grilled all-natural chicken breast, tomato, imported feta cheese, shredded lettuce, red onion wrapped in a wheat tortilla. Served with a side of Mediterranean dressing.

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ADD A HOUSE SALAD OR CUP OF SOUP

CHICKEN SOUVLAKI PLATTER

Char-grilled all-natural chicken strips, pita wedges, tzatziki sauce on the side, organic mixed field green Greek salad, and oven-roasted Greek potatoes.

GYROS PLATTER

Sliced seasoned beef and lamb, pita wedges, tzatziki sauce on the side, organic mixed field green Greek salad and oven-roasted Greek potatoes.

CHICKEN GYROS PLATTER

Sliced seasoned chicken, pita wedges, tzatziki sauce on the side, organic mixed field green Greek salad and oven-roasted Greek potatoes.

ATHENIAN PORK RIB-EYE

Tender and juicy rib-eye pork char-grilled to perfection and topped with our homemade Greek butter sauce. Served with organic mixed field green Greek salad and mashed potatoes.

GREEK BONE-IN PORK CHOP

Juicy and full of flavor 0 oz. bone-in pork chop char-grilled to perfection and topped with our homemade Greek butter sauce. Served with organic mixed field green Greek salad and mashed potatoes.

GREEK VILLAGE CHICKEN PLATTER

ONE skewer of all-natural chicken, pita wedges, tzatziki sauce on the side, organic mixed field green Greek salad, rice pilaf and oven-roasted Greek potatoes.

GREEK VILLAGE PORK TENDERLOIN PLATTER

ONE skewer of pork tenderloin, pita wedges, tzatziki sauce on the side, organic mixed field green Greek salad, rice pilaf and oven-roasted Greek potatoes.

GREEK VILLAGE MAHI-MAHI PLATTER

ONE skewer of Wild Caught Mahi-Mahi, pita wedges, tzatziki sauce on the side, organic mixed field green Greek salad, rice pilaf and oven-roasted Greek potatoes.



ADD A HOUSE SALAD OR CUP OF SOUP

CANNELLONI AL FORNO

Our homemade pasta rolled with all-natural grilled chicken, ricotta, asiago and mozzarella cheese, mushrooms, fresh basil and Italian spices. Topped with our homemade marinara and 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.

SHRIMP SCAMPI MONGE

Tender shrimp sautéed in white wine, lemon butter, capers, tomatoes and chopped asparagus over cappellini pasta.

CHICKEN MARSALA

Sautéed all-natural chicken topped with Swiss cheese in a creamy porcini, portobello, cremini and shiitake mushroom marsala wine sauce over cappellini pasta.

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mega

ADD A HOUSE SALAD OR CUP OF SOUP

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.

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

Five deliciously seasoned and hand breaded, allnatural chicken tenders accompanied with honey mustard sauce. Served with French fries.

DELMONICO STEAK (GF)

This 9 oz. steak, also known as a "Chuck Eye," is hand-cut from right next to the rib eye. It is wellmarbled, juicy and full of flavor. Served with a baked potato.



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.

HOT ROAST BEEF

Thin slices of oven-roasted beef topped with a rich brown gravy served with real mashed potatoes and brown gravy.

HOT ROAST TURKEY

Thin slices of roasted turkey breast topped with gravy. Served with real mashed potatoes and gravy and cranberry sauce.







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

MEAT SELECTION

- Beef Liver and Onions
- Fried Carolina Grouper Fingers
- All-Natural Boneless Char-grilled Chicken Breast (GF)
- All-Natural Boneless Fried Chicken Breast
- Oven Roasted Deli Sliced Roast Turkey and Gravy
- Stax Meatloaf and Marinara Sauce
- All-Natural Char-grilled Chicken Strips (GF)
- Country Fried Steak and Sausage Milk Gravy
- Hot Roast Beef and Gravy
- Hamburger Steak Onions and Gravy
- Fish-of-the-Day
- BBQ Baby Back Ribs
- Greek Baby Back Ribs

PICK TWO

- Buttered Sweet Corn (V) (GF)
- Green Beans (V)
- Turnip Greens (V) (VG) (GF) Cabbage (V) (VG) (GF)
- Collard Greens (V) (VG) GF)
 Sweet Potato
- Pickled Beets (V) (VG)
- Macaroni and Cheese (V)
- Omega Cole Slaw (V)
- Real Mashed Potatoes and Gravy (V)
- Black Eved Peas (V) (VG)
- Steamed Vegetable Medley (V)
- MEAT AND TWO:
- VEGETABLES (4):

• Butter Beans (V) (VG) (GF)

- Pinto Beans (V) (VG) (GF)
- Steamed

- Soufflé (V) (VG) (GF)
- Fried Okra
- Rice
- Cornbread Dressing and Gravy
- Steamed Broccoli (V)
- Oven Roasted Greek Potatoes (V) (GF) *Peach Cobbler (V) *Banana Pudding (V)

Additional vegetable side -Add a house salad or cup of soup -

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SERVED WITH HOMEMADE CORNBREAD UPON REQUEST AND ICED TEA. *LIMIT ONE - ADD FOR ADDITIONAL PEACH COBBLER OR BANANA PUDDING











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SKILLETS ARE SERVED WITH YOUR CHOICE OF TOAST (GREEK, HONEY WHOLE WHEAT, JEWISH RYE, ENGLISH MUFFIN). BISCUIT AVAILABLE UNTIL 11:00AM. EXTRA CHARGE TOSUBSTITUTE BAGEL OR GLUTEN FREE WHOLE GRAIN BREAD FOR TOAST. EXTRA CHARGE 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.

SOUTH BEACH SKILLET

Egg whites, all-natural char-grilled chicken breast, fresh baby spinach, onions, tomatoes and mushrooms served on a bed of American fried potatoes.

VEGGIE SKILLET

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





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. EXTRA CHARGE TO SUBSTITUTE BAGEL OR GLUTEN FREE WHOLE GRAIN BREAD FOR TOAST. EXTRA CHARGE FOR SIDE OF FRESH SEASONAL FRUIT.

Two Farm-Fresh Eggs

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 Bacoh

Two Farm-Fresh Eggs with all-natural char-grilled Chicken Breast

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Make Mine an OMELETTE

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. EXTRA CHARGE TO SUBSTITUTE A BAGEL OR GLUTEN FREE WHOLE GRAIN BREAD FOR TOAST. EXTRA CHARGE 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.

MEXICANA OMELETTE

Farm-fresh eggs, chorizo sausage, onions, tomatoes, jalapenos, fresh cilantro, and queso blanco.

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

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

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

IRONMAN OMELETTE

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

LITE AND FIT OMELETTE

Farm-fresh egg whites, sliced turkey breast, fresh baby spinach, mushrooms, tomatoes and onions.

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 OMELETTE





BENEDICTS ARE SERVED WITH AMERICAN FRIED POTATOES. EXTRA CHARGE 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 and green onions.

EACH ITEM

Extraordinary FRENCH TOAST

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

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

our homemade warm strawberry compote.

LE PETITE BLUEBERRY FRENCH TOAST Thick, batter-dipped French toast topped with our homemade warm blueberry compote.

OMEGA'S "THICK" FRENCH TOAST

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.



OMEGA STRAWBERRY WAFFLE



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



OMEGA'S "THICK' FRENCH TOAST





EXTRA CHARGE FOR BACON, LINK OR PATTY SAUSAGE. EXTRA CHARGE 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

Made with our special blended batter, served with syrup and butter.

OMEGA BLUEBERRY WAFFLE

Topped with our homemade warm blueberry compote.

OMEGA STRAWBERRY WAFFLE

Topped with our homemade warm strawberry compote.

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BLINTZ AND STRAWBERRY CREPES

Cheese blintz (Plain crepes filled with ricotta and cottage cheese) topped with our homemade warm strawberry compote.

BLINTZ AND BLUEBERRY CREPES

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

Crepes filled with a cocoa hazelnut paste, topped with bananas, accented with chocolate garnish and dusted with powdered sugar.



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STRAWBERRY BLINTZ



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

GHIRARDELLI CHOCOLATE CHIP PANCAKES Sinfully sweet Ghirardelli chocolate chip morsels baked and topped make these pancakes delicious.

OMEGA BLUEBERRY PANCAKES Buttermilk pancakes filled with blueberries and topped with our homemade warm blueberry compote.

OMEGA STRAWBERRY PANCAKES Buttermilk pancakes topped with our homemade

warm strawberry compote.

TWO BY TWO Two farm-fresh eggs any style, two pancakes and two strips smoked bacon.

SHORT STACK PANCAKES (2) Served with syrup and butter.

BUTTERMILK PANCAKES Served with butter and syrup.

BLUEBERRY GRANOLA CRUNCHCAKES Pancakes topped and filled with blueberries, crunchy granola and dusted with powdered sugar.

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Low Fat Smoothies

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.

Island Breeze

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

Wildberry

Blueberry, blackberry, raspberry, green tea, low-fat Greek yogurt, strawberry/blueberry garnish.

Peach Mango Blast

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

Juice Bar

- 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
- Bottomless Lemonade



COFFEE Bar Hot Expresso 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 or English Toffee.

tce or Blended Expresso

FRAPPES ARE TOPPED WITH WHIPPED CREAM & CHOCOLATE

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 Indian

Pale Ale • Goose Island 312 Wheat Ale • Shocktop Belgian White • Blue Point Toasted Lager • Kona Longboard Island Lager • Stella Artois

)ine by the Glass

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





ELEGANT WEDDING CAKES • WHIMSICAL, NOVELTY AND BIRTHDAY CAKES • BREAKFAST PASTRIES • EUROPEAN PASTRIES AND SWEETS • FRESH BAKED BREADS AND MUFFINS



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