Teasers & FLEASERS

*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, smoked corn and black bean relish in a grilled flour tortilla. Served with shaved lettuce, tomatoes, sour cream and salsa.

*HOMEMADE SOUP

Fresh ingredients made daily by the chef. Bowl or cup option available.

> (V) Vegetarian (GF) Gluten-Free (GFA) Gluten-Free Available

PLEASE ADVISE YOUR SERVER OF ANY AND ALL FOOD ALLERGIES.

ALL SPIRIT/ALCOHOL SALES ARE FINAL.

Please pay with cash to receive a 4% discount off your check's subtotal.





(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, 1.50



Go GREEN

SALATIS RELOW ARE ACCOMPANIED WITH PITA WEDGE

HOMEMADE DRESSINGS

EXTRA VIRGIN OLIVE OIL & RED WINE VINEGAR • RANCH

SPICY CHIPOTLE RANCH • HONEY MUSTARD • THOUSAND ISLAND

MEDITERRANEAN (OIL & VINEGAR WITH SEASONING)

*GREEK SALAD (V) (GFA)

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

*CHAR-GRILLED CHICKEN SALAD (GFA)

Organic mixed field greens, topped with sliced char-grilled, all-natural chicken breast, tomatoes, red onions, hard-boiled egg and aged Wisconsin cheddar cheese. Served with ranch.

*CHIPOTLE SALAD (V) (GFA)

Crispy and chilled romaine, red onions, tomatoes, fire-roasted corn, black beans, bell peppers, cheddar cheese, fresh cilantro, smashed avocado and tortilla strips. Served with our homemade **SPICY** chipotle ranch.

*APPLE AND PECAN SALAD (V) (GFA)

Organic mixed field greens, apples, grapes, caramelized pecans, Clemson blue cheese crumbles and dried cranberries. Served with our homemade Mediterranean dressing.

*ENLIGHTENED BERRY AND GOAT CHEESE SALAD (V) (GFA)

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

*HEALTHY MEDITERRANEAN SALAD BOWL (V) (GFA)

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

CUSTOMIZE YOUR SALAD

CHAR-GRILLED, ALL NATURAL CHICKEN
GYROS MEAT

SPICY ANDOUILLE SAUSAGE
FOUR SAUTÉED SHRIMP

BROILED, WILD-CAUGHT SALMON

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

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THE REUBEN

Between THE E BEEAT

SANDWICHES ARE SERVED WITH ZERO GRAMS TRANS FAT SEASONED FRENCH FRIES. ADD A HOUSE SALAD OR CUP OF SOUP.

SUB SWEET POTATO FRIES.

*PHILLY STEAK

Thinly sliced grilled ribeye steak covered with Swiss cheese and grilled onions and peppers on a homemade grilled brioche hoagie roll.

*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. Served with a side of honey mustard dressing for dipping.

*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 sauce on the side. Served on a homemade grilled brioche hoagie roll.

*CHICKEN AND AVOCADO SANDWICH

All natural char-grilled chicken breast, Pepper Jack cheese, sliced avocado, smoked bacon, mayonnaise and a side of our homemade honey mustard sauce on a homemade grilled brioche bun.

*GYROS SANDWICH

Seasoned beef and lamb with tomato, onion and tzatziki cucumber onion yogurt sauce in grilled pita.

*SMOKED TURKEY BLTA CROISSANT

Sliced smoked turkey, smoked bacon, avocado, arugula, Swiss cheese and pesto aioli on a grilled croissant.

*PARMESAN-CRUSTED CHICKEN SANDWICH

All-natural chicken coated with a Parmesan cheese crust, prosciutto, mozzarella cheese, pesto aioli and arugula on a homemade grilled brioche bun.

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

PLEASE ADVISE YOUR SERVER OF ANY AND ALL FOOD ALLERGIES.

ALL SPIRIT/ALCOHOL SALES ARE FINAL.



Handmade

OUR 1/2 POUND GOURMET BLACK ANGUS BEEF BURGERS ARE GROUND FRESH DAILY, HAND-PATTIED AND COOKED TO ORDER. BURGERS ARE SERVED WITH ZERO GRAMS TRANS FAT SEASONED FRENCH FRIES. ADD A HOUSE SALAD OR CUP OF SOUP. SUB SWEET POTATO FRIES.

*OLD FASHIONED PATTY MELT

Freshly ground, hand-pattied, ½ pound black Angus beef burgers are char-grilled with American cheese and topped with grilled onions on homemade Jewish rye.

*HANDMADE BLACK ANGUS CHOICE CHEESEBURGER

Freshly ground, hand-pattied, ½ pound black Angus beef burgers are char-grilled with American cheese and topped with lettuce, tomato, mayonnaise and dill pickle on a homemade brioche bun.

*SMOKED BACON AND GOUDA SMOKEHOUSE CHEESEBURGER



Freshly ground, hand-pattied, ½ pound black Angus beef, smoked bacon, Gouda cheese, lettuce, tomato and mayonnaise on a homemade brioche bun.

*SMOKED BACON, AVOCADO AND PEPPER JACK CHEESE BURGER



Freshly ground, hand-pattied, ½ pound black Angus beef, avocado, smoked bacon, Pepper Jack cheese and mayonnaise on a homemade brioche bun.

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House FAVOITIES

ADD A HOUSE SALAD OR CUP OF SOUP.

*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

All-natural chicken lightly dusted with flour and sautéed with fresh asparagus, melted mozzarella cheese, tossed in a mushroom Madeira wine sauce. Served with Idaho mashed potatoes and fresh-roasted vegetables (zucchini, yellow squash, bell peppers, carrots, red onions. cauliflower and broccoli).

*PARMESAN-CRUSTED CHICKEN

All-natural chicken coated with a Parmesan panko crust, crispy prosciutto, provolone cheese, green onions, spaghetti tossed in a lite herb cream sauce, topped with arugula. Served with fresh garlic bread.

*CHICKEN TERIYAKI (GF)

All-natural chicken sautéed with zucchini, yellow squash, assorted colorful bell peppers, carrots, red onions, cauliflower, green onions and broccoli tossed in our homemade teriyaki sauce and served with rice pilaf.

*MARRY ME CHICKEN

All-natural chicken lightly dusted with flour and sautéed with mushrooms, smoked bacon, shallots, green onions and garlic in a red wine sauce. Served with mashed potatoes and roasted vegetables (zucchini, yellow squash, assorted colorful bell peppers, carrots, red onions, broccoli, cauliflower and broccoli).

TUSCAN CHICKEN

All-natural chicken lightly dusted with flour and sautéed with fresh roasted vegetables, (zucchini, yellow squash, bell peppers, carrots, red onions, cauliflower and broccoli) and Idaho mashed potatoes topped off with extra-virgin olive oil infused with garlic and fresh herbs.



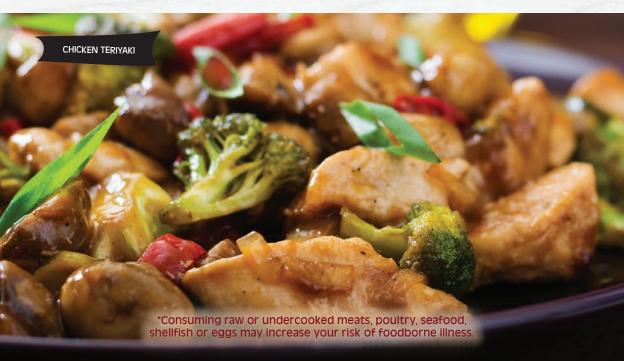
SICILIAN CHICKEN AND SHRIMP WITH SUNDRIED TOMATO BEURRE BLANC SAUCE

Sautéed chicken breast encrusted with Parmesan panko herb breading, topped with three shrimp in a sundried tomato, capers, fresh basil, crispy prosciutto and white wine butter cream sauce. Served with mashed potatoes and fresh roasted vegetables (zucchini, yellow squash, assorted colorful bell peppers, carrots, red onions, broccoli and cauliflower).

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

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ALL SPIRIT/ALCOHOL SALES ARE FINAL.





ADD A HOUSE SALAD OR CUP OF SOUP.

*ITALIAN SPAGHETTI BOLOGNESE

Spaghetti tossed with our homemade meat sauce and topped with Parmesan cheese. Served with fresh garlic bread.

*FETTUCCINE ALFREDO DI ANTONIO

Fettuccine pasta tossed in a Parmesan cream sauce and topped with Parmesan cheese. Served with fresh garlic bread.



FIVE CHEESE PENNE PASTA (V)

Penne pasta, ricotta, Asiago, Parmesan, Romano and mozzeralla tossed with fresh basil and marinara sauce with a touch of cream. Served with fresh garlic bread.

CUSTOMIZE YOUR PASTA

Only applies to the dishes above.

CHAR-GRILLED, ALL NATURAL CHICKEN GYROS MEAT

SPICY ANDOUILLE SAUSAGE FOUR SAUTÉED SHRIMP
BROILED, WILD-CAUGHT SALMON



*EGGPLANT PARMIGIANA (V)

Fresh hand-breaded eggplant topped with our homemade marinara sauce, fresh basil and melted mozzarella cheese. Served with spaghetti marinara and fresh garlic bread.

*CHICKEN PARMIGIANA

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

Served with spaghetti marinara and fresh garlic bread.

*LASAGNA DI ALFONSO

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

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increase your risk of foodborne illness.

SEITHERN Combort

Lunch: Monday-Friday 11:00 am-2:30 pm Dinner: Monday-Thursday 4:00 pm-8:00 pm Available to parties of up to 10 persons.

MEAT SELECTION

*Stax Meatloaf and Marinara Sauce

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

*Country Fried Steak and Sausage Milk Gravy

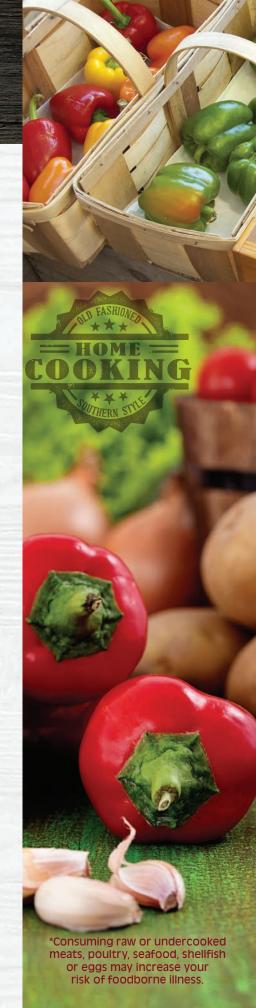
PICK TWO

- Green Beans (V) (GF)
- Fresh Collard Greens (V) (VG) (GF)
- Black Eyed Peas (V) (VG) (GF)
- Macaroni and Cheese (V)
- Real Mashed Potatoes (V) (GF)
- Omega Coleslaw (V) (GF)
- Crispy Broccoli Lighty Steamed (V) (GF)
 - MEAT AND TWO
 - VEGETABLES (4)

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

PLEASE ADVISE YOUR SERVER OF ANY AND ALL FOOD ALLERGIES.

ALL SPIRIT/ALCOHOL SALES ARE FINAL.



Before the

SERVED WITH YOUR CHOICE OF AMERICAN FRIED POTATOES, SOUTHERN GRITS OR SLICED TOMATOES AND TOAST (GREEK, HONEY WHOLE WHEAT, JEWISH RYE, RAISIN, ENGLISH MUFFIN). ENTRÉES ARE GLUTEN-FREE WITHOUT TOAST.

- BISCUITS AVAILABLE UNTIL 11:00 AM.
- SUBSTITUTE BAGEL OR GLUTEN-FREE WHOLE GRAIN BREAD FOR TOAST.
- ADD A SIDE OF FRESH SEASONAL FRUIT.

AMERICAN FRIED POTATOES ARE COOKED WITH ONIONS AND SEASONING.
WE ARE UNABLE TO ACCOMMODATE ONION AND SEASONING REMOVAL REQUESTS.

- *Two Farm-Fresh Eggs with Black Oak Ham (GFA)
- *Two Farm-Fresh Eggs with two Patty Sausages (GFA)
- *Two Farm-Fresh Eggs with two Link Sausages (GFA)
- *Two Farm-Fresh Eggs with three Slices of Smoked Bacon (GFA)
- *Two Farm-Fresh Eggs with two Turkey Patty Sausages (GFA)
- *Two Farm-Fresh Eggs with Watauga Country Ham (GFA)
- *Two Farm-Fresh Eggs with Fresh Corned Beef Hash (GFA)

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

PLEASE ADVISE YOUR SERVER OF ANY AND ALL FOOD ALLERGIES.

ALL SPIRIT/ALCOHOL SALES ARE FINAL.



CREATE YOUR OWN Signature Omelette

SERVED WITH YOUR CHOICE OF AMERICAN FRIED POTATOES, SOUTHERN GRITS OR SLICED TOMATOES AND TOAST (GREEK, HONEY WHOLE WHEAT, JEWISH RYE, RAISIN, ENGLISH MUFFIN).

- BISCUITS AVAILABLE UNTIL 11:00 AM.
- SUBSTITUTE BAGEL OR GLUTEN-FREE WHOLE GRAIN BREAD FOR TOAST.
- · ADD A SIDE OF FRESH SEASONAL FRUIT.

AMERICAN FRIED POTATOES ARE COOKED WITH ONIONS AND SEASONING. WE ARE UNABLE TO ACCOMMODATE ONION AND SEASONING REMOVAL REQUESTS.

· ADD A SIDE OF SMOKED BACON, LINK SAUSAGE, PATTY SAUSAGE OR TURKEY SAUSAGE.

VEGETABLES: CHEESE:

Fresh Baby Spinach

Roasted Red Peppers

Bell Peppers

Tomatoes

Onions

Jalapeños

Kalamata Olives

Mushrooms

Sliced Idaho Potatoes

Broccoli

Asparagus

Green Onions

*PLAIN FARM-FRESH EGGS OMELETTE (GFA)

*PLAIN FARM-FRESH EGG WHITE OMELETTE (GFA)

EACH ITEM ABOVE ADDED

TO AN OMELETTE (GFA)

Aged Cheddar Cheese

Provolone Cheese

American Cheese

Swiss Cheese

Imported Feta Cheese

Mozzarella Cheese

Pepper Jack Cheese

MEAT:

Smoked Bacon

Sausage

Black Oak Ham

Andouille Sausage

Gyros Meat

All Natural Char-grilled

Chicken Breast

Sliced Roasted Turkey

Turkey Sausage

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> HAM AND CHEESE OMELETTE

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



ADD A SIDE OF SMOKED BACON, LINK SAUSAGE, PATTY SAUSAGE OR TURKEY SAUSAGE. ADD A 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.

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

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OMEGA'S "THICK" FRENCH TOAST

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JUICE Bar

COFFEE Bar

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.

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

Mimosa

Mimosa (fresh squeezed orange juice and champagne)



- Ice Cold Milk
- Almond Milk
- Chocolate Milk
- Milkshake (Strawberry, Vanilla or Chocolate)
- Fresh Peruvian Organic 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













Will

Hot Espresso Beverages

AVAILABLE IN THE FOLLOWING FLAVORS: CARAMEL, MOCHA, FRENCH VANILLA, HAZELNUT, ENGLISH TOFFEE, BUTTERSCOTCH, CHEESECAKE, IRISH CREAM, TOASTED MARSHMALLOW. CAPPUCCINOS AND LATTES TOPPED WITH CINNAMON.

Espresso (Double) Crema

Double Espresso topped with freshly whipped cream.

Cappuccino Cappuccino Crema

Cappuccino topped with freshly whipped cream.

Café Latte

Café Latte Crema

Café Latte topped with freshly whipped cream.



AVAILABLE IN THE FOLLOWING FLAVORS: CHOCOLATE MILANO, PEPPERMINT, AMARETTO, CINNAMON, PUMPKIN PIE, BROWN SUGAR CINNAMON, ENGLISH TOFFEE, BUTTERSCOTCH, HAZELNUT, GINGERBREAD, CARAMEL, FRENCH VANILLA, CHEESECAKE, IRISH CREAM, MOCHA, TOASTED MARSHMALLOW, SUGAR-FREE CARAMEL, SUGAR-FREE IRISH CREAM

Iced Cafe Latte
Ice Blended Espresso Frappe

Bottled Beer

Bud Light • Michelob ULTRA Stone IPA India Pale Ale Stella Artois Lager

Craft Beer

Craft beers listed on our daily features page

Wine by the Glass

CK Mondavi Family Vineyards

Chardonnay • Merlot • Pinot Grigio White Zinfandel • Cabernet Sauvignon

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