

Frozen Yogurt

The Split Personality (332 cal)\$5.95

Two flavors of frozen yogurt, served with a split banana, strawberries, blueberries, pineapple and whipped cream.

The Berry Patch (248 cal)\$4.50

Your choice of frozen yogurt, surrounded by strawberries, blueberries and raspberries.

Frozen Yogurt Sundaes\$4.25

Strawberry, blueberry, raspberry, pineapple, banana or low fat granola.

Frozen Yogurt Cones or Cups

.....Sm.(149 cal.) \$2.49 Lg.(215 cal.) \$3.49

Frozen Yogurt Shakes

Cappuccino Shakesm. \$2.75 lg. \$3.75

Cappuccino blended with frozen yogurt.

Mocha Cappuccino Shake ...sm. \$2.75 lg. \$3.75

Chocolate blended with cappuccino and frozen yogurt.

Frozen Yogurt Shakessm. \$2.75 lg. \$3.75

Peanut butter, vanilla, pina colada, strawberry, orange, passionate papaya, apple, blueberry, lemon, cranberry, raspberry, Oreo, pineapple, banana and chocolate.

Protein Plus Shake*\$3.95

Any flavor shake with raw egg and wheat germ added.*

Café

Cappuccino Delight\$2.95

Espresso with steamed milk and real whipped cream.

Café Mocha Delight\$2.95

Hot chocolate, cappuccino and whipped cream.

Café Au Lait\$2.95

Double espresso with steamed milk.

Café Latté\$2.95

Espresso with steamed milk.

Cappuccino\$1.95

Espresso with foamed milk.

Espresso\$1.95

Coffee\$1.50

Other Drinks

Fresh O.J.sm. \$2.50 lg. \$3.50

Juicessm. \$1.75 lg. \$2.75

Pina Colada, papaya, apple, orange, raspberry, pineapple, grapefruit, cranberry and V-8.

Fountain Drinkssm. \$1.25 lg. \$1.50

Coke, Diet Coke, Sprite or Orange.

Iced Tea or Lemonade\$1.75

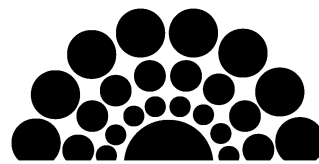
Hot Tea & Herb Tea\$1.50

Hot Chocolate\$1.50

Milk - Whole, Skim, 2% or Chocolate\$0.95

A 15% gratuity will be added to parties of eight people or more.

08-05-11



Afternoon Delight

"It's Good For You. . .Anytime"

Breakfast/Brunch

Eggs

Smoked Nova Salmon Eggs Benedict\$9.95

(Or Fresh Poached Salmon on weekends!)

Served on a toasted whole wheat English muffin with cream cheese, capers, red onions, poached eggs and topped with béarnaise sauce.

Veggie Eggs Benedict\$8.95

Two poached eggs served on top of a whole wheat English muffin and an assortment of stir-fried vegetables mixed with cream cheese. Topped with béarnaise sauce. A real taste treat!

Eggs Benedict\$8.95

Two poached eggs served on top of a whole wheat English muffin with Canadian bacon. Topped with béarnaise sauce.

The Veggie Boule\$8.95

An assortment of vegetables, scrambled eggs, cheddar, mozzarella and Swiss cheeses served in a baked, hollowed out French bread boule.

The Meat Boule\$8.95

Filled with ham, bacon, sausage, scrambled eggs and Swiss, mozzarella and cheddar cheeses.

Eggs, Any Way You Like Them!*

Two with any meat\$6.95

Two alone\$4.95

Served with toast, bagel or bran muffin.

Breakfast in a Pocket\$7.95

Two eggs scrambled with bacon, cheddar cheese and sunflower seeds. Served in a whole wheat pita bread with lettuce, tomato and ranch dressing.

Morning Delight\$4.95

A special blend of ham, cheddar cheese and egg, served on a whole wheat English muffin. A true morning delight!

Veggie Morning Delight\$4.95

Cheddar cheese, spinach, mushrooms, tomatoes, sunflower seeds and egg, cooked and sandwiched between a whole wheat English muffin.

** Ask your server about menu items that are cooked to order or served raw. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.*

Giant Omelettes

All omelettes are served with your choice of toast, muffin, English muffin or bagel. *Raisin toast add \$1.50.

Smoked Nova Salmon Omelette\$9.95
(Or Fresh Poached Salmon on weekends!)

Served with asparagus, black olives, red onions, tomatoes and Swiss cheese.

The Veggie Omelette\$8.95

Mushrooms, zucchini, broccoli, cauliflower, spinach, tomatoes and red onions, with cheddar and Swiss cheese.

Mediterranean Omelette\$8.95

Steamed spinach leaves, feta cheese, red onions, tomato and black and green olives.

Farmers Omelette\$8.95

Baked ham, oven roasted red skins, onions, green peppers, Swiss and cheddar cheese.

Italian Omelette\$8.95

Italian sausage, mushrooms, tomatoes, red onions and mozzarella cheese.

Western Omelette\$8.95

Ham, onions, green peppers, mushrooms and cheddar cheese.

Mexican Omelette\$8.95

Spiced beef, tomato, green peppers, and cheddar cheese, served with nacho chips.

Breakfast Burrito\$8.95

Scrambled eggs, bell peppers, onion and cheddar cheese, served with our homemade salsa and sour cream.

Create Your Own Omelette\$7.00

For each cheese below, add\$.50
Swiss, Cheddar, Feta

For each meat below, add\$.75
Bacon, Ham, Sausage, Krab

For each veggie below, add\$.50
Mushrooms, Black Olives, Green Peppers,
Onions, Tomatoes or Spinach.

Egg Beaters or Egg Whites are available on request
\$.50 extra charge per order.

Fresh & Light

Mixed Fruit Bowlsm. \$3.25 1g. \$4.25
Topped with frozen yogurt add\$1.00

Fruit Plate\$8.95

An assortment of fresh fruits with frozen yogurt and low fat granola.

Bagels\$1.89

Plain, raisin, onion, garlic, whole wheat, asiago, or everything, served with cream cheese.

Bagel only\$.94

Bonanza Bagel\$4.95

A toasted raisin bagel spread with peanut butter and topped with bananas, sunflower seeds and honey. Served with a garnish of melon.

Low Fat Granola\$4.95

Big Bowl of Oatmeal & Milk\$4.95

Topped with a choice of blueberries, raspberries or strawberriesadd \$1.00

Raisin Toast\$3.95

The Muffin Delight\$4.95

A hot split bran muffin filled with your choice of frozen yogurt.

Toasted\$1.50

Whole wheat, rye, sourdough, pumpernickel bread or whole wheat or white English muffin.

Our Famous Fresh Baked Bran Muffins ...\$2.50

The BEST muffin in Ann Arbor, and they're baked here throughout the day. Selections change day by day.

Side Orders

Ham, Bacon, Sausage or Canadian Bacon\$2.95

Oven Roasted Red Skin Potatoes\$2.75

A.D. Delights!

Bagel & Smoked Nova Salmon Lox\$9.95

Choice of bagel served with cream cheese, capers, red onions and tomato slices.

Cinnamon French Toast\$7.95

Our cinnamon raisin bread, soaked in egg batter, then grilled golden brown. Topped with powdered sugar.

Cheese Blintzes Anyone?\$8.95

Three cheese blintzes served with sour cream and a choice of pineapple, blueberries, strawberries or raspberries.

Pecan Waffle\$7.95

Plain, served with syrup and butter.

Belgian Waffle\$6.95

Topped with choice of blueberries, peaches, raspberries or strawberriesadd \$1.00

Topped with frozen yogurtadd \$1.00

Topped with whipped creamadd \$1.00

Pan Grilled Pancake

Plain\$6.95

Filled with a choice of blueberries, peaches, strawberries, pecans or chocolate chips cooked insideadd \$1.00

Topped with frozen yogurt or whipped creamadd \$1.00