

CHAPPY'S DELI BREAKFAST

Mountain Brook Plaza Next to Hampton Inn
205-871-0887 FAX: 205-871-8099

Chappys
DELI
BETTER FOR YOU

WWW.CHAPPYSDELI.COM

Substitute any fresh egg with Egg Beaters or Egg Whites for just 30¢ each egg.

EGGS & OMELETS

Served with Toast, Butter, Jelly and Grits (add bacon, sausage, or turkey sausage for 1.30)

COUNTRY FRESH EGGS

Fresh grade 'A' large eggs served any style and made to order
One Egg 3.20 Two Eggs 3.70 Three Eggs 4.20 Four Eggs 4.70

CHEESE OMELET

Two hand-whipped fresh eggs, gently folded with American cheese.
4.25

HAM (OR SAUSAGE) & CHEESE OMELET

Two hand-whipped fresh eggs, stuffed with American cheese and your choice of ham or sausage. 4.75

HEART SMART OMELET

Hand-whipped 'Better For You' egg whites filled with fresh baby spinach, diced tomatoes, portabella mushrooms, green peppers, red onions and melted low-fat Mozzarella cheese. 5.50

WESTERN OMELET

Two hand-whipped fresh eggs, stuffed with ham, American cheese, green peppers, diced tomatoes and red onions. 5.25

NEW FAJITA OMELET

An amazing four eggs, hand blended with spicy fajita chicken, American cheese, green peppers, diced tomatoes and red onions, topped with sour cream. 6.95

Prefer cheese grits or hash browns? Just 40¢ more

PANCAKES, FRENCH TOAST & WAFFLES

Served with Soft Butter, sweet Syrup and fruit Jelly (add bacon, sausage, or turkey sausage for 1.30)

BUTTERMILK PANCAKES

Three classic, old fashioned flapjacks made from our fresh buttermilk batter and grilled to golden brown. 3.85

BLUEBERRY PANCAKES

Three of our buttermilk pancakes filled with blueberries and served golden brown. 4.30

NEW NUT 'N' GRAIN PANCAKES

Three stack of whole grain pancakes from Chappy's own recipe, rich in Omega 3 and all natural. 6.50

FRENCH TOAST

Three slices of Big Sky® white bread dipped in hand-whipped fresh eggs and grilled golden brown. 3.95
Cinnamon & powdered sugar available upon request

BELGIAN WAFFLE

A classic favorite, made from scratch and hand-griddled to a golden brown. 4.30
Add blueberries or pecans only 45¢

MAKING IT "BETTER FOR YOU"

We are always looking for ways to better serve you like using trans-fat free oils and offering Smart Balance® buttery spread as a healthier alternative to butter or margarine.



MT. BROOK PLATTER

Three fresh eggs any style with, biscuit & sawmill sausage gravy, your choice of grits or hashbrowns and your choice of (choose one) bacon, sausage or turkey sausage. 6.50

FRITTATAS

Served with seasonal Fruit Cup, Butter, Jelly and Big Sky® Whole Grain Wheat Bread (add bacon, sausage, or turkey sausage for 1.30)

NEW OLYMPIAN FRITTATA

Hand-whipped fresh eggs, pan seared with sautéed black olives, chopped spinach, red onion, diced tomatoes, and topped with crumbled feta cheese. 5.50

NEW BETTER FOR YOU FRITTATA

Choice of egg whites or egg beaters, hand-whipped with roasted red peppers, diced tomatoes, portabella mushrooms, red onions and chopped baby spinach. 5.75

NEW ROMAN FRITTATA

Our hand-whipped and seared frittata with grilled chicken, roasted red peppers, Italian herbs, red onions, diced tomatoes and topped off with marinara sauce. 5.95

SANDWICHES

BREAKFAST SANDWICH

Two fresh scrambled eggs with bacon, lettuce, tomato, and American cheese on Big Sky® Three Seed toast. 3.50

BREAKFAST BURRITO

Hot tortilla filled with fresh scrambled eggs, ham, American cheese, green peppers, diced tomatoes and red onions. 4.45
Top it off with Salsa just 35¢ more

CROISSANT SANDWICH

Two fresh scrambled eggs with bacon, lettuce, tomato, and American cheese on a flaky croissant. 4.20

EXTRAS

Fruits & Just baked specialties fresh from the oven

FRESH FRUIT CUP

Fresh seasonal fruits mixed daily. 2.40

NEW YOGURT PARFAIT

All natural vanilla yogurt layered with Chappy's own granola mix and fresh fruit. All those live cultures you expect from yogurt plus antioxidants and whole grains. 3.25

JUMBO MUFFINS

A variety of chef picked flavors daily - while they last. 1.50

BAGELS

Blueberry, Cinnamon Raisin, and Plain - your choice. 1.10
Add cream cheese (Regular, Light, or Strawberry) only 75¢

BEVERAGES

FRESH BREWED COFFEE

Regular or Decaffeinated. 1.40

ORANGE JUICE 2.00

MILK 1.40

HOT CHOCOLATE 1.40

HOT TEA 1.40

SOFT DRINKS

Coca-cola, Diet Coke, Lemonade, Mr. Pibb, Fruit Punch 1.65

BOTTLED WATER 1.70