

HEALTHY STARTS

Does a Body Good 7.50

3 Egg Whites, grits, turkey sausage, fruit cup, and wheat toast

Heart Smart Omelet 6.95

Egg Whites, spinach, diced tom., mush., pepper & onion, Mozz. cheese. Served with grits and wheat toast

Yogurt Parfait 3.95

Oatmeal 3.95

EGGS & OMELETS Served with grits and white toast

Country Fresh Eggs

Two 4.65 • Three 4.95 • Four 5.45

Western 6.45

Ham, American cheese, diced tom., peppers & onions

Cheese 5.30

Ham (or Sausage) & Cheese 5.95

CAKES & MORE Served with syrup and butter

Buttermilk Pancakes 4.85

Blueberry Pancakes 5.10

Golden Malted Waffle 5.50

SANDWICHES & WRAPS Served with Grits

Breakfast Sandwich 4.35

Eggs, bacon, lett., tom., American cheese on white toast

Breakfast Croissant 4.60

Eggs, bacon, lett., tom., American cheese on a grilled croissant

Conecuh Wrap 4.95

Eggs, Conecuh sausage, shredded cheese, hashbrowns stuffed in a grilled white wrap

GOURMET PLATTERS

Capital City Platter 7.95

3 Eggs with biscuit & gravy, **your choice** of grits or hashbrowns, and **your choice** of bacon, sausage, turkey sausage or Conecuh sausage

Breakfast Sampler 7.95

3 Eggs with biscuit & gravy, **your choice** of grits or hashbrowns, and **your choice** of bacon, sausage, turkey sausage or Conecuh sausage and **your choice** of a single buttermilk or blueberry pancake

SIDES & EXTRAS

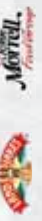
JUMBO MUFFINS	1.80	GRITS	1.00
FRESH CUT FRUIT	2.50	CHEDDAR GRITS	1.50
BAGELS	1.35	BACON CHEESE GRITS	1.95
BAGEL & CREAM CHEESE	2.10	HASHBROWNS	1.50
SAUSAGE PATTIES	1.60	HASHBROWNS & CHEESE	1.95
BACON	1.60	BISCUIT & GRAVY	2.25
TURKEY SAUSAGE	1.60		
CONECUH SAUSAGE	1.75		



SERVED 6:00 AM - 10:30 AM
286-9200 • fax 286-9310

ChappypysDELI.COM

Smittyfield ROYAL CUP COFFEE



Chappypys DELI BREAKFAST

* Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.