

HEALTHY STARTS

Does a Body Good 8.55
3 Egg Whites, grits, turkey sausage, fruit cup, and wheat toast

Heart Smart Omelet 7.85
Egg Whites, spinach, diced tom., mush., pepper & onion, Mozz. cheese. Served with grits and wheat toast

Yogurt Parfait 4.15

Oatmeal  4.35

EGGS & OMELETS Served with grits and white toast

Country Fresh Eggs
Two 5.25 • Three 5.80 • Four 6.25

Western 7.20
Ham, American cheese, diced tom., peppers & onions

Cheese 6.10

Ham (or Sausage) & Cheese 6.80

CAKES & MORE Served with syrup and butter

Buttermilk Pancakes 5.95

Blueberry Pancakes 6.35

Golden Malted Waffle 6.10

SANDWICHES & WRAPS Served with Grits

Breakfast Sandwich 5.10
Eggs, bacon, lett., tom., American cheese on grilled white

Breakfast Croissant 5.60
Eggs, bacon, lett., tom., American cheese on a grilled croissant

Conecuh Wrap 5.75
Eggs, Conecuh sausage, shredded cheese, hashbrowns stuffed in a grilled white wrap

GOURMET PLATTERS

Capital City Platter 8.80
3 Eggs with biscuit & gravy, **your choice** of grits or hashbrowns, and **your choice** of bacon, sausage, turkey sausage or Conecuh sausage

Breakfast Sampler 9.10
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	1.95	GRITS	1.30
FRESH CUT FRUIT	2.65	CHEESE GRITS	1.80
BAGEL	1.60	BACON CHEESE GRITS	2.25
BAGEL & CREAM CHEESE	2.35	HASHBROWNS	1.80
SAUSAGE PATTIES	1.85	HASHBROWNS & CHEESE	2.25
BACON	1.85	BISCUIT & GRAVY	2.60
TURKEY SAUSAGE	1.85		
CONECUH SAUSAGE	1.95		



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

ChappypysDELI.COM



Smittyfield



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Chappypys BREAKFAST DELI

* 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.