

HEALTHY STARTS

Does a Body Good 8.40
3 Egg Whites, grits, turkey sausage, fruit cup, and wheat toast

Heart Smart Omelet 7.75
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 5.20 • Three 5.75 • Four 6.20

Western 7.10
Ham, American cheese, diced tom., peppers & onions

Cheese 5.95

Ham (or Sausage) & Cheese 6.70

CAKES & MORE

Served with syrup and butter

Buttermilk Pancakes 5.75

Blueberry Pancakes 6.00

Golden Malted Waffle 5.95



SANDWICHES & WRAPS

Served with Grits

Breakfast Sandwich 5.05

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

Breakfast Croissant 5.55

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

Conecuh Wrap 5.65

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

GOURMET PLATTERS

Capital City Platter 8.65

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

Breakfast Sampler 8.95

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

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

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Smittyfield



* 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.

BAP 08/20

Chappys BREAKFAST DELI