

# HEALTHY STARTS

**Does a Body Good** 7.75  
3 Egg Whites, grits, turkey sausage, fruit cup, and wheat toast

**Heart Smart Omelet** 7.25  
Egg Whites, spinach, diced tom., mush., pepper & onion, Mozz. cheese. Served with grits and wheat toast

**Yogurt Parfait** 4.00

**Oatmeal**  4.25

# EGGS & OMELETS

**Country Fresh Eggs**  
Two 4.85 • Three 5.25 • Four 5.65

**Western** 6.75  
Ham, American cheese, diced tom., peppers & onions

**Cheese** 5.50

**Ham (or Sausage) & Cheese** 6.20

# CAKES & MORE

**Buttermilk Pancakes** 5.25

**Blueberry Pancakes** 5.50

**Golden Malted Waffle** 5.75

# SANDWICHES & WRAPS

**Breakfast Sandwich** 4.65  
Eggs, bacon, lett., tom., American cheese on white toast

**Breakfast Croissant** 4.85  
Eggs, bacon, lett., tom., American cheese on a grilled croissant

**Conecuh Wrap** 5.20  
Eggs, Conecuh sausage, shredded cheese, hashbrowns stuffed in a grilled white wrap

# GOURMET PLATTERS

**Capital City Platter** 8.10  
3 Eggs with biscuit & gravy, **your choice** of grits or hashbrowns, and **your choice** of bacon, sausage, turkey sausage or Conecuh sausage

**Breakfast Sampler** 8.40  
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	1.90	GRITS	1.15
FRESH CUT FRUIT	2.50	CHEESE GRITS	1.65
BAGELS	1.50	BACON CHEESE GRITS	2.10
BAGEL & CREAM CHEESE	2.25	HASHBROWNS	1.65
SAUSAGE PATTIES	1.75	HASHBROWNS & CHEESE	2.10
BACON	1.75	BISCUIT & GRAVY	2.50
TURKEY SAUSAGE	1.75		
CONECUH SAUSAGE	1.90		



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

ChappysDELI.COM

Smittyfield ROYAL CUP COFFEE

John Morrell



# Chappys 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.