

HEALTHY STARTS

Does a Body Good 8.00
3 Egg Whites, grits, turkey sausage, fruit cup, and wheat toast

Heart Smart Omelet 7.45
Egg Whites, spinach, diced tom., mush., pepper & onion, Mozz. cheese. Served with grits and wheat toast



Yogurt Parfait 4.10

Oatmeal 4.35

EGGS & OMELETS

Country Fresh Eggs
Two 5.00 • Three 5.45 • Four 5.85

Western 6.95
Ham, American cheese, diced tom., peppers & onions

Cheese 5.70

Ham (or Sausage) & Cheese 6.40

CAKES & MORE

Buttermilk Pancakes 5.45

Blueberry Pancakes 5.70

Golden Malted Waffle 5.95

SANDWICHES & WRAPS

Breakfast Sandwich 4.80
Eggs, bacon, lett., tom., American cheese on white toast

Breakfast Croissant 5.30
Eggs, bacon, lett., tom., American cheese on a grilled croissant

Conecuh Wrap 5.50
Eggs, Conecuh sausage, shredded cheese, hashbrowns stuffed in a grilled white wrap

GOURMET PLATTERS

Capital City Platter 8.35
3 Eggs with biscuit & gravy, your choice of grits or hashbrowns, and your choice of bacon, sausage, turkey sausage or Conecuh sausage

Breakfast Sampler 8.65
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	1.25
FRESH CUT FRUIT	2.50	CHEESE GRITS	1.75
BAGEL	1.50	BACON CHEESE GRITS	2.20
BAGEL & CREAM CHEESE	2.25	HASHBROWNS	1.75
SAUSAGE PATTIES	1.75	HASHBROWNS & CHEESE	2.20
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

Marshall's



Chappys 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.