

# Breakfast

All breakfast items served with freshly brewed hot or iced coffee or tea.



## Egg Platters

Each platter is served with hash browns, choice of biscuit, white or wheat toast, or English muffin and choice of bacon, sausage, spam, or sliced ham.



TAMA SLAM

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| <b>TAMA SLAM</b><br><i>Two eggs any style, served with two buttermilk pancakes, and two breakfast meats.</i>   | <b>\$10.75</b> |
| <b>SCRAM SUPREME*</b><br><i>Three eggs scrambled with diced bell peppers, mushrooms, onions, and tomatoe. Topped with shredded cheddar cheese.</i>   | <b>\$9.50</b>  |
| <b>WESTERN OMELET*</b><br><i>Three-egg omelet stuffed with diced bell peppers, mushrooms, onions, tomatoes, bacon, ham, and cheddar cheese. Topped with picante sauce, and sliced jalapenos.</i> | <b>\$10.50</b> |
| <b>HAM &amp; CHEESE OMELET*</b><br><i>Three-egg omelet stuffed with diced ham, and cheddar cheese.</i>   | <b>\$9.50</b>  |
| <b>VEGGIE OMELET*</b><br><i>Three-egg omelet stuffed with diced bell peppers, mushrooms, onions, tomatoes, and cheddar cheese.</i>   | <b>\$8.75</b>  |
| <b>ALL-AMERICAN*</b><br><i>Two eggs prepared your way.</i>   | <b>\$8.25</b>  |

\*Make your egg platter gluten-free!  
Substitute hashbrowns and a side of bread for one additional protein side.

## Specials

ULTIMATE BLT



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| <b>ULTIMATE BLT</b><br><i>Perfectly cooked bacon on a toasted croissant with lettuce, tomatoes, and mayonnaise.</i>  | <b>\$5.25</b> |
| <b>FULLSTACK</b><br><i>Three buttermilk pancakes served with maple syrup. Served with your choice of bacon, sausage, spam, or sliced ham.</i>  | <b>\$8.50</b> |
| <b>FRENCH TOAST</b><br><i>Four pieces of French toast served with maple syrup. Served with your choice of bacon, sausage, spam, or sliced ham.</i>   | <b>\$8.50</b> |
| <b>WAFFLES DELIGHT</b><br><i>Two soft waffles sprinkled with powdered sugar, and served with whipped cream, and maple-flavored syrup. Served with choice of bacon, sausage, spam, or sliced ham.</i> | <b>\$8.50</b> |
| <b>CHICKEN &amp; WAFFLES</b><br><i>Hand-battered chicken tenders and two waffles sprinkled with powdered sugar. Served with syrup and your choice of dipping sauce.</i>                              | <b>\$9.95</b> |
| <b>BISCUITS &amp; GRAVY</b><br><i>Open-faced biscuit smothered in traditional country gravy. Served with two eggs, hash browns, and your choice of bacon, sausage, spam, or sliced ham.</i>          | <b>\$8.75</b> |
| <b>LOCO MOCO: TAMA STYLE</b><br><i>Steamed rice topped with your choice of grilled spam, ham, or sausage, and two eggs over-easy and smothered with country gravy.</i>                               | <b>\$8.25</b> |



LOCO MOCO: TAMA STYLE

## Lite Bites

All Lite Bite items served with choice of a small juice, milk, hot, or iced coffee or tea.

### TAMA-GO FITNESS PLATTER\*

Two eggs (any style), served with a side of yogurt, fresh fruit slices, and a small salad.

### MINISLAM

One pancake and one egg, any style. Served with a piece of bacon, and sausage patty.

### DOUBLE CAKES

Two pancakes served with maple syrup and a piece of bacon, and a sausage patty.

### PEANUT BUTTER FRENCH TOAST

Two pieces of French toast topped with peanut butter, and maple syrup. Served with a piece of bacon, and a sausage patty.

### EGG IN A BASKET

One slice of wheat bread fried with an egg in the middle. Served with a side of yogurt and three orange slices.

### EGG IN A BASKET

### MUFFIN'WICH

Fried egg paired with sliced ham or a sausage patty, topped with your choice of American, or Swiss cheese, and served in a toasted English muffin.

*\*Make your egg platter gluten-free!  
Substitute hashbrowns and a side of bread for one additional protein side.*

### TAMA-GO FITNESS PLATTER



## Side Items

OATMEAL	\$2.00
YOGURT	\$1.25
FRUIT (*Gluten-Free)	\$2.50
HASH BROWNS	\$2.00
STEAMED RICE (*Gluten-Free)	\$1.50
SIDE OF	\$2.50
Bacon (4), Sausage Patties (2), Spam (3), Ham (3) (*Gluten-Free)	
COLD CEREAL WITH MILK	\$2.00
ONE EGG YOUR WAY	\$1.50
PANCAKES (ONE)	\$2.50
PANCAKES (TWO)	\$4.75
WAFFLE	\$3.00
FRENCH TOAST	\$1.50 (ONE)
FRENCH TOAST	\$2.75 (TWO)
ONE BISCUIT	\$1.25
SLICE OF TOAST	\$1.25
ENGLISH MUFFIN	\$1.25
CROISSANT	\$2.25
EXTRA CHEESE	50¢
SIDE OF GRAVY	\$1.00



OATMEAL



HASH BROWNS, BACON, AND SAUSAGE PATTIES

## Beverages

Free refills on coffee, tea, or fountain drinks.

HOT/ICED COFFEE OR TEA	\$1.50
HOT CHOCOLATE	\$1.50
JUICE* (SMALL)	\$1.75
JUICE* (REGULAR)	\$2.25
*(Apple, orange, grapefruit or tomato)	
MILK OR CHOCOLATE MILK (SMALL)	\$1.50
MILK OR CHOCOLATE MILK (REGULAR)	\$2.00
FOUNTAIN DRINKS	\$2.25
Coke, Coke Zero, Ginger Ale, Dr. Pepper, Melon Fanta, Real Gold and Lemonade	



BEVERAGES