



787-792-2625

<http://www.foodnetdelivery.com>

TRANSFER REST

All Day Breakfast! - Desayunos

Omelettes

Moons over my Hammy
Omelette

Three egg omelet with diced ham,
melted Swiss and American cheeses.

Veggie-Cheese Omelette **\$9.36**

Three egg omelette with sauteed
onions, green peppers, and
mushrooms folded in with diced
tomatoes and shredded cheddar
cheese. Served with hash browns or
grits and choice of bread.

Western Omelette

Three egg omelette with fire
roasted peppers and onions, diced
ham and melted American cheese.

Fit Fare Omelette

Egg white omelette with spinach,
mushrooms, freshly made pico de
gallo and shredded Cheddar cheese.
Served with two slices of Turkey
Bacon and a side of seasonal fruit.

Ultimate Omelette **\$10.29**

Three egg omelette with sausage,
bacon, green peppers, mushrooms,
onions and diced tomatoes, topped
with shredded cheddar cheese.
Served with hash browns or grits and
choice of bread.

Scrambles

Heartland Scramble **\$9.20**

Two eggs scrambled with chopped
bacon, country fried potatoes, green
peppers and onions, and topped with
cheddar cheese. Served with two
strips of bacon, two sausage links,
hash browns and two fluffy buttermilk
pancakes.

Meat Lovers Scramble

Two eggs scrambled with bacon,
diced ham and crumbled sausage,
and topped with Cheddar cheese.

Skillets

Prime Rib Breakfast Skillet **\$9.49**

Start with a warm tortilla and load it
up with all your favorites. You get
tender, juicy prime rib, scrambled
eggs, golden hash browns plus fire
roasted peppers and onions all
served with freshly made pico de
gallo and sour cream. Enjoy making
every bite your own.

Santa Fe Skillet

Crumbled chorizo sausage, fire -
roasted peppers and onions,
mushrooms and seasoned red -
skinned potatoes served on a sizzlin
hot skillet. Topped with a smoky
cheese blend and two eggs cooked
the way you like them.

Bananas Foster French Toast
Skillet

Two thick sliced of our fabulous
French toast topped with fresh

Sandwiches

Prime Rib Philly Melt **\$10.19**

Premium prime rib, mushrooms
and onions sauteed, then topped with
melted swiss cheese on grilled
ciabatta bread with a zesty garlic
spread.

Chicken Avocado Sandwich **\$9.69**

A grilled seasoned chicken breast
with diced avocado, freshly made
pico de gallo, lettuce and sour cream
on a whole wheat bun. Served with Fit
Fare fresh veggies as your side
choice.

The Super Bird **\$9.39**

Thinly sliced Turkey Breast with
melted Swiss Cheese, bacon strips
and tomato on grilled sourdough.

Club Sandwich **\$9.19**

Thinly sliced Turkey Breast, crisp
bacon, lettuce, tomato and
mayonnaise on toasted white bread.

Spicy Buffalo Chicken Melt **\$10.39**

A golden fried chicken breast
tossed in a spicy Buffalo sauce with
lettuce and tomato, topped with
melted Swiss cheese. Placed on
grilled ciabatta bread with a zesty
garlic spread. Served with ranch
dressing.

Chicken Ranch Melt **\$9.79**

A golden fried chicken breast, crisp
bacon, lettuce and tomato, topped
with melted swiss cheese. Placed on
grilled Ciabatta bread with a zesty
garlic spread. Served with ranch
dressing.

Bacon Lettuce and Tomato
Sandwich **\$6.89**

Crisp bacon, lettuce, tomato and
mayonnaise on toasted white bread.

Smoked Chicken Melt **\$9.59**

Pulled, smoked chicken, crispy
bacon, sliced tomatoes, melted swiss
cheese and creamy honey mustard
sauce on grilled potato bread.

Hickory Grilled Chicken
Sandwich

A grilled seasoned chicken breast
topped with melted Cheddar cheese
and Onion Tanglers on a sesame
seed bun. Served with lettuce,
tomato and a sweet hickory spread.

Appetizers - Aperitivos

Appetizer Sampler **\$9.69**

Spicy Chicken Strips, Mozarella
Cheese Sticks, Crispy Onion Rings
and Dipping Sauces.

Basket of Puppies

Ten Pancake Puppies, our bite -
sized round pancakes rolled in a
delicious blend of cinnamon and
sugar. Served with warm syrup on
the side for dipping.

Chicken Strips Appetizer **\$8.65**

Tossed in your choice of Sweet
and Tangy BBQ or Buffalo Sauce.
Served with celery sticks and your

Dinner - Cena

Served from 11 AM to 10 PM

American Dinner Classics

Mushroom Swiss Chopped **\$13.79**

Steak Dinner

A tender chopped steak grilled and
smothered with Swiss cheese,
sauteed mushrooms and onions and
covered in a rich brown gravy.
Served with your choice of two sides
and dinner bread.

Country Fried Steak Dinner **\$12.09**

Two golden fried chopped beef
steaks smothered in rich country
gravy. Served with your choice of two
sides and dinner bread.

Sweet & Tangy BBQ Chicken

Two grilled seasoned chicken
breasts smothered in our Sweet &
Tangy BBQ sauce. Served with
smoked cheddar mashed potatoes,
fiesta corn and dinner bread.

Chicken Strips Dinner **\$12.09**

Four spicy, golden fried chicken
strips served with a dipping sauce,
your choice of two sides and dinner
bread.

Prime Rib Skillet **\$12.89**

Tender Prime Rib, fire roasted
peppers and onions, and hash
browns loaded with diced bacon and
melted cheddar cheese. Warm
tortillas, freshly made pico de gallo
and sour cream are served on the
side.

Steak and Seafood

T-Bone Steak **\$19.59**

A tender 13 oz. T-Bone Steak with
your choice of two sides and dinner
bread.

T-Bone Steak and Shrimp **\$21.49**

A tender 13 oz T-Bone steak with
your choice of a grilled shrimp
skewer or six golden fried shrimp.
Served with your choice of two sides
and dinner bread.

Lemon Pepper Grilled Tilapia **\$12.29**

A mild, white fish fillet seasoned
and grilled and topped with a tangy
lemon pepper butter sauce. Served
on a bed of savory vegetable rice
pilaf with your choice of two sides
and dinner bread. 15 grams of fat or
less without sauce and bread and
when you select corn and tomato
slices.

Fish and Chips

A wild-caught Icelandic haddock
fillet fried golden brown and served
with wavy-cut French fries, coleslaw,
tartar sauce and dinner bread.

Tilapia Ranchero **\$11.89**

A seasoned white fish fillet grilled
and topped with freshly made pico de
gallo and diced avocado. Served with
a side of our creamy ranchero
mashed potatoes and dinner bread.

banana slices and covered in a sweet caramel sauce. Served with two eggs two bacon strips or two sausage links.

Ultimate Skillet

Fresh spinach, breakfast sausage, fire roasted peppers and onions, mushrooms, grape tomatoes and seasoned red -skinned potatoes. Topped with a smoky cheese blend and two eggs cooked the way you like them.

Slams

All American Slam \$9.36

Three scrambled eggs with cheddar cheese, two bacon strips and two sausage links, plus hash browns or grits and choice of bread.

French Toast Slam \$8.19

Two thick slices of our Fabulous French Toast with two eggs any style, two bacon strips and two sausage links.

Lumberjack Slam \$10.29

Two buttermilk pancakes, a slice of grilled honey ham, two bacon strips, two sausage links and two eggs, plus hash browns or grits and choice of bread.

Belgian Waffle Slam \$7.95

A golden waffle with syrup served with two eggs, two bacon strips and two sausage links.

The Grand Slamwich \$8.27

Two scrambled eggs, sausage, crispy bacon, shaved ham, mayonnaise and american cheese on potato bread grilled with a maple spice spread. Served with crispy hash browns.

Build Your Own Grand Slam

Make it your own by picking any FOUR items out of our ten choices: Eggs (Two), Sausage Links (Two), Pancakes (Two), English Muffin, Oatmeal, Hash Browns, Buttermilk Biscuit, Slices of Toast (Two), Bacon Strips (Two) or Creamy Grits. You may add up to two additional items for \$1.15 each!

Build My Grand Slam!! \$8.65

Sweets

Fabulous French Toast Platter \$8.65

Three thick slices, grilled golden brown and sprinkled with powdered sugar. Served with two bacon strips and two sausage links.

Chocolate Chip Pancakes \$4.05

Three Chocolate Chip Pancakes.

Hearty Wheat Pancakes \$3.45

Three Hearty Wheat Pancakes.

Pancakes \$3.45

Three fluffy buttermilk pancakes.

Favorites

Moons Over My Hammy \$9.39

Ham and Scrambled Egg Sandwich with Swiss and American Cheese on grilled Sourdough. Served with choice of hash browns or grits.

Country Fried Steak and Eggs \$10.15

Served with two eggs, hash browns or grits and bread.

Banana Pecan Pancake

Breakfast

Glazed pecans cooked into two hearty wheat pancakes and topped with fresh banana slices. Served with two scrambled egg whites, two strips of turkey bacon and a side of warm syrup.

choice of dipping sauce.

Zesty Nachos \$9.99

Crisp tortilla chips topped with melted cheese, specially seasoned ground beef, freshly made pico de gallo and sour cream.

Mozarella Cheese Sticks \$8.29

Golden fried with a side of Marinara Sauce.

Wings Appetizer \$9.19

Tossed in your choice of Sweet and Tangy BBQ or Buffalo Sauce. Served with celery sticks and your choice of dipping sauce.

Smothered Cheese Fries \$6.69

Covered with Melted Cheese and crumbled bacon with ranch dressing on the side.

Three- Dip & Chips

Three delicious flavors - mild salsa, queso con carne and warm, creamy spinach artichoke dip. Served with crispy tortilla chips.

Cheese Burger Flatbread \$9.36

A grilled flour tortilla topped with Frisco sauce and loaded with ground beef, diced tomatoes, shredded cheddar cheese and lettuce.

Salads - Ensaladas

Chicken Deluxe Salad \$9.69

Your choice of golden fried chicken strips or a sliced grilled chicken breast on top of crisp mixed greens with grape tomatoes, cucumbers, red onions and cheddar cheese. Served with the dressing of your choice and dinner bread.

Cranberry Pecan Chicken \$11.49

Salad

Grilled Chicken breast, diced bacon, glazed pecans and dried cranberries atop a bed of crispy spring mix. Served with balsamic vinaigrette or your choice of dressing and dinner bread.

Better Burgers

Western Burger \$9.89

Tangy steak sauce drizzled over thin, crispy onion rings and melted swiss cheese. Served with lettuce, tomato and red onions.

Double Cheeseburger \$10.59

Two beef patties and four slices of American Cheese. Served with lettuce, tomato, pickles and red onions.

Veggie Burger

Amys Veggie Burger made from fresh organic grains and vegetable with protein-rich soy. Topped with melted Pepper Jack cheese, fresh spinach, tomato and grilled mushrooms on a whole wheat bun. Served with a side of balsamic vinaigrette and fit fare fresh veggies as your side choice.

Mushroom Swiss Burger \$9.89

Topped with melted swiss cheese and mushrooms sauteed in garlic and herbs. Served with lettuce, tomato, pickles and red onions.

Bacon Cheddar Burger \$10.19

A classic burger topped with crisp bacon and cheddar cheese. Served with lettuce, tomato, pickles and red onions.

Patty Melt

A burger patty with melted Swiss and American cheeses, grilled onions and Frisco sauce served on grilled rye bread.

Bacon Slamburger

Kids Menu

KIDS Chicken Stars \$3.49

Sides

Pancake Puppies (Six) \$2.29

Bacon Strips (Four) \$3.21

Sausage Links (Four) \$3.21

Grilled Honey Ham Slice \$3.44

Eggs (each) \$1.19

Biscuits and Sausage Gravy \$2.63

Country Fried Potatoes \$2.63

Hash Browns \$2.29

Hash Browns with Cheddar \$3.21

Cheese

Buttermilk Pancakes (Three) \$3.44

Hash Browns with onion, \$3.44

cheddar cheese, and country

gravy

Toast (Two) \$1.94

Bagel and Cream Cheese \$2.64

Biscuit \$1.94

English Muffin \$1.94

Grits \$2.29

Oatmeal \$2.29

French Fries \$2.29

Seasoned Fries \$3.21

Onion Rings \$4.13

Garden Salad \$4.24

Toast in Garlic \$1.45

Dessert

Brownie a la Mode Cheesecake \$5.65

Thick, rich New York style cheesecake drizzled with hot fudge and topped with chunks of Fudge Brownie with chopped nuts, white chocolate chips and a scoop of creamy chocolate ice cream.

Raspberry Cheesecake \$5.65

Thick, rich New York style cheesecake drizzled with hot fudge and sweet raspberry sauce. Topped with white chocolate chips and whipped cream.

Turtle Cheesecake \$5.65

Thick, rich New York style cheesecake drizzled with hot fudge and caramel sauce. Topped with chopped nuts and whipped cream.

Chocolate Cake \$5.65

Pumpkin Pie \$4.32

Pancake Puppies \$2.29

Six bite size round pancakes rolled in a delicious blend of cinammon and sugar, and served with warm syrup for dipping.

Two Egg Breakfast \$5.89

Two eggs any style, hash browns or grits and bread.

Bacon Avocado Burrito \$6.45

Crispy bacon, avocado, scrambled egg, our smoky cheese blend, freshly made pico de gallo and a spicy sauce hand wrapped in a large flour tortilla. Grilled and served with crispy hash browns.

Southwestern Steak Burrito \$8.65

Thick sliced southwestern steak, scrambled egg, our smoky cheese blend, crispy hash browns, freshly made pico de gallo and a spicy sauce hand wrapped in a large flour tortilla. Grilled and served with crispy hash browns.

Harvest Oatmeal Breakfast

A hearty bowl of oatmeal with fresh apples, dried cranberries, brown sugar and a little milk on the side. Served with two strips of turkey bacon and a side of seasonal fruit.

T-Bone Steak and Eggs \$19.35

A tender 13 oz T-Bone steak served with two eggs, hash browns or grits and bread.

Breakfast Skillets

Southwestern Sizzlin Breakfast \$8.29

Skillet

Warm tortillas ready for loading with scrambled eggs, fire roasted peppers and onions, hash browns, bacon and sausage. Freshly made pico de gallo and sour cream top it off. Each bite is all yours.

A burger topped with crispy hash browns, an egg cooked to order, two slices of bacon, then covered with cheese sauce.

Hearty Soups

Chicken Noodle \$3.99

Disponible todos los dias.

Clam Chowder \$3.99

Disponible Viernes Solamente.

Vegetable Beef \$3.99

Disponible Miercoles y Jueves Solamente.

Broccoli and Cheddar \$3.99

Disponible Sabado, Domingo, Lunes y Martes Solamente.

Milk Shakes - Batidas - Bebidas

Strawberry Shake \$4.99

Chocolate Shake \$4.99

Vanilla Shake \$4.99

Family Size Juice Carafe \$6.99

Large Juice \$3.35