

BREAKFAST

Served 8:00 a.m. – 2:00 p.m.

EGGS, BACON AND MORE**

Substitute egg whites for whole eggs available by request

The Breakfast 9.00

Two eggs cooked to order with your choice of Applewood smoked bacon or honey ham, Cheddar potatoes, toasted house made bread

Ricotta Toast 12.50

Roasted sweet potatoes, spinach and ricotta on house made bread, topped with two poached eggs and served with fresh fruit

Bratwurst & Eggs 12.50

Two eggs cooked to order, sautéed Jalapeño buffalo bratwurst, Cheddar potatoes and toasted house made bread

The Scramble 11.00

Two eggs scrambled with your choice of any 3 items listed below, served with Cheddar potatoes and toasted house made bread
Veggies: cherry tomatoes, pepperoncini, scallions, cilantro, asparagus, mushrooms, spinach. *Meats:* bacon, honey ham, turkey.
Cheeses: Cheddar, Gruyère, Feta, Bleu. Side of Hollandaise +2.00

Steak and Eggs 16.00

Corner Post tenderloin and two eggs. Ask about daily specials.

Rustic Breakfast Pie 13.50

House made crust, buffalo bratwurst, Applewood smoked bacon, sunny side egg, topped with hollandaise

Vegetarian Breakfast Pie 13.50

House made crust, garlic oil, mushrooms, asparagus, onion, spinach, Havarti, topped with a sunny side egg

French Toast 11.00

Our house made bread served with orange infused cream cheese, pure maple syrup and fresh fruit. Add side of bacon +3.00

A LA CARTE

Applewood Smoked Bacon (2 pieces) 3.00

Buffalo Bratwurst 4.00

Salmon 4.00

Cheddar Potatoes 3.00

Eggs Cooked to Order (2)** 3.00

Tarte Tatin 7.00

Puff pastry filled with fruit, vegetables, or meat and cheese. Savory or Sweet. Ask your server for Chef's Choice.

Oatmeal 7.50

Topped with brown sugar, bananas, roasted pecans, maple syrup

Crepe with Pure Maple Syrup 4.00

Fruit Plate 5.00

Everything Bagel with Cream Cheese 4.00

Butter Croissant with Berry Jam 3.00

English Muffin with Berry Jam 2.00

House Made Toast (1 slice) 2.00

House Made Baked Goods

Varied daily specials may include:
Muffins, sweet breads, scones, cinnamon rolls, cookies, bars.
Limited quantities. Check with your server.

Pure Maple Syrup 1.50

Hollandaise Sauce 2.00

QUICHE**

Made fresh daily, limited quantities. Served with fresh fruit.

Ham, Gruyère and Fresh Asparagus 11.00

Bacon, Sharp Cheddar and Scallions 11.00

Quiche du Jour 11.00

CREPES**

Gluten Free crepes available upon request

Ham and Swiss 12.00

Honey ham and Gruyère cheese baked in a crepe, served with fresh fruit. Add a side of Hollandaise +2.00

Eggs Benedict 12.50

Crepe topped with Black Forest ham, two poached eggs and Hollandaise, served with Cheddar potatoes

Smoked Salmon Asparagus Benedict 14.50

Crepe topped with smoked salmon, fresh asparagus, two poached eggs and Hollandaise, served with Cheddar potatoes

Build Your Own Crepe 11.00

Two scrambled eggs and sharp Cheddar cheese rolled in a crepe, served with fresh fruit. Add your choice of the following:

Cherry tomatoes, pepperoncini, scallions or cilantro +.50 each

Fresh asparagus, mushrooms or spinach +1.50 each

Bacon, honey ham or turkey +2.00 each

Substitute cheese: Feta, Bleu +.50 or Gruyère +1.00

Add side of Hollandaise +2.00

Berries and Creme 11.00

Filled with mixed berry cream cheese topped with a berry compote

Chocolate and Strawberries 11.00

Chocolate crepe filled with fresh strawberries and topped with chocolate sauce and strawberry coulis sauce (*not available GF*)

Nutella 8.50

Crepe filled with Nutella, served warm with bananas and pecans

BREAKFAST SANDWICHES**

Healthy Trap 7.00

Sprouts, mushrooms, tomato and a fried egg on an English muffin

Breakfast BLT 10.00

Applewood smoked bacon, organic greens, tomatoes topped with a fried egg on house made bread with mayo, served with fresh fruit

Egg and Cheddar Croissant 7.50

Two scrambled eggs and sharp Cheddar cheese in a butter croissant, served with fresh fruit. Add bacon, honey ham or turkey +2.00

Speedwich 4.00

Scrambled egg and Cheddar cheese on a house made Brioche bun or English muffin. Add bacon, honey ham or turkey +2.00

SPEEDTRAP SPECIALS**

B's & G's 13.00 (Served Saturdays and Sundays)

Two biscuits and gravy served with two eggs cooked to order and Cheddar potatoes

Sunday Quality Waffles 13.00 (Served only on Sundays)

Blue corn/flax seed waffle topped with bananas, pecans and pure maple syrup, served with fresh fruit, yogurt and granola

LUNCH

Served 10:30 a.m. – 2:00 p.m.

House made Dressings: Maple, Raspberry or Balsamic Vinaigrette; Basil Ranch
(GF) Gluten Free items available upon request

SOUPS AND SALADS

French Onion Soup 8.00

Authentic recipe baked with French baguette, Gruyère and Emmental cheeses

Sweet Potato Soup (GF) Cup 4.25 Bowl 6.25

Made with fresh ginger and dark rum, served with a mini baguette

Soup Du Jour Cup 4.25 Bowl 6.25

Please ask your server for today's soup. Served with a mini baguette. Limited quantities.

Speedtrap Salad (GF) 10.00

Organic greens, cherry tomatoes, Applewood smoked bacon, roasted walnuts, cranberries, Feta or Bleu cheese, served with a mini baguette and your choice of dressing. Add chicken + 4.00 Add turkey + 2.00

Spinach & Strawberry Salad (GF) 10.00

Organic baby spinach, strawberries, shredded carrots, roasted almonds and fresh Parmesan served with mini baguette and balsamic vinaigrette. Add chicken + 4.00 Add turkey + 2.00

Fall Salad (GF) 12.00

Mixed greens, roasted sweet potatoes, cranberries, prosciutto, pecans, Chèvre and pumpkin dressing. Add chicken + 4.00

Soup and Salad (GF) 12.25 / 13.25

A bowl of Sweet Potato Soup or Soup du Jour and a half Speedtrap or Spinach & Strawberry salad or half Fall salad. Served with mini baguette.

A LA CARTE

Half Speedtrap Salad 6.00

Half Spinach and Strawberry Salad 6.00

Tarte Tatin 7.00

Puff pastry filled with fruit, vegetables, or meat and cheese. Savory or Sweet: chef's choice

Cheddar Potatoes 3.00

French Mini Baguette 2.00

Fruit Plate 5.00

House Made Baked Goods

Varied daily specials may include: muffins, sweet breads, scones, cinnamon rolls, cookies. Limited quantities. Check with your server.

QUICHE

Served with a half Speedtrap or Strawberry & Spinach salad

Ham, Gruyère & Fresh Asparagus 12.00

Bacon, Sharp Cheddar & Scallions 12.00

Quiche du Jour 12.00

Made fresh daily, limited quantities.

CREPES

Gluten Free Crepes available upon request

Made fresh daily, served with a half Speedtrap or Spinach and Strawberry Salad

Buffalo Bratwurst & Caramelized Onions 12.00

Sautéed with fresh cilantro, rolled in a crepe with sharp Cheddar cheese

Smoked Salmon 13.50

Salmon, house made tapenade, chives and lemon-infused cream cheese rolled in a crepe, served warm. Add fresh asparagus +2.00

Ham & Swiss with Asparagus 12.50

Honey ham and Gruyère cheese rolled in a crepe with fresh asparagus. Delicious with a side of Hollandaise +2.00

Mushroom & Gruyère 12.00

Sautéed with scallions. Add bacon +2.00

Coq au Vin 12.50

Chicken, Gruyère, tomatoes and scallions

SANDWICHES

Served with Kettle chips and house made pickle. Substitute fresh fruit or a Speedtrap or Spinach & Strawberry salad. +4.00

Speedtrap Sandwich 9.50

Applewood smoked bacon, alfalfa sprouts, tomatoes with a tapenade mayo on a flaky butter croissant

Cajun Chicken Salad Sandwich 10.50

Mixed greens, tomato and remoulade chicken on a croissant

Turkey Salami 10.50

Herb roasted turkey, salami, roasted tomato tapenade mayo, pepperoncini, Havarti, tomatoes on house made bread

BLT 9.00

Applewood smoked bacon, organic greens, tomatoes and mayo on lightly toasted house made bread

Lox Bagel 10.50

Everything bagel lightly toasted, topped with chives and lemon infused cream cheese, smoked salmon, red onions and capers

****DISCLAIMER:** Food items are cooked to order and may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase the risk of foodborne illness.