

★ **BENEDICTS** ★

Served with dressed greens

**Parisian Benedict**

Two poached eggs\* with smoked ham, house-roasted crimini mushrooms and melted Swiss all piled high on toasted ciabatta topped with creamy hollandaise and fresh herbs.

**Hiker's Benedict**

Two poached eggs\* with smoked ham, bacon, asparagus, house-roasted crimini mushrooms and tomatoes all piled high on an English muffin topped with creamy dill hollandaise.

**Veggie Benedict**

Two poached eggs\* with house-roasted crimini mushrooms, tomatoes, spinach, artichoke hearts and asparagus all piled high on an English muffin topped with creamy hollandaise and fresh herbs.

**Crab Cake Benedict**

Two poached eggs\* with our homemade grilled crab cakes and tomato slices piled high on an English muffin topped with creamy hollandaise.

**Classic Eggs Benedict**

Two poached eggs\* with smoked ham and fresh herbs all piled high on an English muffin topped with creamy hollandaise.

★ **OMELETTES, SCRAMBLES & FRITTATAS** ★

**Spinach Bacon**

**Mushroom Omelette**  
Fresh spinach, crisp bacon, house-roasted crimini mushrooms and melted Swiss. Topped with creamy hollandaise sauce and served with dressed greens and an English muffin.

**Denver Omelette**

Smoked ham, house-roasted onions, green peppers and melted Jack and Cheddar. Served with dressed greens and an English muffin.

**Mexican Omelette**

Chorizo, chiles, house-roasted onions, Jack and Cheddar. Topped with salsa or pork green chili, sour cream and fresh herbs. Served with seasoned ranch potatoes and a flour tortilla.

**Colorado Jack Scramble**

Eggs scrambled with smoked ham, green peppers, house-roasted tomatoes and onions. Topped with melted pepper jack and fresh herbs. Served with bacon or sausage patties, a side of salsa or pork green chili and an English muffin.

**Athena Scramble**

Eggs scrambled with feta, asparagus, house-roasted tomatoes and crimini mushrooms. Served with seasoned ranch potatoes and an English muffin.

★ **HEALTHIER SIDE** ★

**Veracruz Chicken &**

**Avocado Omelette**  
An egg-white omelette with all-natural white meat chicken, green chiles, house-roasted tomatoes, onions, Jack and Cheddar topped with fresh avocado. Served with dressed greens and an English muffin.

**Mediterranean Frittata**

An open-faced egg-white omelette filled with all-natural white meat chicken, house-roasted tomatoes, mozzarella and Parmesan. Served with dressed greens and an English muffin.

**Fresh Fruit & Yogurt**

Topped with granola and served with an English muffin.

**Berry Steel-Cut Oatmeal**

Topped with fresh berries and granola. Served with fresh fruit and an English muffin.

★ **CLASSIC FAVORITES** ★

**Two Egg Breakfast**

Two eggs\* made fresh to order with your choice of bacon, smoked ham or sausage patties (pork or turkey). Served with dressed greens, grits or seasoned ranch potatoes and an English muffin.

**New! Classic Combo**

Two eggs\* made fresh to order with your choice of bacon, smoked ham or sausage patties (pork or turkey). Served with a large, whole-wheat pancake or a golden Belgian waffle.

★ **FRESH FROM THE JUICE BAR** ★

Juiced fresh in-house

**Kale Cooler**

Kale, Fuji apple, cucumber and lemon.

**Seasonal Juice**

Juiced fresh with the season's best.

★ **SWEET INDULGENCES** ★

Served with two eggs\* made fresh to order, two strips of bacon or sausage patties and warm syrup.

**Whole-Wheat Pancakes**

Choose one of our large signature pancake combos. • Plain • Blueberry • Chocolate Chip

**Strawberry Banana Waffle**

A golden Belgian waffle topped with fresh strawberries, bananas and toasted walnuts. Served with powdered sugar and whipped cream.

**Viva La France French Toast**

Two pieces of brioche bread dipped in our homemade batter and griddled golden brown.

**Patriot Waffle**

A golden Belgian waffle topped with fresh berries and powdered sugar.

**Apple Cinnamon Pancake**

Fresh apple slices and crunchy granola baked into one large whole-wheat pancake, sprinkled with cinnamon and topped with cinnamon butter.

★ **EGGS-CLUSIVES** ★

**Huevos Rancheros**

A flour tortilla layered with refried beans, melted Cheddar Jack and two eggs\* any style. Topped with salsa or pork green chili, sour cream, guacamole and fresh herbs. Served with seasoned ranch potatoes.

**Deluxe Egg Sandwich**

Fried eggs, smoked ham, bacon, tomato, mayonnaise and Havarti dill on grilled sourdough bread. Served with dressed greens.

**Breakfast Burrito**

Scrambled eggs with green chiles, house-roasted onions, seasoned ranch potatoes and pork sausage. Wrapped in a flour tortilla and topped with Jack and Cheddar, pork green chili or salsa, lettuce, tomatoes, sour cream, guacamole and fresh herbs. Served with seasoned ranch potatoes.

**Biscuit, Eggs & Gravy**

Flaky biscuit halves topped with sausage gravy. Served with two eggs\* any style and seasoned ranch potatoes.

★ **SKILLETS & HASHES** ★

**Cambridge Skillet**

Smoked ham, crisp bacon and hollandaise sauce on a bed of seasoned ranch potatoes with Cheddar Jack and two eggs\* any style. Served with an English muffin.

**Mexican Skillet**

Chorizo, refried beans, green chiles, house-roasted tomatoes and onions on seasoned ranch potatoes with pork green chili or salsa. Topped with pepper jack and two eggs\* any style. Served with a flour tortilla.

**Texas Skillet**

Steak strips, sweet red and green bell peppers, onions and house-roasted crimini mushrooms on a bed of seasoned ranch potatoes with melted Cheddar Jack and two eggs\* any style. Served with an English muffin.

**Corned Beef Hash & Eggs**

Our traditional corned beef mixed with seasoned ranch potatoes and house-roasted onions. Topped with two eggs\* any style. Served with creamy hollandaise sauce and an English muffin.

★ **PREMIUM LUNCH COMBOS** ★

Select any two lunch entrees from below.

1/2 Sandwich  
+ 1/2 Salad

1/2 Sandwich  
+ Cup of Soup

1/2 Salad  
+ Cup of Soup

**Sandwiches:**

Classic Club, Reuben, Arizona Turkey, Chicken Apple Walnut

**Salads:**

Cobb, Spinach, Greek

**Soup of the Day**

★ **SANDWICHES** ★

Served with dressed greens

**Classic Club**

Layers of smoked ham, smoked turkey, sugar-spiced bacon, Cheddar and Monterey Jack, lettuce, tomato and mayonnaise on grilled multi-grain.

**Reuben (Classic or Turkey)**

Corned beef or smoked turkey, melted Swiss, Thousand Island dressing and Bavarian sauerkraut on grilled rye.

**Arizona Turkey**

Smoked turkey breast on grilled sourdough with bacon, avocado, tomato, mayonnaise, Monterey Jack and Cheddar.

**Bacon Avocado Chicken**

Grilled all-natural white meat chicken with Havarti dill, sugar-spiced bacon, fresh avocado, shredded lettuce, sliced tomato and a honey-mustard sauce.

**Chicken Apple Walnut**

A blend of all-natural white meat chicken, apples, walnuts, celery, mayonnaise and fresh herbs. Served with lettuce and tomato on grilled multi-grain.

★ **SALADS** ★

**Cobb Salad**

Fresh mixed salad greens topped with strips of grilled all-natural white meat chicken, crisp bacon, tomatoes, fresh avocado, chopped egg and bleu cheese. Served with your choice of dressing.

**Greek Salad**

Sliced all-natural white meat chicken with house-roasted tomatoes, red onions, artichoke hearts, feta cheese, Kalamata olives, diced tomatoes and Parmesan croutons tossed with fresh mixed salad greens in an herb vinaigrette dressing.

**Chicken Spinach Salad**

Spinach, sliced all-natural white meat chicken, cranberries, golden raisins, bleu cheese, bacon, red onions, apples and spicy pecans tossed in a lemon vinaigrette.

★ **SOUP OF THE DAY** ★

Ask your server for today's selection.

Bowl or Cup

★ **SIDES & SMALL PLATES** ★

**Seasoned Ranch Potatoes**

**Two Eggs\***

**Bacon, Smoked Ham, Pork Sausage or Turkey Sausage**

**Steel-Cut Oatmeal**  
Cup or Bowl

**Grits**  
Cup or Bowl

**Seasonal Fresh Fruit**  
Cup or Bowl

**Dressed Greens**

**Biscuit & Gravy**

**English Muffin or Toast**

**Thick-Cut Whole Grain Toast or Ciabatta**

\*COOKED TO ORDER. THESE ITEMS MAY BE SERVED RAW OR UNDERCOOKED BASED ON YOUR SPECIFICATION. OR CONTAIN RAW OR UNDERCOOKED INGREDIENTS. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE THE RISK OF FOODBORNE ILLNESS. PLEASE LET US KNOW IF YOU HAVE FOOD ALLERGIES. NOT ALL INGREDIENTS ARE LISTED ON THE MENU. MENU MAY VARY BY LOCATION.

# BEVERAGES

## ★ COFFEE, TEA & SODA ★

**Premium Coffees**  
Freshly brewed and served bottomless.  
Our coffees are made with 100% premium, high-grown pure Arabica beans. Choose from our Signature House Blend, Hazelnut, or Decaf.

**Iced Coffee**  
Creamy, sweet, cold and refreshing

**Iced Tea** (Free Refills)  
Unsweet or Raspberry

**Arnold Palmer** (Free Refills)

**Hot Tea**  
An assortment of herbal, green and black teas

**Milk**  
2%, Skim or Chocolate

**Hot Chocolate**  
Served with whipped cream

**Housemade Lemonade**  
(Free Refills)

**Soft Drinks** (Free Refills)



## ★ JUICES ★

**Fresh From The Juice Bar**  
Kale Cooler or Seasonal

**100% Pure Squeezed OJ**  
Small or Large

**Cranberry**  
Small or Large

**Grapefruit**  
Small or Large

**Tomato or V8**  
Small or Large

**Apple**  
Small or Large

## OUR STORY

Back in 1987, Rayno and Patty Seaser wanted to create a daytime-only restaurant based on the simple premise that what guests really want is delicious food served by friendly people. From humble roots, that restaurant was born and first opened in Fort Collins, Colorado. Inspired by the 1940s-American memoir written by Betty MacDonald, they named the restaurant The Egg & I and the rest, as they say, is history.

Today, our commitment to provide friendly service and delicious breakfast, brunch and lunch remains the same. Whether it's roasting our vegetables in-house, slicing and juicing the season's freshest fruit or whipping up our French toast batter from scratch, we take pride in the details that we hope will make your visit memorable. Our coffee is brewed fresh and we make everything to order, so you can have it just the way you like it. It's our way of saying thank you. So sit back, relax and wake up to something wonderful.

# WAKE UP ★ TO ★ WONDERFUL

**TheEGG&I**  
BREAKFAST BRUNCH LUNCH

MENU MAY VARY BY LOCATION

[TheEggandIRestaurants.com](http://TheEggandIRestaurants.com)



**TheEGG&I**  
BREAKFAST BRUNCH LUNCH