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.
Two Egg Breakfast
Two eggs made fresh to order with your choice of hardwood-smoked bacon, smoked ham or sausage patties (pork or turkey). Served with a large whole-wheat pancake or a golden Belgian waffle. (520-1270 Cal) 8.99

Mediterranean Frittata
An open-faced, egg-white omelette filled with all-natural chicken, fresh spinach, tomato, and red onion. Served with dressed greens and an English muffin. (630 Cal) 8.29

Fresh Fruit & Yogurt
Topped with granola and served with an English muffin. (480 Cal) 7.99

Berry Steel-Cut Oatmeal
Made to order, topped with fresh berries and granola. Served with fresh fruit and an English muffin. (630 Cal) 8.29

Omelet Specials
Create-Your-Own Omelette
Two eggs made fresh to order with your choice of hardwood-smoked bacon, smoked ham or sausage patties (pork or turkey). Served with a large whole-wheat pancake or a golden Belgian waffle. (520-1270 Cal) 8.99

Spinach Bacon Mushroom Omelette
$9.79
Fresh spinach, hardwood-smoked bacon, house-roasted potatoes, tomatoes, spinach and crumbled feta cheese served with hardwood-smoked bacon, and a flour tortilla. (1050/1080 Cal) 8.99

Veggie Benedict
Two poached eggs with house-made crumbled mushrooms, tomatoes, spinach, artichoke hearts and asparagus all piled high on an English muffin, topped with creamy hollandaise and fresh herbs. (580 Cal) 9.99

Hiker’s Benedict
Two poached eggs with smoked ham, asparagus, house-made crumbled mushrooms, tomatoes and paprika all piled high on an English muffin and topped with hardwood bacon and creamy old cheddar hollandaise. (630 Cal) 9.99

Benedict
Two poached eggs with smoked ham, house-made crumbled mushrooms, tomatoes and paprika all piled high on an English muffin and topped with hardwood bacon and creamy old cheddar hollandaise. (560 Cal) 9.99

Texas Steak Skillet
$9.89
Smoked steak, sautéed green bell peppers, onion, house-made crumbled mushrooms, jalapeños, tomatoes and fresh herbs served with smoked bacon and cream cheese, served on a flour tortilla. (1070-1090 Cal) 9.99

Corned Beef Hash & Eggs
$9.99
Corned beef hash mixed with seasoned ranch potatoes and house-made onions. Topped with two eggs any style. Served with creamy hollandaise and an English muffin. (760 Cal) 10.29

Avocado Toast
$8.99
Our thick-cut, whole-grain toast topped with fresh smashed avocado, Extra Virgin Olive Oil, lemon and garlic. Served with two eggs any style to order. (760-1100 Cal) 10.29

Oatmeal Pancake
$9.99
Our thick-cut, whole-grain toast topped with fresh smashed avocado, Extra Virgin Olive Oil, lemon and garlic. Served with two eggs any style to order. (760-1100 Cal) 10.29

Technology Industry & Hospitality
For our customers with technology and/or sensibilities, please inform your server prior to ordering.

Preparation Areas and Utensils
We cannot guarantee that cross-contact with foods containing gluten will not occur, but we will make every effort to avoid it.

Environmental Impact
We are a not a gluten-free kitchen. Our dishes are made fresh and local whenever possible, so individual foods may come into contact with one another during shared cooking and preparation axes/utensils. We cannot guarantee that cross-contact with foods containing gluten will not occur, but we will make every effort to avoid it.

Additional nutrition information available upon request.