

CRÊPES (Available All Day)

- Veggie Crêpe—Eggs, cheddar cheese, mushrooms, onions, tomatoes, spinach and green peppers
- Chile Crêpe—Eggs, cheddar cheese, green onions, tomatoes, beef chili
- Herb Crêpe—Eggs, cheddar cheese, herbs, homemade salsa
- Ham Crêpe—Eggs, ham, tomatoes, green onions, cheddar cheese
- Creamed Spinach Crêpe—Crêpe crust stuffed with creamed spinach and cheddar cheese

DESSERT CRÊPES (Cinnamon, powdered sugar, whipped cream)

- Strawberry—Fresh Strawberries
- Banana-Chocolate—Fresh Banana and Chocolate
- Combo—Strawberry, Banana and Chocolate—"The Ultimate"

FRUITS

- Fruit and Yogurt Salad—Sprinkled with raisins and nuts
- Fruit (Strawberries, Bananas, Blueberries)
- Half Grapefruit

CEREAL (Served with skim or whole milk)

- Granola with Sliced Bananas
- Assorted Cold Cereals (Cheerios, All Bran, Cornflakes)
- with Fruits (Banana, Strawberry, and Blueberry)
- Freshly Prepared Hot Oatmeal
- with Raisins or Nuts

SMOOTHIES (Fruits, juices and ice all whipped up in a blender)

- Strawberry · Peach · Mango

HEALTH DRINKS (Like a Smoothie, but fortified)

- #5 Fresh Fruit, Nuts, Yogurt, Raisins, Honey and Protein Powder
- #6 Strawberry, Blueberry, Banana, Peach and Protein Powder
- #7 Strawberry, Lemon, Banana, OJ and Protein Powder
- Extra Protein Powder, Egg or Fruit

BEVERAGES Large (1

- Cranberry Juice, Apple Juice, V-8
- Fresh Squeezed Orange Juice
- Milk—Whole & Skim
- Cold Chocolate Milk
- Hot Cocoa (topped with whipped cream)
- Espresso
- Cappuccino, Decaf
- Mochaccino, Latte
- Coffee—freshly roasted, ground and blended
- Hot Tea (we'll bring you a selection of herb or black teas)
- Iced Tea (free refill), Lemonade16 oz.
- Half Lemonade and Half Iced Tea (Arnold Palmer)16 oz.
- Soft Drinks, Bottled Water



Poppycock's Cafe-Blend Old Fashioned Oatmeal Pancake Mix and Corn Griddle Cake Mix are available in 32-oz. bags for you to bring home to share with your family! \$8.25/bag

BREAKFAST Served all day

- EGGS** Served with Country Potatoes, Fruit, or Tomato
 (Egg whites available for \$1.00 extra. For half orders deduct \$1.00)
- Two Eggs (any style)—Toast, country potatoes
 - Avocado Eggs—Poached eggs, avocado on an English muffin covered with fresh homemade salsa and cheddar cheese
 - Spinach Eggs—Poached eggs on an English muffin smothered with our wonderful rich creamed spinach and cheddar cheese
 - Eggs Benedict—Poached eggs on English muffin with Canadian Bacon smothered with fresh homemade Hollandaise Sauce
 - Avocado Benedict
 - Salmon Benedict
 - Manhattan Eggs—Three eggs scrambled with smoked salmon, green onion, tomato and cream cheese on top of a bagel
 - Lox—Bagel, smoked salmon, cream cheese, bermuda onion, tomatoes and capers
 - Heuvos Rancheros—Eggs, refried beans on a corn tortilla, smothered with homemade pork chili verde or vegetable salsa, served with country potatoes, green salad and sour cream

OMELETS (3 eggs—Served with Toast and Country Potatoes, Fruit or Tomato) Add \$1.00 for egg white only.

- Western Omelet—Onion, green pepper, ham, cheese
- Vegetarian Omelet—Onion, green pepper, mushrooms, cheese
- Build Your Own Omelet
- Onion, green pepper, leaf spinach, mushrooms, tomatoes, cheese (cheddar or swiss)
- Ham, bacon, sausage

PANCAKES Half order, deduct \$1.00.

Pure maple syrup or sugar free syrup, add \$2.25

- Old Fashioned Oatmeal Buttermilk Pancakes—These cakes are moist inside like hot oatmeal and are a "have to try" item
- Corn Griddle Cakes—Served with Colorado wildflower honey and our homemade Pistachio Sausage Patties
- Macadamia Nut Oatmeal Pancakes—The Ultimate Indulgence
- Blueberry Granola Pancakes—Whole wheat batter with blueberry and granola inside
- Apple Oat Bran Pancakes—Wholesome oat bran pancakes with warm scalloped apples & nuts
- Any pancake order can be Topped with Fruit

FRENCH TOAST (Available All Day)

(Topped with cinnamon and powdered sugar. All are made with thick sliced cinnamon bread and vanilla-laced batter.)

- Plain French Toast
- Fruit French Toast—Served with maple syrup and fruits (banana, blueberry, strawberry)
- Grand Marnier French Toast—Breaded with pecans and topped with bananas and Grand Marnier butter

MEATS

- Regular Bacon
- Ham—Honey Grilled (juicy and sweet)
- Canadian Bacon
- Sausage—Homemade Pistachio Country Sausage Patties

No substitutions, please!

LUNCH (11:00 A.M. to 2:30 P.M.)

SOUPS (Served with bread)	Cup
Soup du Jour (Daily soup)	3.50
Creamed Spinach and Cheese (Thicker than soup)	4.25
Rich Beef Chili with Cheddar Cheese	4.25



SANDWICHES

Served with choice of Potato Salad (contains peanuts),
Daily Soup, Green Salad or Chips

COLD SANDWICHES

- Sliced Turkey—On rye with tomatoes, lettuce and mayonnaise
- Veggie Sandwich—Avocado, cucumber, red onion, tomatoes, cheddar cheese, lettuce with mustard mayonnaise on wheat
- Ham and Swiss—Ham, cheese, lettuce, tomatoes with mayonnaise on sourdough
- Tuna Sandwich—Tuna salad, celery, onion, lettuce, tomato and mayonnaise on whole wheat bread
- Poppycock's Club—An original triple decker layered with regular bacon turkey, lettuce and tomato with mayonnaise on wheat
- BLT—Bacon, lettuce, tomatoes, mayonnaise on toasted whole wheat



HOT SANDWICHES

- Grilled Three Cheese—With tomatoes on sourdough bread (swiss, jack, cheddar)
- Crispy Mustard Chicken Breast—Piping hot and juicy chicken on whole wheat bun with lettuce, tomato and mustard mayonnaise
- Turkado—Grilled turkey, swiss cheese, avocado, tomato and lettuce on sourdough
- Chili Dog—Hot Dog topped with rich beef chili, cheddar cheese and green onion
- Grilled Turkey—Grilled turkey, Canadian bacon and jalapeño jelly, cheddar cheese, sandwich on sourdough
- Tuna Melt—Tuna salad, celery, onion, tomato, cheddar cheese on English muffin
- Turkey Reuben—Thin-sliced turkey, sauerkraut, melted swiss cheese, Thousand Island dressing



SALADS *Choose from Italian, Honey Dijon, Ranch, or House (oil & vinegar Dressings)*

- Garden Salad - Mixed greens with tomato, cucumber and croutons
- Add Cup of Soup
- Add Bowl of Soup
- Spinach Salad—Spinach, gruyère cheese and pine nuts tossed with balsamic dressing, topped with avocado and croutons
- Tuna Salad—Tuna, onion, celery, mayonnaise, tomato, cucumber, on a bed of salad greens



CHILDREN'S MENU

- Mickey Mouse Pancake
- Grilled Cheese—Cheddar on whole wheat bread with potato chips
- Plain Hot Dog—Hot dog with chips
- Turkey—On whole wheat with mayo and chips
- Ham—On whole wheat with mayo and chips

We accept Visa and MasterCard

**A 18% gratuity may be added for parties of 5 or more.
Local checks accepted only with 2 forms of ID.**