

EGG HARBOR CAFÉ

Gluten-Free Menu

Please specify GLUTEN-FREE (GF) to your server when ordering from this menu. These menu items have been modified to be gluten-free. Please be aware that Egg Harbor Café restaurants are not gluten-free establishments and therefore cross-contamination may occur.

OMELETTES and SCRAMBLERS

Made with three cage free eggs and served with Harbor potatoes (240 cal) and fruit (50 cal).

GF AZTEC OMELETTE

Chorizo, fresh jalapeño, avocado and cilantro, topped with Pepper Jack cheese, sour cream and tomato. (670 cal)

GF BACADO OMELETTE

Bacon and avocado, topped with Jack cheese, sour cream and green onions, served with house-made salsa. (710 cal)

GF DYNAMITE VEGGIE WHITE

Cage free egg whites, spinach, mushroom, red and green peppers, topped with house-made salsa and Mozzarella. (200 cal)

GF GARDEN SCRAMBLER

Mushrooms, spinach, tomato and Jack cheese, topped with sour cream. (540 cal)

GF JOE'S HEALTHY SCRAMBLER

Chicken sausage, cage free egg whites, spinach, mushrooms, roasted onion and Mozzarella cheese. (300 cal)

GF GREGG'S CHILI & EGGS

House-made Black Bean Chicken Chili, melted Jack and Cheddar cheeses, tomato, and green onion atop a cage free egg white omelette. (320 cal)

CREATE YOUR OWN GLUTEN FREE

Omelette, Scrambler or Skillet

Choice of three ingredients

Bacon • Ham • Sausage
 Canadian Bacon • Turkey Bacon
 Chicken Sausage • Chorizo Sausage
 Spinach • Avocado • Mushroom
 Tomato • Onion • Yellow Squash
 Red Pepper • Green Pepper
 Jalapeño • Artichoke • Kale
 Jack and Cheddar • Jack
 Pepper Jack • Mozzarella
 Goat Cheese • Cream Cheese
 Sour Cream • Salsa
 Hollandaise • Basil Hollandaise
 (290 - 960 cal)

EGGCEPTIONAL SKILLETS

Fresh ingredients topped with two cage free eggs, any style*. Served with fruit (50 cal).

GF EVERYDAY I'M BRUSSELIN' SKILLET

Riced cauliflower, shaved Brussel sprouts, bacon, jalapeno and Parmesan cheese. (550 - 600 cal)

GF VEGGIE HASH SKILLET

Sweet potatoes, kale, red pepper, mushroom, zucchini, yellow squash and onion. (520 - 570 cal)

GF ULTIMATE SKILLET

Ham, mushroom, green pepper, onion, tomato, Harbor potatoes, and Jack and Cheddar cheeses. (650 - 700 cal)

GF MATT'S MEATY SKILLET

Now meatier than ever! Bacon, ham, sausage, Harbor potatoes, and Jack and Cheddar cheeses. (1230 - 1280 cal)

GF SAN ANTONIO SKILLET

Chorizo, bacon, onion, fresh jalapeño, tomato, Harbor potatoes and Pepper Jack cheese. (880 - 930 cal)

GF SWEET POTATO SKILLET

Sweet potatoes, shaved Brussel sprouts, bacon, apple and Mozzarella cheese. (780 - 830 cal)



TRADITIONAL GLUTEN-FREE

Breakfasts

Two large cage free eggs, any style*, with Harbor potatoes and fruit (450 - 500 cal).

TRADITIONAL GF BREAKFAST WITH MEAT

Bacon, sausage links, chicken sausage, Canadian bacon or turkey bacon. (550 - 820 cal)

THICK-CUT, CHERRYWOOD SMOKED BACON

(750 - 800 cal)

HOUSE-MADE CORNED BEEF HASH

Prepared with green pepper and onion. (1030 - 1080 cal)

Extra Touches

Bacon (220 cal)

Sausage Links (320 cal)

Chicken Sausage (240 cal)

Turkey Bacon (240 cal)

Canadian Bacon (110 cal)

Cherrywood-Smoked Bacon (300 cal)

Harbor Potatoes (240 cal)

Large Cage Free Egg, any style*
(80 - 130 cal)

Seasonal Fruit Cup (50 cal)

Mixed Berry Cup (35 cal)

Vanilla Yogurt (100 cal)

Gluten Free Toast (230 cal)

Gluten Free Cinnamon Roll (530 cal)

We serve cage free, certified humane eggs from hens that are fed a high quality, vegetarian diet containing no antibiotics or hormones. Any of our egg dishes can be prepared with cage free egg whites for \$1 extra.

Gluten-Free Menu

EGG-CETERA

GF CINNAMON ROLL BREAKFAST

Amazing GF cinnamon roll topped with cream cheese icing, with two cage free eggs, any style,* bacon or sausage, and Harbor potatoes. (1040 - 1140 cal)

GF SHAKSHUKA

House-made Moroccan spiced tomato-pepper-onion sauce and spinach with three cage free eggs* poached inside. Topped with goat cheese and cilantro. Served with fruit. (450 cal)

GF DOOR COUNTY CHICKEN SALAD

Served with fruit (50 cal).

Field greens with two scoops of house-made chicken salad with dried cranberries, apple and pecans, topped with Mandarin oranges and sugared pecans. Served with house-made poppyseed dressing. (850 cal)

SANDWICH BOARD

Sandwiches are served on *toasted* Gluten Free Bread, with Harbor potatoes (240 cal) and fruit (50 cal).

GF CALIFORNIA CLUB

Turkey, avocado, bacon, tomato, Jack cheese and lettuce with mayonnaise. (670 cal)

GF CHICKEN AND AVOCADO

Chicken breast, avocado, tomato, Mozzarella cheese and herbed mayonnaise. (740 cal)

GF CALIFORNIA TUNA MELT

House-made tuna salad, avocado, tomato, red onion and Cheddar cheese. (730 cal)

GF HABANERO HASH AND EGGS

Habanero hash prepared in house with chorizo, peppers and onions, topped with Jack & Cheddar cheeses, two cage free eggs, any style*, sour cream and cilantro. Served with fruit. (920 - 970 cal)

GF CHORIZO CHILAQUILES

Corn tortilla chips, house-made green salsa, and chorizo, topped with Jack cheese, two cage free eggs, any style*, and avocado. Served with fruit. (1020 - 1070 cal)
Substitute chicken (990 - 1040 cal)



GF DOOR COUNTY MELT

House-made chicken salad with dried cranberries, pecans and apples, with Jack and Cheddar cheeses and tomato. (690 cal)

GF EGG SALAD MELT

House-made egg salad with tomato, avocado and Jack and Cheddar cheeses. (740 cal)

GLUTEN-FREE PANCAKES

Signature GF pancakes created for us by *Sweet Ali's Bakery* with a delicious blend of brown rice, white rice, sweet rice and tapioca flours, blended with milk and butter. (970 cal)

GF PANCAKE COMBO

A smaller portion of our GF pancakes, two cage free eggs, any style* and your choice of bacon or sausage. (1030 - 1180 cal)

SOUP and CHILI

by the cup.

TOMATO BISQUE (250 cal)

CREAM OF CHICKEN WITH WILD RICE (180 cal)

CHICKEN TORTILLA (100 cal)

BLACK BEAN CHICKEN CHILI (220 cal)

Beverages

FRESH SQUEEZED ORANGE JUICE (170 cal)

STRAWBERRY ORANGE JUICE (190 cal)

MILK

2% (200 cal) OR SKIM (140 cal)

CHOCOLATE MILK (330 cal)

APPLE JUICE (170 cal)

TOMATO JUICE (70 cal)

Refillable Beverages

priced per person

BIG SHOULDERS COFFEE (0 cal)

DOOR COUNTY FLAVORED COFFEE (0 cal)

RISHI LOOSE LEAF TEA (0 cal)

SODA OR ICED TEA (0-110 cal)