

# *Trade Winds Restaurant*

## *Family Breakfast Menu*

*Saturday & Sunday*

*Hours: Call 757-859-6123*

**\*\*Captain Bob's Breakfast.....\$7.95**

*Three eggs cooked to order served with your choice of Country Potatoes or grits, toast or biscuit, and two orders of your choice of (3) pieces of bacon or (2) sausage patties.*

**\*\*One Egg Breakfast.....\$4.95**

*One Egg cooked to order served with your choice of Country Potatoes or grits, toast or biscuit, and (3) pieces of bacon or (2) sausage patties.*

**\*\*Two Egg Breakfast.....\$5.95**

*Two Eggs cooked to order served with your choice of Country Potatoes or grits, toast or biscuit, and (3) pieces of bacon or (2) sausage patties.*

**\*\*Two Egg Omelet.....\$7.95**

*Your choice of one meat (ham, sausage or bacon) along with your choice of tomato, onion, sweet peppers, mushrooms, spinach or jalapenos stuffed inside your fluffy two egg omelet topped with cheddar cheese, served with your choice of Country Potatoes or grits and toast or biscuit.*

**\*\*Breakfast Sandwich.....\$4.95**

*Build your own sandwich: Choices are one egg any style, choice of cheese (Swiss, American, Cheddar, or Provolone) Bread, (3) pieces of bacon or (1) sausage patty.*

**Breakfast Burrito.....\$7.95**

*Your choice of one meat (ham, sausage or bacon), choice of cheese (Swiss, American, Cheddar, or Provolone) along with your choice of tomatoes, onions, sweet peppers, spinach or jalapenos stuffed inside your fluffy two egg burrito, served with your choice of Country Potatoes or grits.*

**\*\* Country Ham Platter.....\$8.95**

*Two Eggs cooked to order served with your choice of Country Potatoes or grits, toast or biscuit, and (1) piece of Country Ham.*

*\*\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have medical conditions. Our meat and seafood cooking guide is as follows: Rare-Bloody cool center, touch of*

rawness. **Medium Rare**-Bloody red, no rawness of meat. **Medium**-Pink warm center, & **Medium Well to Well**-Fully Cooked with no redness.

**Country Fried Steak.....\$8.95**

*Country Fried Steak with Gravy, Two Eggs cooked to order served with your choice of Country Potatoes or grits and toast or biscuit.*

**Pancake Platter.....\$5.00**

*Three fluffy homemade pancakes served with your choice of (3) pieces of bacon or (2) sausage patties.*

**Waffle Platter.....\$5.00**

*Golden brown Belgium Waffle served with your choice of (3) pieces of bacon or (2) sausage patties.*

**French Toast Platter.....\$5.25**

*Three fluffy slices of cinnamon French Toast served with your choice of (3) pieces of bacon or (2) sausage patties.*

**Biscuits & Gravy.....\$5.25**

*Two home-style buttermilk biscuits smothered sausage gravy.*

*\*Add an additional egg to any platter for 80 cents each. We also have sugar-free maple syrup available upon request.*

**Breakfast Sides**

**\*\*One Egg .....\$1.00**

**Country Potatoes or Grits.....\$1.25**

**Toast, English Muffin, or Biscuit .....\$1.25**

**(3) Bacon or (2) Sausage .....\$2.00**

**Country Ham.....\$3.85**

**(3) Pancakes .....\$3.95**

**Grilled Onions .....\$0.45**

**Add Cheese .....\$0.45**

**Beverages**

**Coffee (Regular or Decaf) .....\$1.75**

**Hot Tea, Hot Chocolate or Milk .....\$1.50**  
**Orange Juice ..... Small.....\$1.00 Large.....\$1.50**  
**Fountain Drinks: *Pepsi, Diet Pepsi, Diet Dr. Pepper, Mt. Dew,***  
***Mug Root Beer, Sprite, Ice Tea or Pink Lemonade***  
**Small.....\$1.75 Medium.....\$1.85 Large.....\$2.40**

*You may pay by cash or charge account number. We are unable to accept payment by credit or debit card.*

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