



POCAHONTAS PANCAKES



PANCAKE, WAFFLE SHOP

3420 ATLANTIC AVENUE & 35TH ST.

VIRGINIA BEACH, VIRGINIA

(757) 428-6352



WWW.POCAHONTASPANCAKES.COM



JUICES, FRUIT AND CEREAL



	8OZ	12OZ
APPLE JUICE...	1.75	2.85
ORANGE JUICE...	1.75	2.85
GRAPEFRUIT JUICE...	1.75	2.85
TOMATO JUICE...	1.75	2.85
PINEAPPLE JUICE...	1.75	2.85
V-8 JUICE...	1.75	2.85
CRANBERRY JUICE...	1.75	2.85
WHITE GRAPE JUICE...	1.75	2.85

**NO REFILLS ON JUICES*

ASSORTED DRY CEREAL WITH MILK.....	2.95
ASSORTED DRY CEREAL WITH MILK & BANANAS.....	3.75
ASSORTED DRY CEREAL WITH MILK & FRESH STRAWBERRIES...	3.95
CANTALOUPE.....	3.85
CANTALOUPE WITH COTTAGE CHEESE.....	4.85
1/2 GRAPEFRUIT.....	2.65
FRUIT PLATTER.....	8.45
FRUIT CUP (STRAWBERRY, GRAPES & BANANAS).....	4.95



AUTHENTIC GREEK YOGURT TOPPED WITH FRESH STRAWBERRY, BANANA, BLUEBERRIES, PECANS & HONEY...8.95



POCAHONTAS SPECIAL FLUFFY PANCAKES

PURE MAPLE SYRUP AVAILABLE, ADDITIONAL CHARGE \$ 1.75

BUTTERMILK PANCAKES (OUR OWN TASTE-TESTED BUTTERMILK BATTER RECIPE).....	9.00
SILVER DOLLAR PANCAKES (10 SILVER DOLLARS).....	8.35
BLUEBERRY-TOPPED PANCAKES (WITH BLUEBERRY TOPPING).....	11.95
FRESH BLUEBERRY OR STRAWBERRY-TOPPED PANCAKES (WITH FRESH FRUIT TOPPING).....	11.95
CHERRY-TOPPED PANCAKES (WITH CHERRY TOPPING).....	11.95
APPLE-TOPPED PANCAKES (WITH APPLE TOPPING AND SPRINKLED WITH CINNAMON).....	11.95
NEW PEANUT BUTTER & CHOCOLATE CHIP PANCAKES.....	11.95
CHOCOLATE CHIP PANCAKES (WITH CHOCOLATE CHIPS).....	11.95
Reeses PEANUT BUTTER CHIP PANCAKES.....	11.95
OREO COOKIES PANCAKES.....	11.95
nutella PANCAKES.....	11.95
BANANA-TOPPED PANCAKES (WITH FRESH BANANAS).....	10.75
THREE PIGS IN A BLANKET (WITH LINK SAUSAGE ROLLED INSIDE).....	10.75
TWO ORGANIC MULTI GRAIN PANCAKES.....	10.00
PANCAKE COMBO (2 LARGE PANCAKES, 2 EGGS ANY STYLE, 2 STRIPS OF BACON, 2 SAUSAGE LINKS).....	13.20
SHORT STACK - 2 LARGE PANCAKES.....	6.80
GLUTEN FREE PANCAKES.....	11.10
NEW DOUBLE CHOCOLATE PANCAKES.....	11.95
NEW PANCAKES AND CHICKEN (COMBINATION OF FRIED CHICKEN, BREAD OR DRUMSTICK).....	14.35

FEATURED ON THE BEST OF...

PECAN - TOPPED PANCAKES (FILLED WITH PECANS AND TOPPED WITH PECANS IN SYRUP)... 11.10

ALL BUTTERMILK PANCAKES SERVED WITH WHIPPED MARGARINE AND POWDERED SUGAR. ALL TOPPINGS ALSO INCLUDE WHIPPED CREAM (SUGAR-FREE SYRUP & REAL BUTTER AVAILABLE)

PRICES SUBJECT TO CHANGE

BELGIAN WAFFLES



BELGIAN WAFFLE COMBO

(2 EGGS ANY STYLE, 2 STRIPS OF BACON, 2 SAUSAGE LINKS).....	14.40
GOLDEN-BROWN EGG-RICH WAFFLE.....	9.05
BLUEBERRY - TOPPED EGG-RICH WAFFLE.....	10.79
FRESH BLUEBERRY OR FRESH STRAWBERRY - TOPPED EGG-RICH WAFFLE.....	11.70
CHERRY - TOPPED EGG-RICH WAFFLE.....	10.60
APPLE - TOPPED EGG-RICH WAFFLE.....	10.60

EFESTO'S PECAN BANANA & STRAWBERRY WAFFLE.....	14.35
SUCCULENT CHOCOLATE CHIP WAFFLE (FILLED WITH CHOCOLATE CHIPS).....	10.79
BANANA - TOPPED WAFFLE (TOPPED WITH FRESH BANANAS).....	10.79
PECAN - TOPPED WAFFLE (FILLED WITH PECANS & TOPPED WITH PECANS IN SYRUP).....	11.70
Reese's PEANUT BUTTER CHIP WAFFLE.....	11.95
OREO COOKIES WAFFLE.....	11.95
nutella WAFFLE.....	11.95
CHICKEN & WAFFLE (COMBINATION OF FRIED CHICKEN, BREAST OR DRUMSTICK & WAFFLE).....	15.55
SHRIMP & WAFFLE.....	15.55
NEW BACON INFUSED WAFFLE WITH PEPPERED BACON.....	11.95
WAFFLE A LA MODE (TOPPED WITH ICE CREAM).....	11.35
GLUTEN FREE WAFFLE.....	11.95
NEW DOUBLE CHOCOLATE WAFFLE.....	11.95
NEW PEANUT BUTTER CHOCOLATE CHIP WAFFLE.....	11.95

FRENCH TOAST

ALL FRENCH TOAST MADE WITH CHALLAH BREAD



NEW FRENCH TOAST AND CHICKEN (CHOICE OF FRIED CHICKEN BREAST OR DRUMSTICK).....	15.55
FRENCH TOAST - 6 PIECES (SPRINKLED WITH CINNAMON).....	9.00
BANANA - TOPPED FRENCH TOAST (TOPPED WITH FRESH BANANAS AND SPRINKLED WITH CINNAMON).....	9.55
PECAN - TOPPED FRENCH TOAST (TOPPED WITH PECANS IN SYRUP AND SPRINKLED WITH CINNAMON).....	11.70
FRENCH TOAST COMBO (FRENCH TOAST, 2 EGGS ANY STYLE, 2 STRIPS OF BACON, 2 SAUSAGE LINKS).....	13.15
nutella ALMOND FRENCH TOAST.....	13.15
POCAHONTAS FRENCH TOAST (ORIGINAL FRENCH TOAST TOPPED WITH FRESH STRAWBERRIES, PECANS, BANANAS, SYRUP, CINNAMON, POWDERED SUGAR AND WHIP CREAM).....	13.80
TOASTED ALMOND COVERED FRENCH TOAST (WITH SLICED BANANA).....	11.95
STUFFED FRENCH TOAST (FILLED WITH CREAMY RICOTTA CHEESE & TOPPED WITH CHOICE OF ONE FRUIT TOPPING).....	13.15

ALL SERVED WITH WHIPPED MARGARINE AND POWDERED SUGAR.

ALL TOPPINGS ALSO INCLUDE WHIPPED CREAM
(SUGAR-FREE SYRUP & REAL BUTTER AVAILABLE)

PURE MAPLE SYRUP AVAILABLE, ADDITIONAL CHARGE \$ 1.75

GLUTEN FREE PANCAKES (2)	9.25
GLUTEN FREE WAFFLE	9.95
GLUTEN FREE WHITE BREAD OR BAGEL	3.95

SIDE ORDERS



CRISP BACON.....	3.80	SIDE FRENCH TOAST.....	2.10
SIDE PEPPERED BACON.....	4.25	SIDE PANCAKES.....	2.10
HAM.....	3.60	1/2 WAFFLE.....	3.95
SAUSAGE.....	3.60	CORNED BEEF HASH.....	3.95
TURKEY BACON.....	3.80	APPLE SAUCE.....	1.40
TURKEY SAUSAGE PATTY.....	3.80	GRITS.....	2.40
CANADIAN BACON.....	3.80	COTTAGE CHEESE.....	2.90
HOME FRIES.....	2.75	TOAST, ENGLISH MUFFIN OR BAGEL.....	2.45
FRENCH FRIES.....	3.80	BAGEL W/CREAM CHEESE.....	2.75
COUNTRY HAM.....	3.90	2 BISCUITS.....	2.10
 HORMEL ITALIAN SAUSAGE.....	3.95	WITH GRAVY.....	2.60
SIDE FRESH AVOCADO.....	1.75	WHOLE WHEAT BAGEL.....	2.45
		SIDE SALSA.....	1.65
		GLUTEN FREE BAGELS OR TOAST.....	3.95

PRICES SUBJECT TO CHANGE



*EGGS

*ONE EGG ANY STYLE.....	2.90
WITH BACON OR SAUSAGE OR HAM.....	4.10
WITH CANADIAN BACON OR TURKEY BACON OR TURKEY SAUSAGE PATTY.....	5.40
*TWO EGGS ANY STYLE.....	3.85
WITH BACON OR SAUSAGE OR HAM.....	8.95
WITH CANADIAN BACON OR TURKEY BACON OR TURKEY SAUSAGE PATTY.....	9.95
CORNED BEEF HASH AND TWO EGGS.....	8.95
NEW SCRAPPLE & TWO EGGS.....	7.95
COUNTRY HAM AND THREE EGGS WITH TOAST OR PANCAKES.....	8.95
8OZ. STEAK AND THREE EGGS.....	12.95
PORK LOIN AND EGGS (TWO PORK LOINS & THREE EGGS ANY STYLE).....	10.50
8 OZ. SMOKED SMITHFIELD (BONE IN HAM STEAK WITH 3 EGGS).....	10.95
EGGS SAMPLER.....	12.00
<i>(THREE EGGS ANY STYLE & 3 PORK SAUSAGE LINKS, 3 STRIPS OF BACON & HOME FRIES)</i>	
BISCUIT SAMPLER.....	12.00
<i>(BISCUITS WITH SAUSAGE GRAVY, TWO EGGS ANY STYLE, 2 SAUSAGE LINKS & HOME FRIES)</i>	
NEW SOUTHWESTERN SCRAMBLE.....	12.00
<i>(THREE EGGS WITH CHICKEN, ONION, PEPPERS, MONTEREY CHEESE, SOUR CREAM, HOME FRIES, TOAST OR PANCAKES)</i>	

EGGS BENEDICT WITH HOME FRIES	9.95
<i>2 EGGS & CANADIAN BACON ON AN ENGLISH MUFFIN, TOPPED WITH HOLLANDAISE SAUCE</i>	
EGGS BENEDICT FLORENTINE, WITH SPINACH, FETA & TOMATOES	10.50
EGGS BENEDICT GRECIAN, CANADIAN BACON, FETA & TOMATOES	10.50
EGGS BENEDICT WITH CRAB MEAT	13.95
CRABCAKE BENEDICT, WITH EGGS BENEDICT.....	12.95
SMOKED SALMON BENEDICT.....	12.95

*EGG SUBSTITUTE OR EGG WHITES AVAILABLE FOR \$ 1.00 EXTRA

ALL EGGS OR OMELETS CAN BE MADE WITH CHEESE FOR \$ 1.45 EXTRA

ALL EGGS AND OMELETS SERVED WITH CHOICE OF TOAST AND JELLY OR TWO SIDE BUTTERMILK PANCAKES.

CROISSANT, BAGEL OR ENGLISH MUFFIN MAY BE SUBSTITUTED FOR 85 ¢ EXTRA, HALF WAFFLE FOR 3.25

*BREAKFAST SANDWICHES

THREE EGGS (SCRAMBLED OR FRIED OVER HARD) CHEESE AND BACON OR SAUSAGE OR HAM WITH HOME FRIES.....	9.50
WITH CANADIAN BACON OR TURKEY BACON OR TURKEY SAUSAGE PATTY WITH HOME FRIES.....	9.50
NEW OPEN FACE SANDWICH - TWO EGGS ANY STYLE, PITA BREAD & MEAT WITH HOMEFRIES.....	9.50
NEW FRENCH TOAST SANDWICH - THREE EGGS (SCRAMBLED OR FRIED OVER HARD), CHEESE AND YOUR CHOICE OF BACON, SAUSAGE, OR HAM WITH HOME FRIES.....	10.95
NEW SALMON BAGEL (CHOICE OF BAGEL, SMOKED SALMON, CREAM CHEESE, RED ONIONS, CUCUMBERS, CAPERS, CHOICE OF FRUIT).....	12.95
NEW NAXOS BREAKFAST (THREE SCRAMBLED EGGS, TOMATOES, FETA, ONIONS, OREGANO WITH FRENCH FRIES ON OLIVE OIL CIABATTA BREAD).....	10.95


SERVED ON CHOICE OF BAGEL, SANDWICH-SIZED ENGLISH MUFFIN, TOAST OR BISCUIT SERVED ONLY AS A SANDWICH CROISSANT ADDITIONAL CHARGE



*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.

PRICES SUBJECT TO CHANGE

* FLUFFY THREE-EGG OMELETS

PLAIN OMELET.....	6.75
CHEESE OMELET.....	8.35
MEAT LOVER'S OMELET (BACON, SAUSAGE & HAM).....	10.75
HAM, BACON, SAUSAGE OR CANADIAN BACON OMELET.....	10.75
CORNED BEEF HASH OMELET.....	9.40
COUNTRY HAM OMELET.....	9.40
TURKEY BACON OR TURKEY SAUSAGE PATTY OMELET.....	9.55
CORNED BEEF OR PASTRAMI OMELET.....	9.55
WESTERN OMELET (HAM, ONION & BELL PEPPERS).....	9.55
SHRIMP AND CRAB MEAT OMELET.....	15.55
VEGGIE OMELET (GREEN PEPPERS, ONIONS & MUSHROOMS TOPPED WITH FRESH TOMATOES).....	8.35
COUNTRY OMELET (HOME FRIES & HAM TOPPED WITH FRESH TOMATOES & SOUR CREAM).....	9.55
CHICKEN OMELET (CHICKEN TOPPED WITH POCAHONTAS SAUCE).....	11.40
GRECIAN OMELET (FETA CHEESE & FRESH TOMATOES).....	11.95
GYRO FETA CHEESE OMELET (TOPPED WITH FRESH TOMATOES).....	12.00
INTERNATIONAL OMELET (PEPPERONI, CANADIAN BACON, SAUSAGE & MOZZARELLA TOPPED WITH FRESH TOMATOES).....	13.15
FRESH GARDEN OMELET (MADE WITH ASPARAGUS, ZUCCHINI, AND MUSHROOMS TOPPED WITH FRESH TOMATOES).....	11.95
BIG STEAK OMELET (TENDER STRIPS OF STEAK, BELL PEPPERS, ONIONS, MUSHROOMS, TOMATOES & CHEDDAR CHEESE).....	15.55
HEALTHY CHOICE OMELET (EGG WHITES, ARTICHOKE HEARTS, SLICED MUSHROOMS, GREEK OLIVES, FETA CHEESE AND TOPPED WITH DICED TOMATOES).....	13.15
ARTICHOKE HOLLANDAISE OMELET (ARTICHOKE HEARTS, SLICED MUSHROOMS, SLICED GRILLED CHICKEN, AMERICAN CHEESE AND TOPPED WITH HOLLANDAISE SAUCE).....	13.50
BLUE CRAB-MEAT OMELET (WITH CHEESE).....	15.55
(WITH HOLLANDAISE SAUCE).....	16.55
SPINACH FLORENTINE OMELET (FRESH SPINACH, SLICED MUSHROOMS, CHOPPED ONIONS, BACON AND FETA CHEESE).....	13.15
FIESTA OMELET (THREE EGG OMELET STUFFED WITH SPICED HORMEL SAUSAGE, PEPPERS, ONIONS, CHORIZO SAUSAGE, CHEDDAR CHEESE, SOUR CREAM & SALSA).....	13.15
NEW BROCCOLI CHICKEN OMELET (TOPPED WITH HOLLANDAISE SAUCE AND CHEDDAR CHEESE).....	13.15
NEW ASPARAGUS AND TOMATO OMELET (TOPPED WITH HOLLANDAISE SAUCE AND CHEDDAR CHEESE).....	13.15
 SPANISH SCRAMBLE (THREE SCRAMBLED EGGS, CHORIZO SAUSAGE, TOMATOES, ONIONS, MONTEREY CHEESE, & HOME FRIES).....	10.25



***EGG SUBSTITUTE OR EGG WHITES AVAILABLE FOR 1.00 EXTRA
 ALL EGGS OR OMELETS CAN BE MADE WITH CHEESE FOR \$ 1.45 EXTRA
 ALL EGGS AND OMELETS SERVED WITH CHOICE OF TOAST
 OR TWO SIDE BUTTERMILK PANCAKES.
 CROISSANT, BAGEL OR ENGLISH MUFFIN MAY BE SUBSTITUTED FOR 85¢ EXTRA
 GLUTEN FREE TOAST OR BAGEL 1.50 EXTRA**

* BREAKFAST SAMPLERS

#1 - TWO EGGS ANY STYLE, 2 STRIPS BACON, 2 PORK SAUSAGE LINKS, 2 BUTTERMILK PANCAKES AND 2 PIECES FRENCH TOAST.....	13.20
#2 - TWO EGGS ANY STYLE, 2 STRIPS BACON, 2 PORK SAUSAGE LINKS, 2 PIECES FRENCH TOAST AND 1/2 BELGIAN WAFFLE.....	13.20
#3 - TWO EGGS ANY STYLE, 2 STRIPS BACON, 2 PORK SAUSAGE LINKS, 2 BUTTERMILK PANCAKES AND 1/2 BELGIAN WAFFLE.....	13.20

**MAY SUBSTITUTE 2 STRIPS
 TURKEY BACON
 & 2 TURKEY SAUSAGE PATTIES
 \$ 1.00 EXTRA**

***CONSUMING RAW OR UNDERCOOKED MEATS,
 POULTRY, SEAFOOD, SHELLFISH,
 OR EGGS MAY INCREASE YOUR RISK OF
 FOODBORNE ILLNESS.**

PRICES SUBJECT TO CHANGE



**NO SUBSTITUTIONS
 AVAILABLE**

***TOPPINGS ARE AN
 ADDITIONAL CHARGE**

BREAKFAST WRAPS OR CIABATTA BREAKFAST SANDWICHES

ALL WRAPS MADE WITH THREE FLUFFY SCRAMBLED EGGS, CHEDDAR CHEESE AND SERVED WITH HOME FRIES ON PLAIN, SPINACH, TOMATO-BASIL OR WHOLE-WHEAT TORTILLA WRAPS

THREE FLUFFY SCRAMBLED EGGS WRAP.....	10.20
HAM, BACON, SAUSAGE OR CANADIAN BACON WRAP.....	11.70
COUNTRY HAM, CORNED BEEF, PASTRAMI OR CORNED BEEF HASH WRAP.....	11.70
TENDER SLICES OF PORK TENDERLOIN WRAP.....	12.60
CALIFORNIA STEAK WRAP (GRILLED BEEF STEAK, SLICED MUSHROOMS, ONIONS AND PEPPERS).....	14.35
VEGGIE WRAP (GREEN PEPPERS, ONIONS, MUSHROOMS AND TOMATOES).....	10.75
WESTERN WRAP (CHOPPED PEPPERS, ONIONS AND HAM).....	10.75
GRECIAN WRAP (FETA CHEESE AND CHOPPED TOMATOES).....	13.80
GYRO MEAT GRECIAN WRAP (FETA CHEESE, CHOPPED TOMATOES).....	14.35
INTERNATIONAL WRAP (PEPPERONI, CANADIAN BACON, SAUSAGE, MOZZARELLA AND CHOPPED TOMATOES).....	13.20
MEAT LOVER'S WRAP (HAM, BACON, AND SAUSAGE).....	13.15
SHRIMP AND CRAB WRAP (WITH HOLLANDAISE SAUCE).....	15.55
BLUE CRAB WRAP (WITH HOLLANDAISE SAUCE).....	15.55
NEW NEW PHILLY STEAK WRAP (SLICED STEAK MEAT AND GRILLED ONIONS).....	13.15
NEW BREAKFAST BURRITO (THREE SCRAMBLED EGGS, SAUSAGE PATTIES, JALAPENOS, CHEDDAR CHEESE, ROLLED IN FLOUR TORTILLA) & HOME FRIES.....	11.95

GLUTEN FREE
WRAP AVAILABLE

EGG SUBSTITUTE AVAILABLE .85 ¢ EXTRA
EGG WHITES AVAILABLE 1.00 EXTRA
MILD SALSA AVAILABLE .85 ¢ EXTRA



SALADS

CEASAR SALAD...6.85
*WITH CHICKEN BREAST...8.50
SMALL CEASAR SALAD...3.95

CHEF'S SALAD...8.50

GREEK SALAD...7.50
SMALL GREEK SALAD...3.50

TUNA SALAD...7.50

HOUSE SALAD...6.95

POCAHONTAS SALAD

GRILLED CHICKEN,
LETTUCE, TOMATO, PARMESAN CHEESE,
BLUEBERRIES AND PECANS...9.95



PRICES SUBJECT TO CHANGE

SANDWICH CORNER

- HAMBURGER (6 OZ.)...8.95
- CHEESEBURGER (6 OZ.)...9.95
- BACON, EGG (OVER HARD) CHEESEBURGER (6 OZ.) ...10.95
- GRILLED CHICKEN CEASER WRAP (WITH LETTUCE AND CEASER DRESSING)...9.45
- GRILLED CHEESE (MADE WITH TEXAS TOAST)...7.45
- BACON, LETTUCE & TOMATO...7.45
- HAM & CHEESE WITH LETTUCE AND TOMATO...8.95
- HAM, TURKEY & CHEESE CLUB...10.50
- TURKEY & CHEESE CLUB...9.99
- HAM & CHEESE CLUB...9.99
- FRIED CHICKEN FILET SANDWICH...8.99
- GRILLED CHICKEN FILET SANDWICH...8.99
- FRIED OR GRILLED CHICKEN BLT WITH CHEESE (ON SOURDOUGH) SANDWICH...10.95
- TURKEY & AVOCADO BLT WITH LETTUCE AND TOMATO...10.95



ZERO TRANSFAT OIL USED FOR ALL FRIED FOODS

HOT MELTED SANDWICHES

- TUNA MELT ON RYE WITH TOMATO & SWISS CHEESE.....9.45
- REUBEN.....9.45
- PASTRAMI WITH SWISS CHEESE.....9.45
- CORNED BEEF ON RYE WITH SWISS CHEESE.....9.45

ABOVE SANDWICHES SERVED WITH FRENCH FRIES AND PICKLE POTATO CHIPS OR WAFFLE FRIES 1.50 EXTRA



PITA STUFFS

- GYRO MEAT FILLING (WITH LETTUCE, TOMATO, ONIONS AND LIGHT GARLIC SAUCE).....8.95
- *CHICKEN BREAST FILLING (WITH LETTUCE, TOMATO, ONIONS AND LIGHT GARLIC SAUCE).....8.95
- NEW** LEAN PORK (WITH LETTUCE, TOMATO, ONIONS AND LIGHT GARLIC SAUCE).....8.95
- NEW** FILET MIGNON PIECES (WITH LETTUCE, TOMATO, ONIONS AND LIGHT GARLIC.....11.95



LUNCH SPECIALS

- *SHRIMP BASKET...6.95
- *CHICKEN TENDERS BASKET...7.15

**ABOVE SANDWICHES, PITAS AND BASKETS INCLUDE FRENCH FRIES, AND PICKLE
ZERO TRANSFAT OIL USED FOR ALL FRIED FOODS**

***CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH,
OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.**

PRICES SUBJECT TO CHANGE

HEALTHY CORNER

- NEW AVOCADO TOAST** (TWO FRIED EGGS, WHOLE AVOCADO, SMASH ON CIABATTA BREAD, LIGHT SEA SALT OLIVE OIL, FRUIT CUP OR GRITS)..... **11.95**
- NEW GEORGE'S BAGEL** (EVERYTHING BAGEL WITH EGG WHITES, SPINACH AND AVOCADO, SERVED WITH DISH OF GRAPES, BANANAS OR STRAWBERRIES)..... **10.50**
- HEALTHY SPICY SANDWICH** (EGG WHITES, CHORIZO SAUSAGE, LOW SODIUM WHITE AMERICAN CHEESE, SLICED TOMATOES) & **HOME FRIES**.... **11.95**
- HEALTHY CHOICE OMELET** (EGG WHITES, ARTICHOKE HEARTS, SLICED MUSHROOMS, GREEK OLIVES, FETA CHEESE AND TOPPED WITH DICED TOMATOES)..... **11.95**
- HEALTHY CHOICE SALAD** (BABY SPINACH, ROMAINE LETTUCE, ARTICHOKE HEARTS, SLICED MUSHROOMS, TOMATOES AND GREEK OLIVES)..... **9.95**
 *ADD GRILLED CHICKEN..... **10.95**
- SUPREME GARDEN OMELET** (ASPARAGUS, ZUCCHINI, SLICED MUSHROOMS, GREEK OLIVES, FETA CHEESE AND TOPPED WITH DICED TOMATOES) & **HOME FRIES**..... **14.35**
- OCEAN FRONT SALAD** (GRILLED CHICKEN, LETTUCE, TOMATO, BACON STRAWBERRIES AND AVOCADO)..... **10.50**

HEALTHY CHOICE!
 EGG WHITES & TURKEY ON WHOLE WHEAT TOAST WITH LETTUCE, TOMATOES & OLIVE OIL WITH HOME FRIES..... \$10.95

VEGAN CORNER

- VEGAN PANCAKE OR WAFFLE**..... **12.60**
- BLACK BEAN VEGAN BURGER**..... **9.95**
- VEGAN BURGER CLUB SANDWICH** (LETTUCE, TOMATOES, AVOCADO)..... **10.50**
- VEGAN EGGS WITH VEGGIE PATTIES**..... **7.50**

CHILDS MENU

(10 YEARS OLD AND UNDER)

- #1 - 2 PANCAKES WITH CHOICE OF BACON, SAUSAGE OR HAM.....3.85
 *WITH EGG...4.25
- #2 - 2 PIECES FRENCH TOAST WITH CHOICE OF BACON, SAUSAGE OR HAM.....3.75
 *WITH EGG...4.20
- #3 - HALF WAFFLE WITH CHOICE OF BACON, SAUSAGE OR HAM.....3.95
 *WITH EGG...4.40
- #4 - SILVER DOLLAR PANCAKES WITH CHOICE OF BACON, SAUSAGE OR HAM.....3.65
 *WITH EGG...4.10
- #5 - 2 EGGS ANY STYLE WITH CHOICE OF BACON, SAUSAGE OR HAM WITH TOAST.....3.65
 *WITH EGG...3.95

ADD **Reeses** **OREO** **Nutella** \$2.00 EXTRA

- TURKEY BACON OR TURKEY SAUSAGE PATTY MAY BE SUBSTITUTED FOR \$1.00 EXTRA**
- GRILLED CHEESE (MADE ON WHITE BREAD), FRENCH FRIES AND PICKLE.....3.55
- CHICKEN TENDERS, FRENCH FRIES AND PICKLE.....4.50
- SHRIMP, FRENCH FRIES AND PICKLE.....4.50



BEVERAGES



- 100% COLUMBIAN BEANS BY NORFOLK COFFEE & TEA.....2.95
- COFFEE, SPECIAL BLEND.....3.65
- CAPPUCCINO, LATTE, OR CAFE MOCHA.....3.65
- ESPRESSO.....1.85
- ICED TEA.....1.99
- ICED COFFEE LATTE.....3.65

- HOT TEA.....2.35
- TEA, SPECIAL BLEND.....2.45
- HOT CHOCOLATE.....2.45
- CHOCOLATE MILK.....1.20.....2.40
- MILK.....1.20.....2.20
- SOFT DRINKS.....2.25

8OZ 12OZ

- SOY CHOCOLATE MILK.....1.35.....2.40
- SOY MILK.....1.35.....2.35



FREE REFILLS ON COFFEE, TEA AND SODA

PRICES SUBJECT TO CHANGE

SPECIALS



NEW SHRIMP OMELET (WITH CHEESE) & HOME FRIES.....	15.55
NEW MONTE CRISTO (OUR ORIGINAL FRENCH TOAST TOPPED WITH SLICED TURKEY BREAST, SMOKED HAM & MELTED SWISS CHEESE) & HOME FRIES.....	13.15
POCAHONTAS OMELET (GRILLED CHICKEN, MUSHROOMS, FRESH BABY SPINACH, ONIONS, MOZZARELLA CHEESE AND POCAHONTAS SAUCE) & HOME FRIES.....	14.35
THREE CHEESE OMELET (AMERICAN, CHEDDAR, SWISS) & HOME FRIES.....	13.15
NEW GREEK OMELET (GREEK PORK SAUSAGE, ONIONS, HOME FRIES & FETA TOPPED WITH TOMATOES) & HOME FRIES.....	13.20
NEW POCAHONTAS CHALLAH BREAD FRENCH TOAST (3 SLICES OF ORIGINAL FRENCH TOAST TOPPED WITH FRESH STRAWBERRIES, PECANS BANANAS, SYRUP, CINNAMON, POWDERED SUGAR AND WHIP CREAM).....	13.80
SMOKED SALMON PLATTER (SMOKED SALMON ON BAGEL WITH CREAM CHEESE)	11.95
NEW YORK OMELET (CORNBEEF, PASTRAMI & SWISS CHEESE) & HOME FRIES.....	14.35
ENERGY OMELET (EGG WHITES, GRILLED CHICKEN, MUSHROOMS, TOMATOES, BABY SPINACH, LOW SODIUM LOW FAT AMERICAN CHEESE) & HOME FRIES.....	14.35
 3 EGGS ANY STYLE WITH HORMEL ITALIAN SAUSAGE	9.95
 HORMEL ITALIAN SAUSAGE OMELET	11.95
CRABCAKE SANDWICH	10.95
COUNTRY FRIED STEAK (WITH THREE EGGS, TOAST OR PANCAKES).....	11.95
NEW PHILLY STEAK PANINI (THREE EGGS ANY STYLE, PHILLY STEAK MEAT WITH GRILLED ONIONS AND CHEESE, SERVED WITH FRENCH FRIES).....	11.95
NEW CALIFORNIA BREAKFAST (PEPPERED BACON, THREE FRIED EGGS, AVOCADO, MOZZARELLA) & HOME FRIES..	10.95
NEW SHRIMP CHEDDAR GRITS (SIX GRILLED SHRIMP, CHOPPED CHIVES, BACON BITS, CHEDDAR CHEESE).....	13.95
NEW 6 OZ. FILET MIGNON (THREE EGGS ANY STYLE, TOAST OR PANCAKES).....	14.95

POCAHONTAS PANCAKES

WAS FEATURED IN

Southern Living

As part of their feature on the 5 best breakfasts in Virginia!



PRICES SUBJECT TO CHANGE

15% GRATUITY WILL BE ADDED TO PARTIES OF 5 OR MORE.

THERE ARE NO SEPERATE CHECKS POSSIBLE ON PARTIES OF 5 OR MORE.

STATE AND LOCAL TAXES WILL BE ADDED TO THE PRICE OF ALL FOOD & BEVERAGES.

***CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS**

ALL EGGS AND STEAKS ARE COOKED TO ORDER.