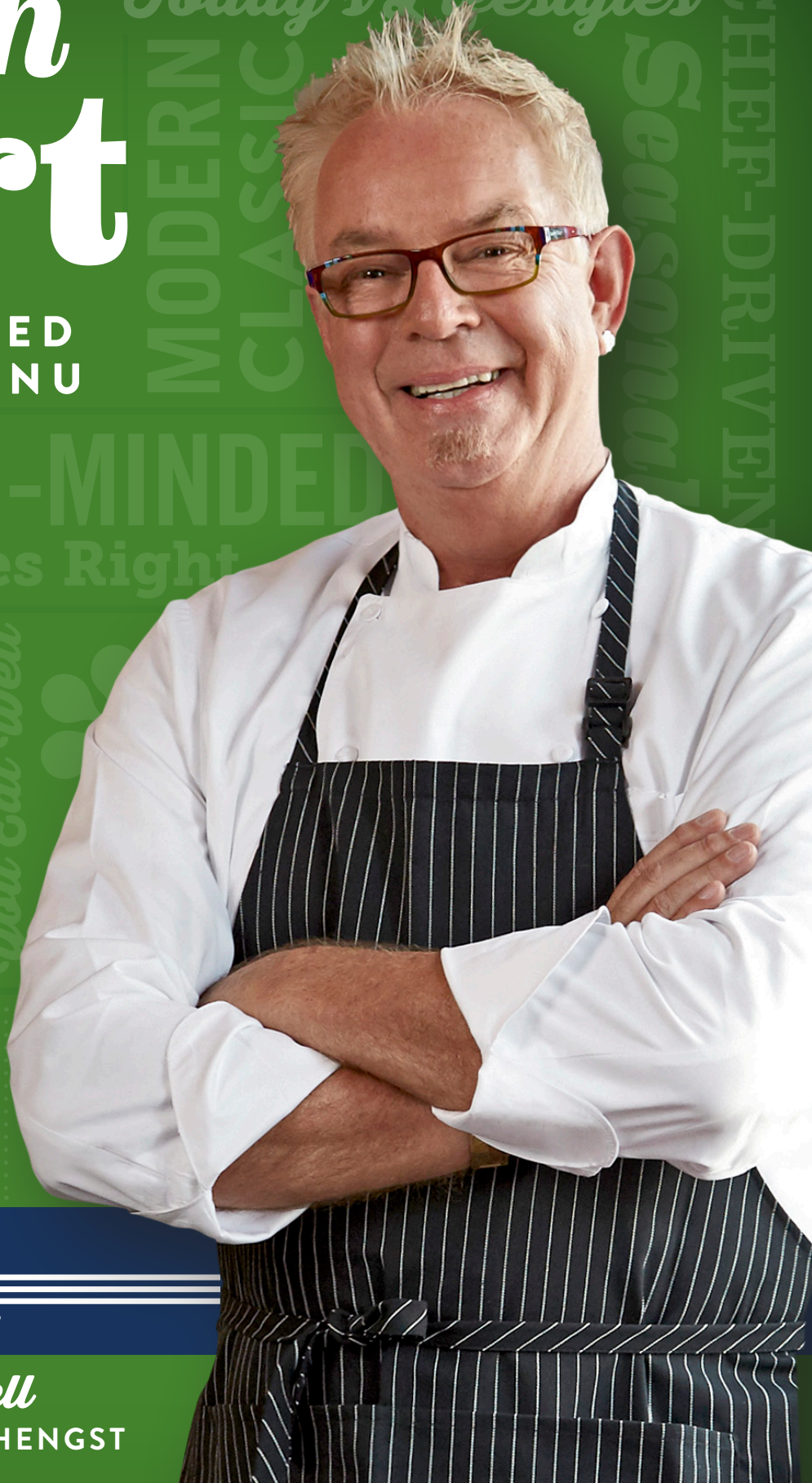


A Fresh Start

2021

LOCALLY-SOURCED
FLEXITARIAN MENU



Today's Lifestyles

CHEER-DRIVEN

MODERN CLASSIC

Seasonal

HEALTH-MINDED

Diner Does Right

FRESH

15

How Eat Well

LOCAL FARM

FOOD THAT'S CLEVERLY CONCEIVED

SILVER DINER

Eat Well, Be Well

EXECUTIVE CHEF YPE VON HENGST

ALLERGEN INDEX

Alcoholic Beverages	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Bud Lite, 12 oz											✓
Cape Codder Mimosa								✓			
Corona, 12 oz											✓
Mighty Mango Mimosa								✓			
Sam Adams, Bottled										✓	
Silver Diner Mimosa								✓			
Yuengling											✓

3-Egg Omelettes	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Oaxaca Omelette	✓		✓					✓			
with Avocado, Pureed or Whole, Raw	✓		✓					✓			
with Strawberries and Toast	✓		✓					✓		✓	✓
Ham and Cheese Omelette	✓		✓								
with Biscuit	✓		✓				✓			✓	
with Butter Chip	✓		✓								
with Homefries	✓		✓								
Low Fat Vegetarian Omelette	✓		✓				✓				
with Strawberries w/Cinnamon Sour Cream	✓		✓				✓				
Cheese Omelette	✓		✓								
with Home fries and Biscuit	✓		✓				✓			✓	
California Omelette	✓		✓				✓	✓		✓	
with Strawberries w/Cinnamon Sour Cream	✓		✓				✓	✓		✓	
Baby Spinach Feta Mushroom Omelette	✓		✓								
with Bagel with Cream Cheese	✓		✓							✓	✓
with Seasoned Home Fries	✓		✓								
Western Omelette	✓		✓								
with Home fries and Biscuit	✓		✓				✓			✓	
Philly Steak Omelette	✓		✓				✓				
with Home fries and Biscuit	✓		✓				✓			✓	
with Honey Pepper Relish	✓		✓				✓				
Senior Veggie Omelette	✓		✓								

Farm Fresh Egg Combos	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Power Breakfast	✓		✓				✓				
with Multigrain Toast with Butter Chips, Plating	✓		✓				✓			✓	✓
with Strawberries w/Cinnamon Sour Cream	✓		✓				✓				
American Favorite	✓		✓								
with Bacon	✓		✓								
with Country Ham	✓		✓								
with Home fries and Biscuit	✓		✓				✓			✓	
with Maple Chicken Sausage	✓		✓								
with Pork Sausage Links	✓		✓								
with Turkey Bacon, Sliced	✓		✓				✓				
with Vegetarian Breakfast Sausage	✓		✓				✓			✓	
Lumberjack Breakfast	✓		✓							✓	
with Bacon	✓		✓							✓	
with Country Ham	✓		✓							✓	
with Maple Chicken Sausage	✓		✓							✓	
with Pork Sausage Links	✓		✓							✓	
with Turkey Bacon, Sliced	✓		✓				✓			✓	
with Vegetarian Breakfast Sausage	✓		✓				✓			✓	
Corned Beef Hash and Eggs	✓		✓								
with Home fries and Biscuit	✓		✓				✓			✓	
Country Fried Steak and Eggs	✓		✓	✓						✓	✓
with Home fries and Biscuit	✓		✓	✓			✓			✓	✓
Old Standby	✓		✓								
with Biscuit with Butter Chip	✓		✓				✓			✓	
with Homefries	✓		✓								
Senior One Egg	✓		✓				✓			✓	

Fresh from the Griddle	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Quinoa Coconut Pancakes	✓		✓					✓	✓		
with Agave Nectar	✓		✓					✓	✓		
with Strawberries w/Cinnamon Sour Cream	✓		✓					✓	✓		

Fresh from the Griddle	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Buttermilk Pancakes and Eggs	✓		✓							✓	
with Bacon	✓		✓							✓	
with Country Ham	✓		✓							✓	
with Maple Chicken Sausage	✓		✓							✓	
with Maple Syrup	✓		✓							✓	
with Pork Sausage Links	✓		✓							✓	
with Turkey Bacon, Sliced	✓		✓				✓			✓	
with Vegetarian Breakfast Sausage	✓		✓				✓			✓	
with Whipped Butter	✓		✓							✓	
Belgian Waffle and Eggs	✓		✓				✓			✓	✓
with Bacon	✓		✓				✓			✓	✓
with Country Ham	✓		✓				✓			✓	✓
with Maple Chicken Sausage	✓		✓				✓			✓	✓
with Maple Syrup	✓		✓				✓			✓	✓
with Pork Sausage Links	✓		✓				✓			✓	✓
with Turkey Bacon, Sliced	✓		✓				✓			✓	✓
with Vegetarian Breakfast Sausage	✓		✓				✓			✓	✓
Caramel French Toast	✓		✓							✓	✓
with Pancake and Waffle Syrup	✓		✓							✓	✓
Senior French Toast	✓		✓							✓	✓
Senior Pancakes & Eggs	✓		✓							✓	
Fresh from the Griddle (cont.)	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Caramel French Toast and Eggs	✓		✓							✓	✓
with Bacon	✓		✓							✓	✓
with Country Ham	✓		✓							✓	✓
with Maple Chicken Sausage	✓		✓							✓	✓
with Pancake and Waffle Syrup	✓		✓							✓	✓
with Pork Sausage Links	✓		✓							✓	✓
with Turkey Bacon, Sliced	✓		✓				✓			✓	✓
with Vegetarian Breakfast Sausage	✓		✓				✓			✓	✓
Banana Stuffed French Toast	✓		✓				✓			✓	✓
Biscuits and Gravy			✓	✓			✓			✓	
with Homefries			✓	✓			✓			✓	

Brunch Specialties	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Brussels Hummus Bowl							✓	✓		✓	
Pickle Brined Fried Chicken & Waffles	✓		✓				✓	✓	✓	✓	✓
with Country Gravy	✓		✓	✓			✓	✓	✓	✓	✓
with Cherry Pepper Honey	✓		✓				✓	✓	✓	✓	✓
with Pancake and Waffle Syrup	✓		✓				✓	✓	✓	✓	✓
with Country Gravy, Cherry Pepper Honey	✓		✓	✓			✓	✓	✓	✓	✓
with Country Gravy, Pancake and Waffle Syrup	✓		✓	✓			✓	✓	✓	✓	✓
with Cherry Pepper Honey, Pancake and Waffle Syrup	✓		✓				✓	✓	✓	✓	✓
with Country Gravy, Cherry Pepper Honey, Pancake and Waffle Syrup	✓		✓	✓			✓	✓	✓	✓	✓
Bruschetta Toast & Eggs	✓		✓						✓	✓	✓
Burrata Avocado Toast & Eggs	✓		✓							✓	✓
Shrimp and Grits		✓				✓	✓				✓
Just Eggs Benedict							✓	✓		✓	✓
with fruit cup							✓	✓		✓	✓
Oatmilk Blueberry Pancakes									✓	✓	
with Almond Coco non Dairy Whipped Cream, Reddi									✓	✓	
with Agave Nectar									✓	✓	
with Almond Coco non Dairy Whipped Cream, Reddi, Agave									✓	✓	
Classic Eggs Benedict	✓		✓				✓	✓		✓	✓
with Seasoned Home Fries	✓		✓				✓	✓		✓	✓
Country Scrambler	✓		✓	✓							
with Pancake Syrup	✓		✓	✓							
with Silver Dollar Pancakes	✓		✓	✓						✓	
with Strawberries w/Cinnamon Sour Cream	✓		✓	✓							
Mossy Creek Farms Flat Iron & Eggs	✓										
with Home fries and Biscuit	✓		✓				✓			✓	
Bison Huevos Rancheros	✓		✓					✓		✓	✓
Roasted Veggie Huevos Rancheros	✓		✓				✓	✓		✓	✓

Brunch Specialties	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Egg Sandwich	✓		✓				✓			✓	✓
with Bacon	✓		✓				✓			✓	✓
with Pork Sausage Links	✓		✓				✓			✓	✓
with Seasoned Home Fries	✓		✓				✓			✓	✓
with Turkey Bacon	✓		✓				✓			✓	✓
Bay Benedict	✓		✓			✓	✓			✓	✓
with fruit cup	✓		✓			✓	✓			✓	✓

Breakfast Sides	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Bagel										✓	✓
with Butter Chips			✓							✓	✓
with Cream Cheese			✓							✓	✓
Biscuit			✓				✓			✓	
with Butter Chips			✓				✓			✓	
Grits, Cup											
with Brown Sugar											
with Butter Chips			✓								
with Cheddar Jack Cheese			✓								
with Raisins											
Oatmeal, Cup											✓
with Brown Sugar											✓
with Butter Chips			✓								✓
with Cheddar Jack Cheese			✓								✓
with Dried Cranberries											✓
with Raisins											✓
Ala Just Eggs							✓				
Local Honey Nut Granola Greek Yogurt Parfait			✓		✓			✓	✓		✓
Side of Tempeh Bacon							✓			✓	
Side of Bacon											
Side of Corned Beef Hash											
Side of Ham Shanks											
Side of Home Fries											
Side of Maple Chicken Sausage			✓								
Side of Pork Sausage											
Side of Veggie Sausage	✓		✓				✓			✓	
Side of Turkey Bacon							✓				
Strawberry Banana Bowl											
Strawberry Cup											
with Cinnamon Sour Cream			✓								
Toast, Marble Rye										✓	✓
with Butter Chips			✓							✓	✓
Toast, Multigrain										✓	✓
with Butter Chips			✓							✓	✓
Toast, Sourdough										✓	✓
with Butter Chips			✓							✓	✓
Toast, White										✓	✓
with Butter Chips			✓							✓	✓
Wolferman English Muffin										✓	✓
with Butter Chips			✓							✓	✓
Pancake Syrup											
Whipped Butter			✓								

Appetizers	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Bruschetta Toast			✓					✓	✓	✓	✓
Carolina Shrimp Quesadilla	✓		✓			✓				✓	✓
Avocado Toast										✓	✓
with Smoked Salmon		✓								✓	✓
Cheese Fries Appetizer			✓								
with Southwest Ranch Dressing	✓		✓					✓			
Chicken Tenders Appetizer	✓									✓	
with Honey Mustard	✓							✓		✓	
Crispy Brussels Sprouts									✓		
with Southwest Ranch Dressing	✓		✓					✓	✓		
Buffalo Wings											
with Bleu Cheese Dressing	✓		✓	✓							
with Celery Sticks											
with Bleu Cheese Dressing, Celery Sticks	✓		✓	✓							

Appetizers	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Lemony Chickpea Hummus and Cauliflower Pita								✓			
Meatless Tacos							✓			✓	
Fried Shrimp						✓				✓	
with Banana Pepper Relish						✓				✓	
with Tartar Sauce	✓					✓				✓	
with Banana Pepper Relish, Tartar Sauce	✓					✓				✓	
Lamb Meatball App	✓		✓					✓			

Salads	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Summer Watermelon and Shrimp Salad			✓			✓					
with house Citrus Dressing			✓			✓					
Warm Roasted Local Veggie Salad									✓		
with Champagne Vinaigrette								✓	✓		
Chopped Cobb Salad (Whole or Half)	✓		✓					✓		✓	✓
with Tangy Ranch Dressing	✓		✓	✓				✓		✓	✓
Grilled Chicken Caesar Salad (Whole or Half)			✓					✓		✓	✓
with Caesar Dressing	✓	✓	✓					✓		✓	✓
Grilled Salmon Caesar		✓	✓							✓	✓
with Caesar Dressing	✓	✓	✓							✓	✓
Lemony Hummus Greek Salad & Cauliflower Pita Bowl			✓					✓			
with Greek Vinaigrette Dressing			✓					✓			
with Grilled Chicken			✓					✓			
with Grilled Salmon		✓	✓					✓			
with Greek Vinaigrette Dressing, Grilled Chicken			✓					✓			
with Greek Vinaigrette Dressing, Grilled Salmon		✓	✓					✓			
Side Caesar Salad	✓	✓	✓							✓	✓
Side Citrus Salad								✓	✓		
Side Greek Salad			✓								
Side Mixed Greens Salad										✓	✓

Salad Dressings & Sauces	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
BBQ Sauce											
Blue Cheese Dressing	✓		✓	✓							
Buffalo Sauce											
Caesar Dressing	✓	✓	✓								
Tartar Sauce	✓										
Cilantro Sour Cream			✓								
Honey Mustard	✓							✓			
Honey Pepper Relish											
Marinara Sauce											
Southwest Ranch Dressing	✓		✓					✓			
Teriyaki Dressing		✓					✓	✓			
Balsamic Vinaigrette											
Citrus Vinaigrette											
Champagne Vinaigrette											
Feta Vinaigrette			✓								

Soups	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Chicken Noodle Soup	✓						✓			✓	
with Saltines	✓						✓			✓	
Kickin Crab and Sweet Corn Chowder			✓			✓		✓		✓	
with Saltines			✓			✓		✓		✓	
Vegetarian Chili											
with Cheddar Jack Cheese			✓								
with Chopped Onions											
with Cilantro Sour Cream			✓								
with Low Fat Cheddar Cheese			✓								
with Saltines										✓	

Bowls	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Ancient Grain Shrimp Bowl			✓			✓			✓	✓	✓
Asian Brown Rice Bowl with Chicken			✓				✓			✓	✓
Asian Brown Rice Bowl with Shredded Ribeye							✓	✓			
Asian Brown Rice Bowl with Non-GMO Tofu							✓	✓			
Asian Brown Rice Bowl with Flounder		✓	✓				✓				
Asian Brown Rice Bowl with Asparagus							✓				

