



Brunch

Breakfast Entrees

(nutritional information based on main component and do not include sides)

- GS** **Monte Cristo Sandwich*** (Kcal. 962 | Sodium 1749mg | Carbs 75g) 6 | 9
Melted Swiss and cheddar cheese with turkey and ham in between French toast, served with berry jam and topped with powdered sugar and fruit; served with a choice of one side
- Chef's Daily Omelet** (nutritional value changes based on ingredients) 7 | 2 egg: 4.5 | 7.5
3 egg: 5.5 | 8.5
Ask your server for the daily featured omelet served with side of toast and choice of one side
- Eggs Benedict*** (Kcal. 758 | Sodium 1436mg | Carbs 33g) 5 | 8
Two poached eggs atop an English muffin, with sliced ham (or substitute sautéed spinach) and topped with hollandaise; served with a fruit cup.
- GS** **✓ French Toast** (Kcal. 292 | Sodium 460mg | Carbs 12g) 5 | 8
Two slices of Texas toast dipped in milk, egg and sugar, seared and topped with powder sugar and apple compote; served with a fruit cup
- GS** **✓ All American Breakfast *** (Kcal. 702 | Sodium 1600mg | Carbs 73g) 6 | 9
Two eggs cooked any style, choice of protein, choice of toast and served with hash-browns
- ✓ Belgian Waffle** (Kcal. 400 | Sodium 930mg | Carbs 70g) 4.5 | 7.5
House-made waffle served with whipped cream, and fresh berries; served with choice of one side.
- House-cured Bacon Breakfast Sandwich*** (Kcal. 911 | Sodium 765mg | Carbs 89g) 6 | 9
Toasted croissant bun topped with our house-made Canadian bacon, fried green tomato, tomato aioli, cheddar cheese and a medium egg; served with choice of side.
- Italian Sausage Quiche** (Kcal. 738 | Sodium 999mg | Carbs 41g) 6 | 9
Pie crust filled with sautéed Italian sausage, cheddar cheese and egg and baked; served with a garden salad with choice of dressing OR a fruit cup.
- ✓ BYO Crepes** (Kcal. 351 | Sodium 113mg | Carbs 46g) 6 | 9
Two thin pancakes rolled with choice of 3 toppings (no mix and matching crepes): ham, bacon, cheese, spinach, mushroom, strawberries, bananas, or Nutella; served with choice of side
- Lighter Fare**
- ✓ Pancakes** (Kcal. 260 | Sodium 580mg | Carbs 58g) Tall Stack 5 | 8
Buttermilk pancake mix; served with a choice of one side. Short Stack (qty 2) 5 | 8
Tall Stack (qty 3) 6 | 9
- GS** **✓ Oatmeal** (Kcal. 190 | Sodium 8mg | Carbs 4g) Half 4 | 7
Fresh oatmeal served with brown sugar, raisins, walnuts and steamed milk; Full 6 | 9
served with a choice of one side.

PASTA (all pasta comes with choice of one side and garlic bread)

- GS** **✓ Build your own pasta** (nutritional value and pricing depends on selections) Half order: 4 | 7
Full order: 7 | 10
Choose one: spaghetti, penne, or gluten-free pasta
Choose one: pesto, marinara, red meat sauce (\$2 | \$5), alfredo, white-wine butter, carbonara, OR scampi
Chicken 2 | 5 Shrimp 4 | 7 Salmon 9 | 12 Tofu 2 | 5 Chicken Parmesan 3 | 6 Cod 2 | 4

SIDES 1.5 | 3

- | | | |
|--|--------------------------|---------------------|
| sausage or bacon | potato chips | steamed green beans |
| 1 egg (\$.75 2) | steamed mixed vegetables | steamed spinach |
| 2 eggs | steamed broccoli | cup of soup |
| hash-browns | mashed Yukon gold potato | fries |
| fruit cup | steamed peas | sweet potato fries |
| side of toast (sourdough, rye, white, wheat, English muffin) | | coleslaw |

Asterisk * denotes items that can be cooked to your specification. Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

SYREN'S GRILLE

SOUP DU JOUR

cup 1.75 | 3.5 bowl 3 | 6

SALADS (nutritional information based on small salad)

- GS** **Baby Romaine Caesar Salad** (Kcal. 240 | Sodium 185mg | Carbs 18g) Small 2 | 5
romaine lettuce, bacon, croutons, parmesan crisp, cherry tomatoes, Caesar dressing Large 4 | 7
- GS** **Syren's Grille Salad** (Kcal. 220 | Sodium 125 mg | Carbs 39g) Small 3 | 6
mixed greens, apples, strawberries, cranberries, feta, candied walnuts, Large 5 | 8
champagne vinaigrette
- GS** **Greek Salad** (Kcal. 137 | Sodium 466mg | Carbs 16g) Small 2.5 | 5.5
Romaine lettuce, tomatoes, Kalamata olives, cucumbers, red onion, bell peppers, Large 5 | 8
chickpeas, feta or vegan cheese, and served with a lemon-herb dressing.
- GS** **Garden Salad** (Kcal. 188 | Sodium 564 mg | Carbs 7g) Small 2.5 | 4.5
Mixed greens, tomato, carrot, onion, chickpeas, sunflower seeds, croutons and Large 4.5 | 6.5
dressing (ranch, Caesar, thousand island, honey mustard, champagne vinaigrette).
- GS** **Half Sandwich and Salad Combo** 5.5 | 8.5
build your own half sandwich and choice of salad
- Soup and Salad of the Day** 4.5 | 7.5
cup of soup du jour and your choice of salad above

ADD-ONS

Chicken 2 | 5 Shrimp 4 | 7 Salmon 9 | 12 Tofu 2 | 5 Cod 2 | 4

SANDWICHES (Most sandwiches can be made vegetarian and/or gluten free; All sandwiches come with soup, salad or side. Add bacon +1)

- GS** **Syren's Famous Burger*** (Kcal. 1120 | Sodium 1760 mg | Carbs 84g) 7 | 10
beef patty, white cheddar, iceberg lettuce, tomato, onion, and roasted tomato balsamic aioli
on a brioche bun (*substitute a vegetarian patty or chicken breast*)
- Reuben Sandwich** (Kcal: 876 Sodium: 2335mg Carbs: 41g) 7 | 10
Corned beef served on toasted rye bread (or gluten free) with thousand island dressing and sauerkraut;
served with choice of chips or fruit. Add an egg for \$.75.
- Pulled Pork Sandwich** (Kcal: 732 Sodium: 1239mg Carbs: 59g) 7 | 10
Tender pork slow cooked with BBQ sauce, onion, mesquite seasoning on a brioche bun (or gluten free bun)
and topped with BBQ sauce and coleslaw.
- Build Your Own Sandwich** (nutritional based on selection) 5.5 | 8.5
Bread: white, wheat, sourdough or rye Half Sandwich 4 | 7
Condiments: tomato balsamic aioli, mustard, mayonnaise
Meat: turkey breast, black forest ham, bacon, egg salad, tuna salad
Cheese: cheddar and Swiss
Fixings: lettuce, heirloom tomato, sliced onion, pickle

ENTRÉE

- GS** **Filet Mignon*** (Kcal. 475 | sodium 260mg | Carbs 0g) Market Price
Six ounce filet mignon cooked to order and seasoned with salt and pepper;
served with a root vegetable gratin and choice of vegetable.
- Fish and Chips** (Kcal. 750 | sodium 1600mg | Carbs 70g) *Substitute both sides for a small salad* Two Pieces 5 | 8
beer-battered cod served with fries, coleslaw, and tartar sauce Three Pieces 7 | 10
- GS** **King Salmon*** (Kcal. 410 | sodium 570mg | Carbs 2g) Market Price
salmon pan-seared and finished with lemon and served with choice of starch and vegetable.

Asterisk * denotes items that can be cooked to your specification. Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.