

BREAKFAST MENU

BREAKFAST FAVORITES

Steak & Scramble Bowl*

Seasoned sirloin steak, scrambled eggs and roasted grape tomatoes served over hashbrown potatoes and drizzled with Hollandaise sauce. 800 cal. 12.79

The Bissell Breakfast*

Two eggs any style, bacon, toast, hashbrowns or grits, and a short stack of pancakes. 1130-1360 cal. 10.99

Fried Chicken & Waffle

Half a fried chicken and a Belgian waffle, topped with powdered sugar and sweet, strawberry butter. Served with our signature sweet and spicy sauce. 2170 cal. 15.99

Biscuits & Sausage Gravy*

Two buttermilk biscuits topped with our housemade sausage gravy, served with two eggs any style and hashbrowns. 1780 cal. 10.99

GRIDDLE GREATS

Fruity Waffle

Our Belgian waffle topped with blueberries, strawberries, bananas and powdered sugar. 850 cal. 8.99

Cinnamon Roll Pancakes

Two pancakes swirled with cinnamon and sugar, topped with cream cheese icing, candied pecans, and cinnamon butter. 1740 cal. 9.99

LIGHTER FARE

Avocado Toast

Fresh chopped avocado and tomato on eight-grain toast. 480 cal. 8.69
Add two eggs* any style. 160 cal. 2.00

Belgian Waffle

Thick and light, a true Belgian waffle. Topped with powdered sugar. 720 cal. 7.79

Croissant French Toast

Four pieces of a light, buttery croissant, battered and grilled to perfection. Topped with powdered sugar. 1040 cal. 9.99

Oatmeal Breakfast

Served with brown sugar, raisins, and a side of fresh seasonal fruit. 630 cal. 5.69

Metro Pancakes

A short stack of light, fluffy pancakes. 1020 cal. 7.79

EGGS GALORE

Platters

Two or Three Egg Breakfast*

Eggs any style, hashbrowns, toast and choice of meat: bacon, sausage patties, sausage links, turkey sausage or Canadian bacon. 590-1130 cal. 9.39/9.99

Benedicts

Fried Chicken Benedict*

Buttermilk marinated chicken tenders, two poached eggs on a biscuit, topped with creamy Hollandaise and served with a side of hashbrowns. 1020 cal. 11.99

Omelets

Western*

Ham, cheddar cheese, mushrooms, onions, tomatoes and peppers, topped with salsa. Served with toast and choice of hashbrowns or grits. 750-980 cal. 10.99

Eggs, Hashbrowns & Toast*

Two eggs any style, toast and hashbrowns or grits. 430-650 cal. 6.99

Classic Eggs Benedict*

Canadian bacon, two poached eggs on an English muffin, topped with creamy Hollandaise and served with a side of hashbrowns. 690 cal. 11.49

Veggie*

Mushrooms, onions, peppers, cheddar cheese, asparagus and tomatoes. Served with toast and choice of hashbrowns or grits. 710-940 cal. 10.99

Protein Breakfast*

Scrambled eggs and choice of two meats: bacon, sausage patties, sausage links, turkey sausage or Canadian bacon. 560-1030 cal. 9.99

San Francisco Benedict*

Canadian bacon, sliced avocado and tomato, two poached eggs on an English muffin, topped with creamy Hollandaise and served with a side of hashbrowns. 830 cal. 11.99

Meat Lover's*

Bacon, sausage, ham and cheddar cheese. Served with toast and choice of grits or hashbrowns. 980-1210 cal. 10.99

Substitute egg whites for \$1 more.

BURGERS & SANDWICHES

Avocado Breakfast Sandwich*

Scrambled eggs, cheddar cheese, bacon and avocado with lettuce, tomato and mayo on eight-grain toast. 1130 cal. 10.59

Spicy Honey Chicken Biscuit

Fried chicken tender, tossed in a spicy honey sauce on a biscuit. 480 cal. 6.49

Breakfast Burger*

100% Angus burger, cheddar cheese, hashbrowns, lettuce, tomato, bacon, an egg any style and Hollandaise sauce. 1190 cal. 11.99

Bacon, Egg & Cheese Croissant*

Bacon, scrambled eggs and cheddar cheese. 710 cal. 7.79

Served with choice of: Seasoned Fries (290 cal), Homefries (400 cal), Hashbrowns (240 cal), or Honest to Goodness Grits (150 cal).
For \$.50 substitute Fresh Seasonal Fruit (110 cal), House Salad (120 cal), or Caesar Salad (190 cal).
Gluten-free bun/bread available for \$1 more. Gluten Friendly Menu available upon request.

Fish Fry Friday! Our Fish & Chips platter plus your choice of a house or Caesar salad or cup of soup. 12.99
Available every Friday, all day!

SIDES

Hashbrowns 240 cal. 2.99

Homefries 400 cal. 2.99

Honest to Goodness Grits 150 cal. 1.99

Cheesiest Grits 300 cal. 2.69

Toast, English Muffin 120-220 cal. 2.29

Biscuits 600 cal. 2.99

Fresh Seasonal Fruit 110 cal. 3.29

Canadian Bacon 70 cal. 3.29

Turkey Sausage 210 cal. 3.29

Country Sausage 340-400 cal. 3.29

Hickory Smoked Bacon 200 cal. 3.29

Seasoned Fries 290 cal. 2.99

Coleslaw 210 cal. 2.99

House Salad 120 cal. 3.79

Caesar Salad 190 cal. 3.79

Premium Sides

Sausage Gravy 480 cal. 3.69

Biscuits & Sausage Gravy 1310 cal. 6.49

REFRESHING BEVERAGES

\$3.39 COCKTAILS & BEER

Mimosa 180 cal.

Bloody Mary 160 cal.

Bud Light 110 cal.

Stella Artois 150 cal.

Michelob Ultra 92 cal.

WINE & SANGRIA

House Chardonnay 3.49

House Cabernet 3.49

Red Sangria 170 cal. 3.99

White Sangria 170 cal. 3.99

Freshly Ground Coffee 0 cal. 2.99

Flavored Coffee of the Day 0 cal. 3.09

Hot Herbal Tea 0 cal. 2.99

Freshly Brewed Iced Tea 0-120 cal. 2.99

Flavored Iced Tea 0-120 cal. 3.09

Soft Drinks 0-180 cal. 2.99

Fruit Juices 110-280 cal. 2.79 & 3.99

Milk or Chocolate Milk 260/340 cal. 2.99

*Items are cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

LUNCH MENU

LUNCH FAVORITES

Fried Chicken Plate

Half a fried chicken, creamy mashed potatoes with a rich brown gravy, steamed green beans, our signature sweet and spicy sauce, and biscuit. 2190 cal. 15.99

Shepherd's Pie

Seasoned ground beef and pork, carrots, celery and corn in a rich brown sauce, topped with creamy mashed potatoes and mixed cheese. 830 cal. 11.99

Fish & Chips

Wild caught North Atlantic cod fillets, beer battered and fried crispy, with tartar sauce, coleslaw and seasoned fries. 1020 cal. 13.49

Fish Fry Friday! 12.99

Our Fish & Chips platter plus your choice of a house or Caesar salad or cup of soup.
Available every Friday, all day!

Charleston Shrimp & Grits

Two fried grit cakes infused with cheese, roasted red peppers and andouille sausage. Topped with shrimp, sausage, onions and peppers in a shrimp sauce. Garnished with chopped bacon and green onions. 1370 cal. 16.99

Pot Roast

Seasoned and slow cooked with tender carrots, celery and onions in our rich brown gravy over creamy mashed potatoes. 910 cal. 13.99

Chicken Tender Plate

Buttermilk marinated chicken tenders, seasoned, hand-breaded and fried golden brown. Served with coleslaw, seasoned fries and Creole mustard. 1070 cal. 11.59

Fried Chicken & Waffle

Half a fried chicken and a Belgian waffle, topped with powdered sugar and sweet, strawberry butter. Served with our signature sweet and spicy sauce. 2170 cal. 15.99

Iron City Meatloaf

Our famous griddle-seared meatloaf with rich brown gravy, creamy mashed potatoes and steamed green beans. 940 cal. 12.99

Roasted Turkey Plate

Seasoned turkey breast roasted in-house with rich turkey gravy, cornbread stuffing, creamy mashed potatoes, steamed green beans and cranberry sauce. 740 cal. 12.99

Chicken Pot Pie

Tender chicken, carrots, celery and corn in our velvety cream sauce and topped with our original homemade biscuit crust. 990 cal. 11.99

BURGERS & SANDWICHES

Classic Burger*

100% Angus burger, cheddar cheese, lettuce, tomato, and red onions. 710 cal. 10.59

Breakfast Burger*

100% Angus burger, cheddar cheese, hashbrowns, lettuce, tomato, bacon, an egg any style and Hollandaise sauce. 1190 cal. 11.99

Bacon, Mushroom, Swiss Burger*

100% Angus burger, hickory smoked bacon, lettuce, tomato, Swiss cheese and sautéed mushrooms. 920 cal. 10.99

Big Mike's BLT (Double Decker)

Three slices of toast, loaded with bacon, lettuce, tomato and mayo. 910 cal. 9.99

Philly Cheese Steak

Roasted and seasoned beef topped with grilled onions and peppers, melted provolone cheese on a toasted hoagie roll. 1060 cal. 11.79

Spicy Honey Chicken Sandwich

Buttermilk-marinated chicken dipped in our signature spicy honey sauce, topped with tomato. 530 cal. 9.99

Fried Chicken Sandwich

Buttermilk marinated chicken, provolone cheese, bacon, honey mustard, lettuce and tomato on a brioche bun. 880 cal. 10.79

Metro Club

Ham, turkey, bacon, Swiss, cheddar, lettuce, tomato and mayo on three slices of white toast. 1210 cal. 11.99

Chicken Salad Croissant

Roasted chicken, chopped pecans, grapes, celery and mayo served on a flaky croissant with lettuce and sliced tomato. 610 cal. 9.99

Grilled 3 Cheese

Cheddar, Swiss and provolone on grilled white bread. 560 cal. 7.49
Add ham & tomato 230 cal. 2.00
Add bacon & tomato 130 cal. 2.00

Served with choice of: Seasoned Fries (290 cal), Steamed Green Beans (120 cal), Steamed Broccoli (190 cal), Mashed Potatoes (250 cal), Coleslaw (210 cal). For \$.50 substitute Fresh Seasonal Fruit (110 cal), House Salad (120 cal), Caesar Salad (190 cal), or Mac & Cheese (300 cal).
Gluten-free bun/bread available for \$1 more. Gluten Friendly Menu available upon request.

SALADS & SOUPS

Chicken Tender Salad

Buttermilk marinated chicken tenders over greens, cucumbers, tomatoes, shredded carrots, radishes, red onions and tortilla crunch tossed in our honey mustard dressing. 800 cal. 11.99

Caesar Salad

Classic Caesar salad with croutons and creamy Caesar dressing. 380 cal. 7.49

House Salad

Mixed greens, cucumbers, tomatoes, shredded carrots, radishes, red onions and tortilla crunch tossed in our honey mustard dressing. 240 cal. 7.49

1/2 Sandwich & Soup

Turkey & Swiss, Ham & Cheddar or Chicken Salad. Served with a cup of soup. 230-270 cal. + soup 8.49

Soup of the Day

Check the Blackboard for our daily offerings. Cup 3.49 Bowl 5.49

Chicken Noodle Soup

Classic soup with chicken, celery, carrots, and onions. 90/180 cal. Cup 3.49 Bowl 5.49

BREAKFAST FOR LUNCH

Steak & Scramble Bowl*

Seasoned sirloin steak, scrambled eggs and roasted grape tomatoes served over hashbrown potatoes and drizzled with Hollandaise sauce. 800 cal. 12.79

Two or Three Egg Breakfast*

Eggs any style, hashbrowns, toast and choice of meat: bacon, sausage patties, sausage links, turkey sausage or Canadian bacon. 590-1130 cal. 9.39/9.99

Belgian Waffle

Thick and light, a true Belgian waffle. Topped with powdered sugar. 720 cal. 7.79

Avocado Toast LIGHTER FARE

Fresh chopped avocado and tomato on eight-grain toast. 480 cal. 8.69
Add two eggs* any style. 160 cal. 2.00

Western Omelet*

Ham, cheddar cheese, mushrooms, onions, tomatoes and peppers, topped with salsa. Served with toast and choice of hashbrowns or grits. 710-940 cal. 10.99

Meat Lover's Omelet*

Bacon, sausage, ham and cheddar cheese. Served with toast and choice of hashbrowns or grits. 980-1210 cal. 10.99

Veggie Omelet*

Mushrooms, onions, peppers, cheddar cheese, asparagus and tomatoes. Served with toast and choice of hashbrowns or grits. 710-940 cal. 10.99

Fried Chicken & Waffle

Half a fried chicken and a Belgian waffle, topped with powdered sugar and sweet, strawberry butter. Served with our signature sweet and spicy sauce. 2170 cal. 15.99

Biscuits & Sausage Gravy*

Two buttermilk biscuits topped with our housemade sausage gravy, served with two eggs any style and hashbrowns. 1780 cal. 10.99

The Bissell Breakfast*

Two eggs any style, bacon, toast, hashbrowns or grits, and a short stack of pancakes. 1130-1360 cal. 10.99

Substitute egg whites for \$1 more.

SIDES

Steamed Green Beans 120 cal. 2.99
Steamed Broccoli 190 cal. 2.99
Seasoned Fries 290 cal. 2.99
Mashed Potatoes & Gravy 250 cal. 2.99
Coleslaw 210 cal. 2.99
House Salad 120 cal. 3.79
Caesar Salad 190 cal. 3.79

Mac & Cheese 300 cal. 3.29
Fresh Seasonal Fruit 110 cal. 3.29
Hashbrowns 240 cal. 2.99
Homefries 400 cal. 2.99
Honest to Goodness Grits 150 cal. 1.99
Cheesiest Grits 300 cal. 2.69
Toast, English Muffin 120-220 cal. 2.29

Biscuits 600 cal. 2.99
Hickory Smoked Bacon 200 cal. 3.29
Canadian Bacon 70 cal. 3.29
Turkey Sausage 210 cal. 3.29
Country Sausage 340-400 cal. 3.29

REFRESHING BEVERAGES



\$3.39 COCKTAILS & BEER

Mimosa 180 cal.
Bloody Mary 160 cal.
Bud Light 110 cal.
Stella Artois 150 cal.
Michelob Ultra 92 cal.

WINE & SANGRIA

House Chardonnay 3.49
House Cabernet 3.49
Red Sangria 170 cal. 3.99
White Sangria 170 cal. 3.99

Freshly Ground Coffee 0 cal. 2.99
Flavored Coffee of the Day 0 cal. 3.09
Hot Herbal Tea 0 cal. 2.99
Freshly Brewed Iced Tea 0-120 cal. 2.99
Flavored Iced Tea 0-120 cal. 3.09
Soft Drinks 0-180 cal. 2.99
Fruit Juices 110-280 cal. 2.79 & 3.99
Milk or Chocolate Milk 260/340 cal. 2.99

DINNER MENU

STARTERS

Boneless Wings

Crispy, buttermilk marinated boneless wings tossed in your choice of buffalo, spicy honey, or teriyaki spicy honey with celery sticks and ranch or blue cheese. 470-600 cal. 10.99

Cheese Fries

Crispy seasoned French fries topped with mixed cheeses, bacon, and fried jalapeños with ranch. 1140 cal. 6.99

DINNER FAVORITES

Chicken Pot Pie

Tender chicken, carrots, celery and corn in our velvety cream sauce and topped with our original homemade biscuit crust. 990 cal. 11.99

Chicken Tender Plate

Buttermilk marinated chicken tenders, seasoned, hand-breaded and fried golden brown. Served with coleslaw, seasoned fries and Creole mustard. 1070 cal. 11.59

Fish & Chips

Wild caught North Atlantic cod fillets, beer battered and fried crispy, with tartar sauce, coleslaw and seasoned fries. 1020 cal. 13.49

Fish Fry Friday! 12.99

Our Fish & Chips platter plus your choice of a house or Caesar salad or cup of soup. **Available every Friday, all day!**

Charleston Shrimp & Grits

Two fried grit cakes infused with cheese, roasted red peppers and andouille sausage. Topped with shrimp, sausage, onions and peppers in a shrimp sauce. Garnished with chopped bacon and green onions. 1370 cal. 16.99

Pot Roast

Seasoned and slow cooked with tender carrots, celery and onions in our rich brown gravy over creamy mashed potatoes. 910 cal. 13.99

Shepherd's Pie

Seasoned ground beef and pork, carrots, celery and corn in a rich brown sauce, topped with creamy mashed potatoes and mixed cheese. 830 cal. 11.99

Roasted Turkey Plate

Seasoned turkey breast roasted in-house with rich turkey gravy, cornbread stuffing, creamy mashed potatoes, steamed green beans and cranberry sauce. 940 cal. 12.99

Fried Chicken & Waffle

Half a fried chicken and a Belgian waffle, topped with powdered sugar and sweet strawberry butter. Served with our signature sweet and spicy sauce. 2170 cal. 15.99

Iron City Meatloaf

Our famous griddle-seared meatloaf with rich brown gravy, creamy mashed potatoes and steamed green beans. 940 cal. 12.99

Fried Chicken Plate

Half a fried chicken, creamy mashed potatoes with a rich brown gravy, steamed green beans, our signature sweet and spicy sauce, and biscuit. 2190 cal. 15.99

Steak Tips*

Seasoned and seared sirloin tips in our mushroom gravy with creamy mashed potatoes and steamed green beans. 700 cal. 13.99

BURGERS & SANDWICHES

Classic Burger*

100% Angus burger, cheddar cheese, lettuce, tomato, and red onions. 710 cal. 10.59

Breakfast Burger*

100% Angus burger, cheddar cheese, hashbrowns, lettuce, tomato, bacon, an egg any style and Hollandaise sauce. 1190 cal. 11.99

Bacon, Mushroom, Swiss Burger*

100% Angus burger, hickory smoked bacon, lettuce, tomato, Swiss cheese and sautéed mushrooms. 920 cal. 10.99

Philly Cheese Steak

Roasted and seasoned beef topped with grilled onions and peppers, melted provolone cheese on a toasted hoagie roll. 1060 cal. 11.79

Big Mike's BLT (Double Decker)

Three slices of toast, loaded with bacon, lettuce, tomato and mayo. 910 cal. 9.99

Fried Chicken Sandwich

Buttermilk marinated chicken, bacon, provolone cheese, honey mustard, lettuce and tomato on a brioche bun. 880 cal. 10.79

Metro Club

Ham, turkey, bacon, Swiss, cheddar, lettuce, tomato and mayo on three slices of white toast. 1210 cal. 11.99

Grilled 3 Cheese

Cheddar, Swiss and provolone on grilled white bread. 560 cal. 7.49
Add ham & tomato 230 cal. 2.00
Add bacon & tomato 130 cal. 2.00

Spicy Honey Chicken Sandwich

Buttermilk-marinated chicken dipped in our signature spicy honey sauce, topped with tomato. 530 cal. 9.99

Served with choice of: Seasoned Fries (290 cal), Steamed Green Beans (120 cal), Steamed Broccoli (190 cal), Creamy Mashed Potatoes (250 cal), or Coleslaw (210 cal). For \$.50 substitute Fresh Seasonal Fruit (110 cal), House Salad (120 cal), Caesar Salad (190 cal), or Mac & Cheese (300 cal).

Gluten-free bun/bread available for \$1 more. Gluten Friendly Menu available upon request.

SALADS & SOUPS

Chicken Tender Salad

Buttermilk marinated chicken tenders over greens, cucumbers, tomatoes, shredded carrots, radishes, red onions and tortilla crunch tossed in our honey mustard dressing. 800 cal. 11.99

House Salad

Mixed greens, cucumbers, tomatoes, shredded carrots, radishes, red onions and tortilla crunch tossed in our honey mustard dressing. 240 cal. 7.49

Caesar Salad

Classic Caesar salad with croutons and creamy Caesar dressing. 380 cal. 7.49

Soup of the Day

Check the Blackboard for our daily offerings. Cup 3.49 Bowl 5.49

Chicken Noodle Soup

Classic soup with chicken, celery, carrots, and onions. 90/180 cal. Cup 3.49 Bowl 5.49

BREAKFAST FOR DINNER

Steak & Scramble Bowl*

Seasoned sirloin steak, scrambled eggs and roasted grape tomatoes served over hashbrown potatoes and drizzled with Hollandaise sauce. 800 cal. 12.79

Belgian Waffle

Thick and light, a true Belgian waffle. Topped with powdered sugar. 720 cal. 7.79

Two or Three Egg Breakfast*

Eggs any style, hashbrowns, toast and choice of meat: bacon, sausage patties, sausage links, turkey sausage or Canadian bacon. 590-1130 cal. 9.39/9.99

Western Omelet*

Ham, cheddar cheese, mushrooms, onions, tomatoes and peppers, topped with salsa. Served with toast and choice of hashbrowns or grits. 750-980 cal. 10.99

Veggie Omelet*

Mushrooms, onions, peppers, cheddar cheese, asparagus and tomatoes. Served with toast and choice of hashbrowns or grits. 710-940 cal. 10.99

Meat Lover's Omelet*

Bacon, sausage, ham and cheddar cheese. Served with toast and choice of hashbrowns or grits. 980-1210 cal. 10.99

Fried Chicken & Waffle

Half a fried chicken and a Belgian waffle, topped with powdered sugar and sweet, strawberry butter. Served with our signature sweet and spicy sauce. 2170 cal. 15.99

The Bissell Breakfast*

Two eggs any style, bacon, toast, hashbrowns or grits, and a short stack of pancakes. 1130-1360 cal. 10.99

Substitute egg whites for \$1 more.

SIDES

Steamed Green Beans 120 cal. 2.99
Steamed Broccoli 190 cal. 2.99
Seasoned Fries 290 cal. 2.99
Mashed Potatoes & Gravy 250 cal. 2.99
Coleslaw 210 cal. 2.99
House Salad 120 cal. 3.79
Caesar Salad 190 cal. 3.79

Mac & Cheese 300 cal. 3.29
Fresh Seasonal Fruit 110 cal. 3.29
Hashbrowns 240 cal. 2.99
Homefries 400 cal. 2.99
Honest to Goodness Grits 150 cal. 1.99
Cheesiest Grits 300 cal. 2.69
Toast, English Muffin 120-220 cal. 2.29

Biscuits 600 cal. 2.99
Hickory Smoked Bacon 200 cal. 3.29
Canadian Bacon 70 cal. 3.29
Turkey Sausage 210 cal. 3.29
Country Sausage 340-400 cal. 3.29

REFRESHING BEVERAGES



\$3.39 COCKTAILS & BEER

Mimosa 180 cal.
Bloody Mary 160 cal.

Bud Light 110 cal.
Stella Artois 150 cal.
Michelob Ultra 92 cal.

WINE & SANGRIA

House Chardonnay 3.49
House Cabernet 3.49
Red Sangria 170 cal. 3.99
White Sangria 170 cal. 3.99

Freshly Ground Coffee 0 cal. 2.99
Flavored Coffee of the Day 0 cal. 3.09
Hot Herbal Tea 0 cal. 2.99
Freshly Brewed Iced Tea 0-120 cal. 2.99
Flavored Iced Tea 0-120 cal. 3.09
Soft Drinks 0-180 cal. 2.99
Fruit Juices 110-280 cal. 2.79 & 3.99
Milk or Chocolate Milk 260/340 cal. 2.99

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BRUNCH MENU

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GRIDDLE GREATS

Fruity Waffle

Our Belgian waffle topped with blueberries, strawberries, bananas and powdered sugar. 850 cal. 8.99

Cinnamon Roll Pancakes

Two pancakes swirled with cinnamon and sugar, topped with cream cheese icing, candied pecans, and cinnamon butter. 1740 cal. 9.99

LIGHTER FARE

Avocado Toast

Fresh chopped avocado and tomato on eight-grain toast. 480 cal. 8.69
Add two eggs* any style. 160 cal. 2.00

Belgian Waffle

Thick and light, a true Belgian waffle. Topped with powdered sugar. 720 cal. 7.79

Croissant French Toast

Four pieces of a light, buttery croissant, battered and grilled to perfection. Topped with powdered sugar. 1040 cal. 9.99

Oatmeal Breakfast

Served with brown sugar, raisins, and a side of fresh seasonal fruit. 630 cal. 5.69

Metro Pancakes

A short stack of light, fluffy pancakes. 1020 cal. 7.79

EGGS GALORE

Platters

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Benedicts

Fried Chicken Benedict*

Buttermilk marinated chicken tenders, two poached eggs on a biscuit, topped with creamy Hollandaise and served with a side of hashbrowns. 1020 cal. 11.99

Omelets

Western*

Ham, cheddar cheese, mushrooms, onions, tomatoes and peppers, topped with salsa. Served with toast and choice of hashbrowns or grits. 750-980 cal. 10.99

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Classic Eggs Benedict*

Canadian bacon, two poached eggs on an English muffin, topped with creamy Hollandaise and served with a side of hashbrowns. 690 cal. 11.49

Veggie*

Mushrooms, onions, peppers, cheddar cheese, asparagus and tomatoes. Served with toast and choice of hashbrowns or grits. 710-940 cal. 10.99

Protein Breakfast*

Scrambled eggs and choice of two meats: bacon, sausage patties, sausage links, turkey sausage or Canadian bacon. 560-1030 cal. 9.99

San Francisco Benedict*

Canadian bacon, sliced avocado and tomato, two poached eggs on an English muffin, topped with creamy Hollandaise and served with a side of hashbrowns. 830 cal. 11.99

Meat Lover's*

Bacon, sausage, ham and cheddar cheese. Served with toast and choice of hashbrowns or grits. 980-1210 cal. 10.99

Substitute egg whites for \$1 more.

SIDES

Hashbrowns 240 cal. 2.99
Homefries 400 cal. 2.99
Honest to Goodness Grits 150 cal. 1.99
Cheesiest Grits 300 cal. 2.69
Canadian Bacon 70 cal. 3.29
Turkey Sausage 210 cal. 3.29
Country Sausage 340-400 cal. 3.29
Hickory Smoked Bacon 200 cal. 3.29
Fresh Seasonal Fruit 110 cal. 3.29

Biscuits 600 cal. 2.99
Toast, English Muffin 120-220 cal. 2.29
Steamed Green Beans 120 cal. 2.99
Steamed Broccoli 190 cal. 2.99
Seasoned Fries 290 cal. 2.99
Mashed Potatoes & Gravy 250 cal. 2.99
Coleslaw 210 cal. 2.99
Mac & Cheese 300 cal. 3.29

House Salad 120 cal. 3.79
Caesar Salad 190 cal. 3.79

Premium Sides

Sausage Gravy 480 cal. 3.69
Biscuits & Sausage Gravy 1310 cal. 6.49

LUNCH FAVORITES

Chicken Pot Pie

Tender chicken, carrots, celery and corn in our velvety cream sauce and topped with our original homemade biscuit crust. 990 cal. 11.99

Fish & Chips

Wild caught North Atlantic cod fillets, beer battered and fried crispy, with tartar sauce, coleslaw and seasoned fries. 1020 cal. 13.49

Fish Fry Friday! 12.99

Our Fish & Chips platter plus your choice of a house or Caesar salad or cup of soup. **Available every Friday, all day!**

Chicken Tender Plate

Buttermilk marinated chicken tenders, seasoned, hand-breaded and fried golden brown. Served with coleslaw, seasoned fries and Creole mustard. 1070 cal. 11.59

Charleston Shrimp & Grits

Two fried grit cakes infused with cheese, roasted red peppers and andouille sausage. Topped with shrimp, sausage, onions and peppers in a shrimp sauce. Garnished with chopped bacon and green onions. 1370 cal. 16.99

Fried Chicken Plate

Half a fried chicken, creamy mashed potatoes with a rich brown gravy, steamed green beans, our signature sweet and spicy sauce, and biscuit. 2190 cal. 15.99

Iron City Meatloaf

Our famous griddle-seared meatloaf with rich brown gravy, creamy mashed potatoes and steamed green beans. 940 cal. 12.99

SALADS & SOUPS

Chicken Tender Salad

Buttermilk marinated chicken tenders over greens, cucumbers, tomatoes, shredded carrots, radishes, red onions and tortilla crunch tossed in our honey mustard dressing. 800 cal. 11.99

Soup of the Day

Check the Blackboard for our daily offerings. Cup 3.49 Bowl 5.49

Chicken Noodle Soup

Classic soup with chicken, celery, carrots, and onions. 90/180 cal. Cup 3.49 Bowl 5.49

BURGERS & SANDWICHES

Classic Burger*

100% Angus burger, cheddar cheese, lettuce, tomato, and red onions. 710 cal. 10.59

Breakfast Burger*

100% Angus burger, cheddar cheese, hashbrowns, lettuce, tomato, bacon, an egg any style and Hollandaise sauce. 1190 cal. 11.99

Bacon, Mushroom, Swiss Burger*

100% Angus burger, hickory smoked bacon, lettuce, tomato, Swiss cheese and sautéed mushrooms. 920 cal. 10.99

Grilled 3 Cheese

Cheddar, Swiss and provolone on grilled white bread. 560 cal. 7.49
Add ham & tomato 230 cal. 2.00
Add bacon & tomato 130 cal. 2.00

Philly Cheese Steak

Roasted and seasoned beef topped with grilled onions and peppers, melted provolone cheese on a toasted hoagie roll. 1060 cal. 11.79

Avocado Breakfast Sandwich*

Scrambled eggs, cheddar cheese, bacon and avocado with lettuce, tomato and mayo on eight-grain toast. 1130 cal. 10.59

Spicy Honey Chicken Biscuit

Fried chicken tender, tossed in a spicy honey sauce on a biscuit. 480 cal. 6.49

Bacon, Egg & Cheese Croissant*

Bacon, scrambled eggs and cheddar cheese. 710 cal. 7.79

Fried Chicken Sandwich

Buttermilk marinated chicken, bacon, provolone cheese, honey mustard, lettuce and tomato on a brioche bun. 880 cal. 10.79

Metro Club

Ham, turkey, bacon, Swiss, cheddar, lettuce, tomato and mayo on three slices of white toast. 1210 cal. 11.99

Chicken Salad Croissant

Roasted chicken, chopped pecans, grapes, celery and mayo served on a flaky croissant with lettuce and sliced tomato. 610 cal. 9.99

Big Mike's BLT (Double Decker)

Three slices of toast, loaded with bacon, lettuce, tomato and mayo. 910 cal. 9.99

Spicy Honey Chicken Sandwich

Buttermilk-marinated chicken dipped in our signature spicy honey sauce, topped with tomato. 530 cal. 9.99

Served with choice of: Seasoned Fries (290 cal), Steamed Green Beans (120 cal), Steamed Broccoli (190 cal), Mashed Potatoes (250 cal), Coleslaw (210 cal), Homefries (400 cal), Hashbrowns (240 cal), or Honest to Goodness Grits (150 cal). For \$.50 substitute Fresh Seasonal Fruit (110 cal), House Salad (120 cal), Caesar Salad (190 cal), or Mac & Cheese (300 cal). *Gluten-free bun/bread available for \$1 more. Gluten Friendly Menu available upon request.*

REFRESHING BEVERAGES



\$3.39 COCKTAILS & BEER

Mimosa 180 cal.
Bloody Mary 160 cal.

Bud Light 110 cal.
Stella Artois 150 cal.
Michelob Ultra 92 cal.

WINE & SANGRIA

House Chardonnay 3.49
House Cabernet 3.49
Red Sangria 170 cal. 3.99
White Sangria 170 cal. 3.99

Freshly Ground Coffee 0 cal. 2.99
Flavored Coffee of the Day 0 cal. 3.09
Hot Herbal Tea 0 cal. 2.99
Freshly Brewed Iced Tea 0-120 cal. 2.99
Flavored Iced Tea 0-120 cal. 3.09
Soft Drinks 0-180 cal. 2.99
Fruit Juices 110-280 cal. 2.79 & 3.99
Milk or Chocolate Milk 260/340 cal. 2.99