

# Breakfast Menu

## *Giant Cinnamon Rolls*

Giant cinnamon rolls made the healthy way with whole grain flour, splenda, honey and fresh ground cinnamon. Topped with our delicious reduced fat and sugarfree caramel pecan sauce.



## *Fresh Healthful Muffins*

Your choice of 8 giant wild blueberry or 8 giant apple-cranberry muffins made with fresh fruit, wholegrain flour, splenda and reduced-fat buttermilk.

## *Blueberry Pancakes*

Yummy homemade blueberry pancakes made with wholegrain flour and lowfat buttermilk. Comes with reduced fat whipped butter and a delicious sugarfree blueberry syrup.

## *French Toast*

Scrumptious thick-sliced wholegrain bread dipped in egg beaters and grilled to French toast perfection. Comes with reduced-fat whipped butter and a tasty sugarfree maple syrup.

## *Turkey Breakfast Sausage*

My signature turkey breakfast sausage made with lowfat ground turkey, fresh herbs and a secret assortment of spices. Delicious!

## *Belgian Waffles*

Delicious Belgian-style waffles made with wholegrain flour and lowfat buttermilk. Served with reduced fat whipped butter and our tasty sugarfree maple syrup. Served with our signature turkey breakfast sausage, reduced-fat whipped butter, and a tasty sugarfree maple syrup.



## *Breakfast Pizza*

A personal sized pizza with some of your favorite breakfast food ingredients including egg beaters, lowfat cheeses, tomatoes, bell pepper, organic mushrooms, spinach and turkey sausage.

## *Classic Breakfast Burrito*

A giant wholegrain flour tortilla filled with eggs (egg beaters), lowfat cheeses, organic mushrooms, bell pepper, turkey sausage, spinach & herb roasted potatoes.

## *Huevos Rancheros Burrito*

A giant wholegrain corn tortilla filled with eggs (egg beaters) lowfat cheeses, a chili tomato sauce, refried beans, spanish rice, and poblano peppers. Includes our homemade pico de gallo salsa.

## *Southern Style Biscuits and Gravy*

A generous portion of buttermilk biscuits made with wholegrain flour, covered in thick country-style gravy made with real bits of turkey sausage.

FOR MORE INFORMATION CONTACT:

[WWW.MARKSDELICIOUSADVENTURES.COM](http://WWW.MARKSDELICIOUSADVENTURES.COM)

