

THE WATERS

BREAKFAST

Waffle **V G E D**

Malted waffle, whipped butter and maple syrup **\$6.00**

Calories 662, Carb 93g, Protein 11g, Sodium 819mg



1/2 Waffle **\$4.00**

Calories 331, Carb 46g, Protein 5g, Sodium 409mg

Add pear & cranberry chutney and whipped cream to your waffle **\$2.00 E D G**

Calories 192, Carb 39g, Protein 1g, Sodium 108mg

Buttermilk Pancakes **V G E D**

Malted pancakes, whipped butter and maple syrup. 3 cake full-stack **\$7.50**

Calories 387, Carb 75g, Protein 7g, Sodium 813mg



2 cake half-stack **\$5.00**

Calories 167, Carb 33g, Protein 4g, Sodium 492mg

Add pear & cranberry chutney and whipped cream to your pancakes **\$2.00 E D G**

Calories 192, Carb 39g, Protein 1g, Sodium 108mg

Breakfast Flatbread **E D G**

Crisp flatbread topped with sausage gravy, scrambled eggs, shredded cheese and chopped bacon. Served with a side of fruit. **\$7.50**

Calories 435, Carb 26g, Protein 25g, Sodium 1479mg

Farmer's Breakfast **GS E**

Two free-range eggs cooked your way with toast, hash browns and choice of bacon or sausage **\$8.50**

Calories 434, Carb 25g, Protein 31g, Sodium 728mg



Omelet **GS E D**

Two free-range egg omelet created your way with local cheddar cheese hashbrowns and toast. Choice of 3 items: tomato, spinach, onions, bell peppers, mushrooms, ham, bacon, turkey or sausage **\$9.50**

Calories 574, Carb 30g, Protein 38, Sodium 532mg



French Toast **V GS E D**

Thick cut white bread, whipped egg, vanilla and cinnamon, served with whipped butter and maple syrup **\$7.50**

Calories 383, Carb 66g, Protein 14g, Sodium 495mg

Add pear & cranberry chutney and whipped cream to your French toast **\$2.00 E D G**

Calories 192, Carb 39g, Protein 1g, Sodium 108mg

Corned Beef Hash and Eggs **GS E**

House-braised corned beef, sautéed peppers, onions and potatoes topped with two eggs cooked your way and served with toast **\$9.50**

Calories 376, Carb 27g, Protein 24g, Sodium 676mg

Biscuits and Gravy **D G**

Two house-baked biscuits smothered in savory sausage gravy, served with a side of fruit **\$7.50**

Calories 763, Carb 103g, Protein 21g, Sodium 1616mg

1 Biscuit half-order **\$4.50**

Calories 402, Carb 45g, Protein 11g, Sodium 813mg



Oatmeal **D** **V**

Old Fashioned oatmeal with dried cranberries, brown sugar and milk **\$5.50**

Calories 189, Carb 34g, Protein 7g, Sodium 11mg



Rise N Shine **GS** **E** **D**

One free-range egg created your way with a slice of toast **\$4.00**

Calories 86, Carb 4g, Protein 8g, Sodium 86mg



FIT Egg & Cheese Sandwich **E** **D**

Egg made your way with local cheddar cheese on an English muffin and served with a side of fresh fruit **\$6.50**

Calories 325, Carb 35g, Protein 12g, Sodium 466mg

BREAKFAST SIDES

Two Eggs \$3.00 **E** **D**

Calories 143, Carb 1g, Protein 13g, Sodium 142mg

Bacon \$3.00

Three slices of applewood smoked bacon

Calories 170, Carb 1g, Protein 13g, Sodium 611mg

Sausage \$3.00

Calories 184, Carb 1g, Protein 11g, Sodium 462mg

Hash Browns \$3.00 **V** **D**

Calories 114, Carb 16g, Protein 2g, Sodium 19mg

Toast or English Muffin \$2.00 **GS**

House Baked Croissant \$3.00

Calories 311, Carb 35g, Protein 6g, Sodium 358mg

Cold Cereal and Milk \$4.50 **D** **V**

Seasonal Fresh Fruit \$3.00 **V**

Yogurt Parfait \$5.50 **D** **V**

Calories 192, Carb 32g, Protein 7g, Sodium 79mg

SOUP OF THE DAY

Cup \$3.00

Bowl \$4.00

LUNCH SIDES

French Fries \$3.00

Onion Rings \$4.00

Waters Bistro Chips \$2.00

Seasonal Fresh Fruit \$3.00

Seasonal Vegetable Blend \$2.00

BEVERAGES

Milk \$1.50

Juice \$1.50

Lemonade \$2.25

Ice Tea \$1.75

Soda \$1.35

Coffee \$2.25

Hot Tea \$1.75

Sparkling Water \$2.25

DESSERTS

Chef's Cake \$5.00

Chef's Pie \$5.00

Ice Cream Sundae \$3.00

Vanilla

Chocolate

Sherbet

Flavor of the Week

SANDWICHES

*Served with Waters bistro chips or cup of fresh fruit
Substitute french fries \$1.00 or onion rings \$2.00*

Reuben

Beer-braised corned beef, Swiss cheese, sauerkraut, house-made 1000 Island dressing on grilled marble rye **\$8.50**

Calories 1034, Carb 65g, Protein 35g, Sodium 2491mg

Grown-up Grilled Cheese

Local cheddar cheese, applewood smoked bacon and locally grown tomato on grilled Texas toast **\$7.50**

Calories 969, Carb 73g, Protein 30g, Sodium 2277mg

Soup and 1/2 Sandwich

Cup of soup with a 1/2 sandwich
Choice of grilled cheese or BLT **\$7.00**

Classic Croissant Sandwich

Chicken or tuna salad on a house-baked croissant, bibb lettuce and local tomato **\$7.50**

Calories 710, Carb 61g, Protein 37g, Sodium 769mg

Turkey, Cheddar and Apple Ciabatta

Roasted turkey, cheddar, local apple slices and cranberry mayo on a toasted multigrain ciabatta roll **\$8.50**

Calories 617, Carb 76g, Protein 36g, Sodium 1534mg

BLT

Applewood bacon, bibb lettuce, local tomato, maple-bacon mayo on choice white or whole grain toast **\$6.50**

Calories 363, Carb 34g, Protein 14g, Sodium 1031mg

Waters Burger

Choice of ground beef patty, turkey wild rice patty or veggie patty with locally grown tomato and bibb lettuce on a grilled brioche bun **\$9.00**



Beef Patty

Calories 649, Carb 41g, Protein 47g, Sodium 436mg



Turkey Wild Rice Patty

Calories 474, Carb 50g, Protein 39g, Sodium 412mg

Veggie Patty

Calories 395, Carb 61g, Protein 17g, Sodium 958mg

Add Mushrooms 50¢

Calories 31, Carb 1g, Protein 1g, Sodium 61mg

Add Onions 50¢ Raw, grilled or caramelized

Calories 126, Carb 17g, Protein 1g, Sodium 9mg

Add Cheese 50¢ Local cheddar, Swiss or bleu

Calories 94, Carb 2g, Protein 5g, Sodium 364mg

Add Bacon \$2.00 Two slices

Calories 113, Carb 1g, Protein 8g, Sodium 407mg

Patty Melt

Choice of ground beef patty, turkey wild rice patty or veggie patty, sautéed onions, Swiss and American cheese on grilled marble rye **\$8.50**



Beef Patty

Calories 649, Carb 41g, Protein 47g, Sodium 436mg




Turkey Wild Rice Patty


Calories 474, Carb 50g, Protein 39g, Sodium 412mg

Veggie Patty

Calories 395, Carb 61g, Protein 17g, Sodium 958mg

SALADS


 **Waters Harvest Salad** **D N G**
Roasted butternut squash, candied pecans, grilled chicken, feta cheese, dried cranberries and barley top mixed greens and served with cranberry vinaigrette **\$10.00**
Calories 430*, Carb 35g, Protein 27g, Sodium 243mg

 **Caesar Salad** **V D G**
Chopped romaine lettuce, shredded Parmesan cheese, house-baked croutons, with creamy Caesar dressing **\$7.00**
Calories 123*, Carb 7g, Protein 5g, Sodium 403mg


Add grilled chicken **\$3.00**
Calories 234, Carb 0g, Protein 44g, Sodium 105mg


Add shrimp **\$6.00**
Calories 302, Carb 5g, Protein 33g, Sodium 542mg

Cobb Salad **E D**
Mixed greens, grilled chicken, locally grown tomato, English cucumber, chopped egg, local bleu cheese and applewood smoked bacon with your choice of dressing **\$10.00**
Calories 433*, Carb 11g, Protein 40g, Sodium 753mg

 **Fruit & Nut Salad** **V D N**
Mixed greens, red onion, candied pecans, dried cranberries, local bleu cheese, local apples and pears with a balsamic vinaigrette **\$7.00**
Calories 162*, Carb 10g, Protein 5g, Sodium 102mg


Add grilled chicken **\$3.00**
Calories 234, Carb 0g, Protein 44g, Sodium 105mg

 **House Side Salad** **\$3.50** **V**
Calories 90*, Carb 9g, Protein 2g, Sodium 214mg


 **Caesar Side Salad** **\$3.50** **V D G**
Calories 82*, Carb 8g, Protein 4g, Sodium 380mg

SMALL PLATES

Add a side salad \$3.50
Add fresh fruit or cup of soup \$3.00

 **Forest Mushroom & Herb Flatbread** **D G**
Sautéed mushrooms, mozzarella and parmesan cheeses, drizzled with balsamic vinegar and truffle oil **\$6.50**
Calories 266, Carb 21g, Protein 17g, Sodium 465mg

Margarita Flatbread **V G D**
Basil pesto, locally grown tomatoes topped with mozzarella cheese and a balsamic reduction **\$6.50**
Calories 293, Carb 28g, Protein 9g, Sodium 661mg

 **Grilled Shrimp Cocktail**
Chilled grilled shrimp served with cocktail sauce and fresh lemon **\$5.50**
Calories 256, Carb 17g, Protein 23g, Sodium 178mg

* Salad dressing nutritional values are not included