

# 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 sweet orange chutney and whipped cream to your waffle **\$2.00 E D G**

Calories 301, Carb 69g, Protein 6g, Sodium 199mg

### 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 sweet orange chutney and whipped cream to your pancakes **\$2.00 E D G**

Calories 301, Carb 69g, Protein 6g, Sodium 199mg

### 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, hashbrowns 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 sweet orange chutney and whipped cream to your French toast **\$2.00 E D G**

Calories 301, Carb 69g, Protein 6g, Sodium 199mg

### 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

### Hashbrowns \$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

Balsamic Glazed Brussel Sprouts with candied pecans \$3.00

## BEVERAGES

Milk \$1.50

Juice \$1.50

Lemonade \$2.25

Ice Tea \$1.75

Soda \$1.35

Coffee \$2.25

Hot Tea \$1.75

## 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

## Monte Cristo

Shaved ham, turkey, Swiss and cheddar cheeses, grilled between French toast and served with creamy apricot dipping sauce **\$8.50**

Calories 419, Carb 37g, Protein 22g, Sodium 1392mg

## BLT

Applewood bacon, bibb lettuce, local tomato, maple-bacon mayo on choice of 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

## Bourbon BBQ Burger

Hand-pattied beef burger topped with cheddar cheese, bourbon BBQ sauce and balsamic onion jam on a toasted brioche bun **\$9.50**

Calories 761, Carb 33g, Protein 47g, Sodium 638mg

## 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**

See Waters Burger above for nutritional information

## SALADS



### Roasted Beet Salad **D**

Roasted duo of golden and crimson beets, arugula, pumpkin seeds, goat cheese and cantaloupe served with lemon-thyme vinaigrette **\$10.00**

Calories 231, Carb 7g, Protein 8g, Sodium 410mg



### 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

### Bourbon BBQ Chicken Skewers **G N**

Bacon-beer battered chicken breast strips served with bourbon BBQ sauce and candied pecans **\$5.50**

Calories 532, Carb 43g, Protein 48g, Sodium 637mg

\* Salad dressing nutritional values are not included