

# Breakfast

Served from 7 am to 2:30 pm Monday-Saturday, 8 am to 3:00 pm Sundays

## Features

### Fried Green Tomatoes

Fried green tomatoes served with warm pimento cheese

7

### Oatmeal

Oats with maple rum sauce, toasted pecans, and fresh banana served with fresh fruit and toast

9

### Berry Split

A banana split with low-fat vanilla yogurt, fresh berries, granola, and honey, served with a piece of coffeecake

11

### Biscuits and Gravy

One of our made-from-scratch biscuits covered with sausage gravy, served with hash browns, grits, or fresh fruit

9

### Breakfast Casserole

Sausage, onions, egg, cheese and hash browns, served with grits, or fresh fruit

10

### Quiche

Changes daily. Today's selection served with baby greens tossed in light vinaigrette and a side of fresh fruit

11

### Fresh Fruit Platter

A generous portion of fresh fruit and berries with yogurt, and a piece of coffeecake

11

## Breakfast Sandwiches

Each sandwich served with hash browns, grits, or fresh fruit:

### Croque Madame

Canadian bacon, Swiss, and mayo between two pieces of sourdough toast, topped with an over-easy egg\*

8.5

### BEC Biscuit

Smoked bacon, egg\*, and cheddar cheese on a buttermilk biscuit

8

### SEC Biscuit

House-made sausage patty, egg\*, and cheddar cheese on a buttermilk biscuit

8

## French Toast

### Terrace French Toast

Our version of the original

8

### Strawberry French Toast

French toasted with fresh strawberry topping and cream cheese drizzle

10

### Banana Pecan French Toast

Dipped homemade banana nut bread covered with ripe bananas and toasted pecans in a rum flavored maple sauce

10

### Lemon Poppy Seed French Toast

Homemade lemon poppy seed bread topped with a sweet lemon glaze and fresh berries

10

## Pancakes and Waffles

### Red Velvet Waffle

Red velvet waffle topped with a cream cheese drizzle, served with hash browns, grits, or fresh fruit

11

add: Fried chicken ... 6

### Chicken and Waffle

Golden brown Belgian style waffle topped with southern fried chicken, served with choice of hash browns, grits, or fresh fruit

14

### Malted Belgian Waffle

Golden brown Belgian style waffle served with choice of hash browns, grits, or fresh fruit

Regular ... 8.5

Bacon/blueberry/chocolate chip/pecan or strawberry ... 10


### Pancakes

Three fluffy buttermilk pancakes stacked with your choice of hash browns, grits, or fresh fruit:

Regular ... 8.5

Blueberry/strawberry/banana/pecan or chocolate chip ... 10

\*These items can be served raw or undercooked. Warning: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.

 Warning: This menu and the information on it are provided as a service to our customers. Terrace Cafe goes to great strides to identify all forms of gluten in the foods prepared in house. Normal kitchen operations involve shared cooking and preparation areas. We are therefore unable to guarantee that any menu item is free from gluten or any other allergen, and we assume no responsibility for guest with food allergies or sensitivities.

## Eggs and Specialties

### Omelets

Three egg omelet with choice of 3 fillings from below (.75 for each additional topping), served with hash browns, grits, or fresh fruit and toast

**12**

**Vegetables** | onions, tomatoes, mushrooms, bell peppers, scallions, spinach

**Meats** | chopped bacon, crumbled sausage, Canadian bacon, country ham, roasted turkey, turkey bacon

**Cheeses** | pepper jack, cheddar, Swiss, herbed goat, gruyere

### Turkey


Egg whites, shredded turkey, spinach, and tomato, served with fresh fruit and whole wheat toast

**12**

### Veggie

Egg whites, onions, tomatoes, mushrooms, bell peppers, scallions, and spinach, served with fresh fruit and whole wheat toast

**12**

 indicates an item approved by a Harris & Ballantyne Village YMCA nutritionist 3% of each YMCA-approved meal will be donated back to YMCA Community Support Program.

### Sides

Fried Green Tomatoes ... **4** Tomato Slices ... **2**

Bacon – three slices ... **4** Turkey Bacon – three slices ... **4**

Country Ham – two slices ... **4** Canadian Bacon ... **4**

Chicken and Apple Sausage ... **4** Fried Chicken ... **6**

House-made Sausage – two patties ... **4**

Choice of English Muffin, Toast or Biscuit and Jam ... **2.5**

Coffee Cake ... **4** Hash Browns ... **3**

Stone Ground Grits ... **3** Cheddar Cheese Grits ... **3.5**

Fresh Fruit Cup ... **4** Two Pancakes ... **4**

½ Order of Biscuits and Gravy ... **3**

### Juices

Orange: small ... **3.5** large ... **4**

Grapefruit: small ... **3.5** large ... **4**

Apple: small ... **3** large ... **3.5**

Pineapple: small ... **3.75** large ... **4.25**

Cranberry: small ... **3** large ... **3.5**

Tomato: small ... **3.5** large ... **4**

### Milk

Milk and Chocolate Milk: small ... **3** large ... **4**

### Benedicts

One of the choices below atop toasted English muffin, with poached eggs\*, and whole-grain mustard hollandaise. Served with hash browns, grits, or fresh fruit:

**Canadian bacon ... 12**

**Filet medallions\* ... 17.5**

**Crab cakes ... 14.5**

**Florentine** (sautéed spinach and tomato topped with crispy onions) ... **11.5**

**Southern sausage** (served on a buttermilk biscuit) ... **12**

### Terrace Specialties

#### Full Breakfast

Two eggs\*, choice of sausage or bacon, choice of grits, hash browns, or fresh fruit, and two buttermilk pancakes

**12**

#### Steak and Eggs

Two 3 oz filet medallions\* served with two eggs\*, hash browns, grits, or fresh fruit, and toast

**17.5**

#### Shrimp and Grits

Cajun-spiced shrimp, spicy chorizo pork sausage, onions, and peppers with a creole barbecue sauce, over stone ground cheddar cheese grits with fried okra

**16**

### Kid's Menu

All choices served with fresh fruit and fountain drink or one serving of milk. Please add \$1 for juice. Ages 10 and under.

**6**

One egg and two slices of bacon

Two animal pancakes, one egg, and one slice of bacon or piece of sausage

Three animal pancakes and one slice of bacon

### Beverages

#### Coffee

Brewed Coffee ... **2.5** French Press ... **5.25** Latte ... **3.95**

Flavored Latte ... **4.5** Café au Latte ... **3.6**

Chai Latte ... **3.75** Cappuccino ... **3.95**

Mocha/White Mocha ... **4.55** Hot Chocolate ... **4.25**

add Espresso ... **1** sub Almond Milk ... **1**

Hot Tea ... **3.3**

**Terrace**  
café of Ballantyne