

Breakfast Served 7 Days a Week

* New Menu Item

Syrupy Tales- served with our own cinnamon-brown sugar syrup
CT Maple syrup from Bats of Bedlam Farms also available (\$2.5)

French Toast:

- Challah French Toast**- two slices \$6 or three slices \$8
- Specialty Challah French Toast**- two slices \$8 or three slices \$10
- Captain Crunch**- encrusted with your favorite cereal from the past
- Bruleed**- caramelized goodness
- *Banana Bread French Toast**- fresh whipped cream
two slices \$8 or three slices \$10

Waffles:

- Malted Belgium**- one \$6 or two \$8
- Specialty Malted Belgium Waffles**- one \$8 or two \$10
- Stars & Stripes**- strawberries / blueberries / bananas / fresh whipped cream
- Italy**- Nutella / bananas / fresh whipped cream

Pancakes:

- *Tropicale**- caramelized banana pancakes topped with toasted coconut
- Buttermilk**- two \$6 or three \$8
- Specialty Buttermilk Pancakes**- two \$8 or three \$10
- Blueberry**- fresh blueberries / blueberry coulis
- Banana Chocolate Chip**
- *S'mores**- graham cracker crumbles / marshmallow fluff / chocolate chips / chocolate drizzle

Healthy Starts to Your Day

- Honey Greek Yogurt**- with bananas and berries \$5 / with berries only \$6.5
- Steel Cut Oatmeal**- with brown sugar \$5 / bruleed \$6.50 / with brown sugar and bananas \$6.5
- Cereals**- Honey Nut Chex (gluten free) / Rice Krispies / Cheerios / Corn Flakes / Kellogg's
Mini Wheats / Kashi Go Lean / Special K with multi grain oats and honey / plus some
not so healthy ones on our Cereal Wall! \$4.5

Breakfast Bowls

- *Ancient Grains**- on a bed of kale / feta cheese / eggs your way 10
- *Roasted Vegetable**- vegetable hash on a bed of fresh raw spinach / eggs your way /
arugula pistou drizzle 10
- *Mexican**- corn and black bean salsa / queso fresco / pickled jalapenos / fresh cilantro /
pico de gallo / eggs your way 10 add chorizo +4

The Art of Hollandaise - Eggs Benedict served traditionally with hollandaise sauce and two
poached eggs or "chef style" with two fried eggs and choice of either home fries, cheddar cheese grits
or a simple salad with pomegranate vinaigrette

- The Original**- Canadian bacon / English muffin \$11
- Tex Mex**- green chilies / bacon / grilled cornbread \$12
- Smoked Salmon**- tomatoes / onions / potato latke \$15
- *Vegetarian**- tomato / sautéed spinach / English muffin \$11
- *Buttermilk Fried Chicken**- arugula / tomato / English muffin \$14
- Lobster**- English muffin \$22

Kids (available for kids under 10 years of age / not for take out)

- Pancake**- with strawberries and powdered sugar \$4
- Waffle**- with strawberries and powdered sugar \$4
- Fried Egg Sandwich**- American cheese on English muffin \$4
- Yogurt and Fresh Fruit**- \$4
- French Toast**- with strawberries and powdered sugar \$4
- Little Big Breakfast**- 1 Pancake / 1 egg / bacon or sausage / home fries \$6

Our Menu Philosophy: Fresh. Local. Sustainable.

All menu items are prepared fresh to order.
We appreciate your patience.

**Pop Back on Over for Dinner! Bring your breakfast receipt in for dinner the next
Monday thru Thursday and receive 20% off your food bill- up to six people!**

Hash It Out- served with choice of toast plus two eggs your way

- Crispy Corned Beef**- freshly made with peppers / onions / potatoes \$13
- Roasted Vegetable Hash**- roasted root vegetables / beets / spinach / chickpeas /
arugula pistou \$12

Eggs 101

- 2 eggs your way** and choice of English muffin or toast \$10 add chorizo \$3
add home fries or cheddar cheese grits or choice of breakfast meat \$8
or add home fries or cheddar cheese grits and choice of breakfast meat \$10

The World of Eggs- may also be prepared with egg whites only - \$1 extra

- 3-Egg Omelets**- served with choice of home fries, cheddar cheese grits or simple side salad
with pomegranate vinaigrette and choice of 9 grain, rye or Pullman white toast or English
muffin \$11

Signature Combination Choices \$12

- New Mexico** - chorizo / salsa fresca / roasted poblanos / jalapeno jack cheese /
cilantro crema drizzle
- Parisian**- fresh herbs / goat cheese / spinach / tomatoes
- Denver**- peppers / onions / ham / cheddar cheese
- Reuben**- corned beef / Swiss cheese / sauerkraut / BPK Reuben sauce
- *Farmer's**- sausage / bacon / onions / bell peppers / diced tomatoes / cheddar cheese
- *Southwestern Veggie**- arugula / fresh spinach / fresh diced tomatoes / queso fresco-
topped with chili salsa verde and fresh cilantro

Name Your Own- \$11 Choose up to three of the following fillings:

- Protein choices**- bbq pulled pork / turkey or regular bacon / sausage / ham / chorizo /
chicken sausage / smoked salmon (2 oz \$6 extra)
- Cheese choices**- cheddar / American / Swiss / feta / habanero jack / provolone /
cream cheese
- Vegetable choices**- spinach / tomatoes / peppers / onions / mushrooms / broccoli /
pickled jalapenos

- Home Fry Skillet Mix'ins**- mixed with home fries, topped with two eggs your way \$12
Choose one of our signature combination choices above (not available as name
your own)

Two Egg Sandwiches - (except The Corner) all available on griddled roll on request

- Classic**- ham, bacon or sausage / American cheese / English muffin \$6
- BPK Favorite**- bacon / spinach / griddled tomatoes / cheddar cheese /
sriracha aioli / griddled bagel \$8
- The Corner**- smoked salmon / tomatoes / onions / cream cheese / mustard sauce /
griddled bagel \$10
- Hot Chicken n' Biscuit**- buttermilk battered fried chicken breast / chipotle aioli /
crispy bacon / melted cheddar / arugula \$12
- *The Scramble**- scrambled eggs / chorizo / Swiss / caramelized onion / griddled roll

Udi's Gluten Free Bread available as a substitute on egg dishes- \$1 extra

Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of food borne illness
/ Please inform your server if any member of your party has a food allergy prior to ordering. A
gluten free menu is available. Connect with us on Twitter, Facebook and Instagram.

South of the Border – corn tortillas available upon request

- Huevos Rancheros**- vegetarian refried beans / ranchero sauce / pico de gallo / sour cream /
two eggs your way / served over a griddled whole wheat tortilla \$11
- Don Juan**- chorizo / bacon / queso fresco / home fries / pico de gallo / sour cream /
two eggs your way / served over a griddled whole wheat tortilla \$13
- *Baja Tacos**- griddled flour tacos / cheddar cheese scrambled eggs / chorizo / chili salsa
verde / fresh cilantro 12

Blue Plate Specials

- Upside Down Pot Pie**- buttermilk biscuit / sausage country gravy / two eggs your way \$11
- Latke & Eggs**- 2 eggs your way / potato latke / apple sauce / sour cream \$8
- *Chicken Fried Chicken**- sausage gravy / eggs your way / buttermilk biscuit / home fries
or cheddar cheese grits \$15
- Big Breakfast**- two eggs your way / pancake / bacon / sausage patty / home fries or
cheddar cheese grits / choice of toast \$13
- *The Bigger Breakfast**- A scramble of home fries / diced ham / bacon / sausage / bell
peppers / tomatoes / mushrooms / onions / melted jack cheese / scrambled eggs /
griddled corn bread \$13 add single pancake side +\$3

Fixins

- Eggs Your Way**- \$3 (two)
- Protein**- bacon / turkey bacon / Canadian bacon / ham / sausage patties /
chicken sausage links \$3 / chorizo \$4 / smoked salmon- 2 ounces \$6
- Breads**- rye / 9 grain / Pullman white / corn bread / English muffin /
Udi's Gluten free bread \$3
- Bagels**- from Lox Stock and Bagels \$2 / with cream cheese \$3
- Daily Giant Muffin**- griddled \$3
- Buttermilk Biscuit**- griddled \$3 / with sausage gravy \$8
- *Side of Hash**- chorizo or corned beef or roasted vegetables \$6
- Home Fries**- \$3 Vegetarian Home Fries \$3
- BPK Loaded Home Fries**- topped with bacon, chives & cheddar \$5
- Cheddar Cheese Grits**- \$3
- Simple Side Salad**- \$5 (no charge if ordered with a breakfast entree in lieu of
home fries or cheddar cheese grits)
- Crispy Potato Latkes**- pancakes / applesauce / sour cream \$7
- Assorted Cereals**- check out our cereal wall! \$4.5
- Fresh ½ grapefruit** \$2
- CT Maple Syrup from Bats of Bedlam Farms**- \$2.5
- Nutella**- \$2

Beverages

- Hot**- Bottomless Cup of Premium Brioni Coffee / decaf / tea (hot or cold) \$3;
espresso / Americano \$3; latte / cappuccino / mochaccino \$3.5
- Fresh Squeezed Juices**- orange / grapefruit \$4
- Other Juices**: Tropicana orange or grapefruit / apple / pineapple / tomato /
cranberry \$2.5
- Milk**- skim / whole / chocolate / strawberry / \$3
or almond \$4
- The Usual Sodas**- \$3

