

## Breakfast

Please choose whole eggs or egg whites blended with tofu (add .50) or egg beaters (add .50) and two side dishes (unless stated otherwise): homefried red skin potatoes, toast, fresh fruit, cottage cheese, two link sausages, one patty sausage, two strips of bacon, one vegetarian sausage patty, English muffin, biscuit, gluten-free roll (add .50) or fresh-baked muffin

### Breakfast Burritos

Accompanied by one side dish

**Sagehouse Burrito**—two eggs scrambled with diced onion, mushrooms, bell peppers, chopped bacon or sausage or ham, topped with melted jack and cheddar, folded in a flour tortilla - 8.75

**Colorado Burrito**—pintos, green chile, diced chicken, two eggs, avocado, cheeses & sautéed onions served in a flour tortilla smothered in enchilada sauce—9.95

### Two- Egg Scrambles

**13th Street Scramble** - two eggs scrambled with mushrooms, bacon, bell pepper, black olives, onions and melted jack & cheddar cheeses—9.50

**Cumberland Gap**— roasted red bell pepper, spinach, diced bacon, scallions and pepperjack cheese—9.50

**Breakfast Skillet**—homefries are scrambled into the eggs along with bell pepper, black olives and melted jack and cheddar cheeses. Topped with fresh sliced avocado. Served with salsa and one side—8.95  
with crumbled bacon scrambled in—10.25

**Durango Scramble**—sautéed mushrooms, green onion, crumbled bacon, and cream cheese scrambled with two eggs—8.95

**Veggie Scramble**—eggs scrambled with bell pepper, fresh sautéed mushrooms and diced onion—6.95

**Mediterranean Scramble**—fresh spinach, feta cheese, crushed garlic and tomatoes—8.95

**Chorizo**— pepperjack, green chile & chorizo—8.95

**European Scramble**- chicken breast, melted swiss, green onion and herbs, topped with tomato—8.95

**Nova Scotia Scramble**—salmon, green onion and cream cheese scrambled into two eggs—8.95

### Eggs

**Glenwood**—two eggs with your choice of link, country or vegetarian sausage, thick bacon strips, ham, or 1/3 lb. beef patty—9.25      1/2 order (no beef) - 7.75

**Country Poach**—a buttermilk biscuit topped with two poached eggs and made-from-scratch country gravy, Choose one side item—7.95

**Eggs Benedict**—toasted English muffin topped with two poached eggs, made-from-scratch hollandaise\* sauce and (choose one) thinly sliced ham, fresh spinach, sautéed mushrooms or salmon. Served with one side dish—10.50      Available until about 2:30

**Huevos Rancheros or Tofu Rancheros**—corn tortilla with pinto beans, two eggs over-medium or tofu, melted cheeses, green chile and our Spanish sauce (one side item) - 7.95      add sour cream or cream cheese -.95

**Standard**—two eggs with red-skin potatoes or fresh fruit and your choice of toast (sorry, no substitutions) - 5.95

**Biscuits and Gravy**—a buttermilk biscuit smothered with our homemade sausage gravy. With your choice of one side item and an extra biscuit on the side—6.95

### Side Orders

Bacon, links, ham or veggie sausage—3.95

Sausage gravy—2.25      One egg—.95

Toasted bagel, English muffin or toast—2.25

Buttermilk biscuit or muffin—2.25

Fresh salsa or Spanish sauce—1.25

Red-skin homefried potatoes—2.60      with cheese 3.60

Deluxe homefries with onions, mushrooms, bell pepper, melted jack & cheddar and tomatoes— 5.35

Fresh fruit—2.50      Fruit bowl—5.95

# Breakfast

## Waffles

Prefer real maple syrup, add 1.95

**Waffle Sampler**— whole grain or buttermilk waffle served with two eggs and your choice of bacon or sausage or homefried potatoes—8.95

**Plain**— fresh-baked whole grain or buttermilk —4.95

**Banana Nut**— topped with Oregon hazelnuts and sliced banana—7.25

**Banana nut waffle sampler**—10.50

**Berry**—fresh berries in season, frozen available other times of the year. Served with Nancy's yogurt or whipped cream—7.25

**Berry waffle sampler**—10.50

## French Toast

Prefer real maple syrup, add 1.95

**French Toast Sampler**—two pieces of brioche French Toast served with two eggs and your choice of thick sliced bacon or sausage or homefried potatoes—8.95

**French Toast** Two pieces— 5.60 Three pieces—6.60

**Hazelnut French Toast** - three pieces of brioche bread dipped in egg batter and covered with crushed hazelnuts and bananas—8.95

**Raisin French Toast**—three pieces of raisin bread French toast covered with blueberries— 8.50

## Cereal

**Oatmeal & Blueberries**—organic thick rolled oatmeal cooked with raisins or blueberries and your choice of toast, bagel or muffin —5.95 half order—4.95

**Granola, Yogurt & Fruit**—a large bowl of Nancy's yogurt and Grizzlie's crunchy granola topped with fruit, served with toast —8.95

**Granola**—bowl of granola, served with milk—5.85

\*consuming raw or undercooked eggs may increase your risk of foodborne illness. We use pasteurized egg yolks in preparing our hollandaise, but it is undercooked.

## Omelettes

Prepared with three eggs, egg whites blended with tofu (add .50) or with Egg Beaters (add .50). Served with your choice of two sides—homefried potatoes, fresh fruit, two links, two strips of bacon, one patty sausage, one veggie sausage patty, cottage cheese, English muffin, gluten-free roll (add .50, bagel, biscuit, muffin or toast

**Chorizo** - jack & cheddar cheeses, onions, bell peppers, chorizo sausage & enchilada sauce—10.95

**Combination**— sliced fresh mushrooms and diced lean ham with jack and cheddar cheeses—9.25

**Continental Divide**—diced ham, bell pepper, onion, crumbled bacon and pepper jack cheese—10.25

**Adobe**— jack & cheddar cheeses, green chile, olives, green onion, chicken breast dusted in fajita seasoning, avocado, sour cream & a side of salsa—10.95

**Montana**— sautéed sliced mushrooms, black olives, crisp bacon, diced ham, spinach, green onion and melted jack & cheddar —10.95

**Herbed Mushroom & Cheese**— a blend of herbs is cooked into the eggs, then the omelette is filled with sautéed fresh mushrooms and cheeses—7.95

**Sierra Madre**— green chile, jack and cheddar cheeses, black olives, sour cream and salsa—9.50

**Greek**— tomatoes, feta, spinach & fresh garlic—9.50

**Bacon & Cheese or Ham & Cheese**—diced ham or chopped bacon with jack and cheddar cheeses—8.95

**Mexicano**—pinto beans, green chile with cheddar and jack cheese covered with Spanish sauce—8.95

**Avocado**— ripe tomatoes, sliced avocado, cream cheese, fresh spinach and sauteed mushrooms— 10.50

**The Works**— ham, mushrooms bell pepper, onion, jack & cheddar cheeses, topped with Spanish sauce—9.95 without meat—8.95

**Denver**— the classic mile-high breakfast; bell pepper, ham, onion and cheddar and jack cheeses—9.25

## Sandwiches & Burgers

Choice of salad, soup, homefried potatoes, fresh fruit, cottage cheese or French fries

### Burgers

We offer a third-pound beef patty, vegan veggie burgers or vegan soy burgers. All are garnished with crisp leaf lettuce, sliced red tomato, mayo and pickles. Sliced red onion on request.

Gluten-free buns available (add .50)

**McKenzie**—our basic burger—8.00 double—9.50  
add cheese—1.00

**Metolius**—thick bacon, Tillamook cheddar and Sweet Baby Ray's barbecue sauce—9.50 double—11.00

**Hood**—mild green chile smothered in pepper jack cheese and jalapeno aioli—9.50 double—11.00

**Patty Melt**—Tillamook cheddar and Swiss cheeses on grilled rye with sautéed onions—9.50 double—11.00

**Santiam**—sautéed fresh mushrooms and melted Tillamook Swiss—9.50 double—11.00

**Willamette**—thick bacon, tomato, pickles, Tillamook cheddar, lettuce and mayo—9.50 double—11.00

**Siuslaw**—sliced avocado and melted cheddar—9.50

**Crooked River**—melted bleu cheese, chipotle sauce and thick sliced bacon—9.50 double—11.00

**Columbia**—patty topped with melted Tillamook cheddar, a fried egg and bacon—9.95 double—11.45

Burgers cooked rare on request. Please know consuming raw or under-cooked meats may increase your risk of foodborne illness, especially if you have a medical condition.

### Panino

**Sedona Chicken Sandwich**—grilled chicken breast with bacon, sautéed onions and melted pepper jack cheese. Topped with tomato, lettuce, avocado & jalapeno aioli on a focaccia roll—9.95

**Focaccia Deli**—thinly sliced breast of turkey and ham, melted swiss, pesto, red onion, tomato and lettuce on toasted Italian focaccia bread—8.95

**Portobello**—sliced portobello mushroom with red bell pepper, hummus, swiss cheese, leaf lettuce and tomato on grilled focaccia—8.95

### Sandwiches

**French Dip**—thinly sliced roast beef, sautéed mushrooms and melted swiss on a sandwich roll with a cup of au jus for dipping—8.95

**Gregorio**—a classic club with turkey, ham, pickles, cheddar and bacon, garnished with leaf lettuce, tomato & mayo on rustic white bread—9.95

**Tuna Melt**—grilled rye with melted Tillamook cheddar topped with pineapple, crisp bacon and surface-caught tuna salad—9.95

**Tempeh Grill**—sautéed bell pepper, mushroom and onion, tempeh seasoned with teriyaki and topped with melted swiss. Served on focaccia with hummus, tomato and lettuce—8.95

**Grilled Cheese**—melted Tillamook cheddar or swiss on your choice of bread—5.95 add ham 7.95

**Garden 'n Grain**—fresh slices of avocado, sliced cucumber, red tomato, lettuce, and cream cheese or hummus on organic whole wheat bread—8.50

**Tuna**—surface caught tuna salad—7.95

**Alder Street Special**—turkey breast, bacon, melted Tillamook swiss and cheddar on grilled rye with lettuce, tomato and mayo—9.50  
half sandwich (1 cheese) - 8.50

**California BLT**—toasted rye, avocado, tomato, crisp bacon, mayonnaise and lettuce—8.50

**Curried Chicken Salad**—all white meat chicken salad with curry and apples, sliced tomato and crisp lettuce on toasted raisin bread—8.50

### Sides

Brown rice or pinto beans—1.95

French Fries—2.75

Truffle fries—3.75

Tossed salad—3.50 Cottage cheese—1.95

Cup of soup—2.95 Bowl of soup—3.95

## Entrees & Salads

### Entrees

served with tossed salad or soup

**Tempah Stir-Fry**—tempah stir-fried with sugar snap peas, mushrooms, and an assortment of fresh vegetables tossed in peanut sauce and served on a bed of brown rice-11.95

**Barbecued Salmon**—wild sockeye salmon filet from the Copper River glazed with barbecue sauce and grilled, served on a bed of colorful stir-fried vegetables-12.95

**Angeles Burrito**—brown rice, pinto beans, diced green chile, sliced black olives, sour cream, melted jack and cheddar cheeses in a flour tortilla covered with Spanish sauce-8.95

**Steak & Mushrooms** - hand cut top sirloin topped with sautéed mushrooms and melted swiss cheese. Choose fresh vegetables sautéed in olive oil and garlic or a loaded baked potato -13.95

**Teriyaki Chicken**—boneless breast of chicken basted in teriyaki. Served with a baked potato or steamed fresh vegetables or fresh fruit-9.95

**Chicken Strips**—breaded chicken (breast) strips and hand-cut French fries with your choice of dipping sauce-7.95

**Yaki Soba**—tender breast of chicken or multi-grain tempah or tofu (choose one), snap peas, mushrooms, and colorful fresh vegetables tossed in a spicy sauce on a bed of soba noodles—11.95

**San Pedro Burrito**—fresh avocado, diced green chiles, black olives, breast of chicken, tomatoes, melted jack and cheddar cheese, sour cream and lettuce rolled in a flour tortilla. Served with Spanish sauce-8.95 with pinto beans—9.75

### Pasta

served with a cup of soup or salad and a roll

**Pasta Genovese**—cavatappi (corkscrews) tossed with sautéed mushrooms, black olives, garlic, feta, fresh spinach and pesto, finished with parmesan and diced ripe red tomatoes-11.95

**Mushroom & Grilled Chicken**—mushrooms, pasta and grilled, julienned chicken breast in alfredo sauce lightly seasoned with herbs-11.95

**Alfredo**—creamy parmesan sauce tossed with cavatappi noodles—9.95 add salmon-2.00

**Macaroni & Cheese**—milk, cream and melted cheeses tossed with corkscrew noodles—8.95

### Salads & Soups

Served with a dinner roll. Add a cup of soup for 2.00.

**Summer Salad**—tossed greens with cucumber, red onion, fresh spinach, sliced black olives, tomato, avocado and your choice of cheese or bacon-9.75

**Sesame Ginger Chicken Salad**—greens with julienned freshly grilled chicken breast, chow mein noodles, mandarin oranges and scallions in a sesame dressing—9.95

**Grilled Steak Salad**—tossed greens with bleu cheese crumbles, ripe red tomato, red onion and a tender sirloin steak grilled to order and sliced warm on top with balsamic vinaigrette-12.95

**Cobb Salad**—greens topped with diced chicken breast or salmon, bits of bacon and crumbled bleu cheese, diced tomatoes, black olives and fresh sliced cucumber—9.95

**Spinach Salad**—spinach leaves with red onion, feta, black olives, cucumber and tomato—6.95

**Soup & Salad**—bowl of soup and a small dinner salad-7.95 with a cup of soup - 6.95

## Beverages

### Soft drinks

Pepsi, Diet Pepsi, Mt. Dew, Fanta, Sprite, Dr. Pepper, root beer complimentary refills with food purchase—2.25

Strawberry lemonade 2.25 (one refill)

Italian sodas - 2.25 cremosa 2.35

### Teas Lattes

London Fog—Earl Grey, steamed milk and vanilla

Oregon Mist—green tea, steamed milk and almond  
2.95

### Coffee

Organic Cafeto Glenwood house blend or decaf—2.25

organic Refills are free with any food purchase

Just having coffee? Refills .50

### Juices

Cranberry, V-8, apple—2.60 sm. 1.50

Martinelli's sparkling apple juice—2.25

Fresh orange or grapefruit juice—2.95 Sm.-1.85

Strawberry lemonade-2.25

### Milk

Skim, whole, 2%, chocolate, buttermilk

Large glass—1.95 Small glass-1.25

Hot almond milk steamer—2.35

Hot chocolate—2.25

### Beer & Wine

Microbrews and imports—4.00

Domestics—3.00

Mimosas, orange or pomegranate—5.95

Pinot gris, pinot noir, chardonnay, cabernet, merlot—  
4.95

### Teas

Green tea—2.25

Black: Earl Grey, English Breakfast,

Constant Comment—2.25

Herbals: Yerba matte, chamomile, lemon, passion,  
mint, orange—2.25

Iced tea- 2.25

Oregon chai—hot or iced 2.95

### Kombucha

Organic Kombucha made in Bend -4.00

### Espresso

	Single	Double
Black & White		3.95
Mocha	3.50	3.95
Espresso	2.45	2.95
Cappuccino	2.95	3.50
Latte	2.95	3.50
White chocolate mocha	3.50	3.95
Mexican mocha	3.50	3.95
Prefer soy milk or a breve—add .25		
Torani syrup added -.25 Extra shot of espresso—.75		

**A little bit of history of the Glenwood Restaurants**—The Café Glenwood was started in the 1970's on Franklin Blvd in Glenwood (thus, the name) by Rick and Karen Lareau. Papers were signed by me purchasing the business from them on Friday the 13th of October, 1978. We moved to 2588 Willamette in June of 1981 and opened the campus location at 1340 Alder two years later in April of 1983. It is my desire that the Glenwood be a uniquely Eugene restaurant where everyone who comes through our doors feels truly welcome, enjoys a creatively delicious and healthful meal at a moderate price, and leaves satisfied. It is also my desire that the Glenwood be a blessing to Eugene and so we strive to be a great place to work, a consistent contributor to local causes, and conscious of our impact environmentally. I am by faith a Christian and so I leave you with a final blessing; one of my favorite verses from the Bible; Micah 6:8 "He has showed you, o man, what is good and what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God." Thanks for eating at the Glenwood, welcome! -Jacqui Willey, President, Glenwood Restaurants, Inc. jacqui@glenwoodrestaurants.com, write anytime. We have two meeting rooms available—call 541-687-0355 ext. 11 to reserve.