

Breakfast

Two whole eggs* or egg whites blended with tofu, or egg beaters or sautéed tofu served with your choice of two side dishes—homefried potatoes, two link sausages, one chicken-apple link, two strips of bacon, one veggie or country sausage patty, fresh fruit, cottage cheese, kale, toast, English muffin, biscuit, bagel, gluten-free roll (\$1 upcharge) or muffin

Scrambles

1/4 lb. Crumbled tofu substituted for eggs please add .50

Avocado & Kale Scramble—two eggs scrambled with sautéed kale, mushrooms, green onions, pepper jack cheese, then topped with avocado—11

Mediterranean Scramble—fresh spinach, eggs, feta cheese and garlic scrambled together and topped with diced ripe tomatoes—11

European Scramble—two eggs scrambled with grilled breast of chicken, swiss cheese, green onion and herbs, topped with diced tomatoes—11

Durango Scramble—sliced mushrooms, peppered bacon, green onion and cream cheese—11

Nova Scotia Scramble—salmon, green onion and cream cheese scrambled with two eggs—11

Pesto Shrimp Scramble—pesto, baby shrimp and parmesan cheese—11

Mile-High Scramble—ham, bell pepper, onion, and melted jack & cheddar cheeses—11

Veggie Scramble—bell pepper, mushroom & onion scrambled with two eggs—9

13th Street Scramble—peppered bacon, olives, bell pepper, onions, mushrooms, jack & cheddar—12

Benedicts

These items served with one side dish only. Our "from scratch" hollandaise is available usually until about 2:30

Eggs Florentine—English muffin topped with two poached eggs on a bed of fresh spinach cooked with cream and topped with hollandaise* sauce—13

Eggs Benedict—toasted English muffin with sliced ham or sautéed mushrooms or salmon and poached eggs, topped with hollandaise*—13

Breakfast Bowls

these dishes served with toast or fresh fruit

Loaded Oats—thick organic oatmeal topped with blueberries, sliced bananas and hazelnuts—8

Granola, Yogurt & Fruit—large bowl of Nancy's yogurt and Grizzlie's granola topped with an assortment of fruit—11

Santa Fe Bowl—brown rice, pinto beans, sautéed spinach, fresh mushrooms, kale, bell peppers & onion, topped with salsa and avocado—11

Eggs

Glenwood—two eggs with your choice of thick bacon, ham, 1/3 lb. beef patty, country sausage, link sausage, chicken-apple links or veggie sausage—11 half order (1/5 lb. beef) -9

The following items are served with one side

Breakfast Skillet—two eggs scrambled with homefries, bell pepper, black olives, jack & cheddar and accompanied by avocado and salsa—11

Country Poach—a buttermilk biscuit topped with two poached eggs and covered with our made-from-scratch sausage gravy—9

Kitchen Sink—homefried potatoes tossed with mushrooms, bell pepper and onion, chopped kale, diced bacon or veggie sausage, fresh tomatoes and two eggs over easy or sautéed tofu—12

Huevos Rancheros or Tofu Rancheros—corn tortilla topped with vegetarian pinto beans, two eggs over-medium or sautéed tofu, cheese or avocado, diced green chile and Spanish sauce—9

Fettucine Carbonara—fettucine tossed with eggs, garlic, bacon and parmesan cheese—11

Farmer's Breakfast Sandwich—thinly sliced ham, thick sliced bacon and a fried egg between crunchy rustic white bread grilled with Tillamook cheddar—11

Sides

bacon, sausage, ham or veggie sausage—5

chicken-apple link sausage—5

one egg—1.50

sausage gravy—3

bagel, English muffin, biscuit or toast—3

Red-skin homefried potatoes—3

Homefries with cheese—4

Deluxe homefries with onions, mushrooms, bell pepper, cheese and tomato—7

Fresh fruit—3

Bowl of fruit—7

Standard—two eggs cooked to order with red-skin homefried potatoes or fresh fruit and your choice of toast (sorry, no substitutions)—8

Biscuits & Gravy—biscuit smothered with our sausage gravy. Served with your choice of one side item and an extra biscuit on the side—8

* Consuming raw or undercooked eggs may increase your risk of foodborne illness. Please know that hollandaise is undercooked, but we do use pasteurized egg yolks in its preparation.

Breakfast

Pancakes

Add blueberries or bananas—2

Add hazelnuts—3

Add real maple syrup—3

Sweet Potato Pancakes—two sweet potato pancakes topped with chunky homestyle apple cinnamon compote —9

NW Gluten Free Pancakes —three gluten-free pancakes with blueberries, hazelnuts and bananas cooked in (please note we do not have a separate griddle for cooking these) - 10

For the following, please choose buckwheat, buttermilk oat bran or sweet potato pancakes

Pancake Sampler—two eggs and three small cakes with your choice of one of the following: two strips of bacon, two links, one chicken-apple link, homefried potatoes, one patty sausage or one veggie sausage patty—10

Fruit Pancakes—cakes topped with made-from-scratch fruit compote and Nancy's yogurt or whipped cream—10

Stack of Pancakes- stack of three large pancakes—7 short stack-6

French Toast

French Toast Sampler—two pieces of brioche bread French toast, two eggs and (choose one) two strips of bacon, one vegetarian sausage patty, homefried potatoes or two links—11

Hazelnut French Toast Sampler -same as above, but with the two pieces of brioche topped with hazelnuts & sliced bananas-13

French Toast - 3 pieces 8 2 pieces 7

French Toast & Fruit Sampler -two pieces of brioche bread French toast topped with fruit compote (made here from scratch) and whipped cream or Nancy's yogurt, two eggs and choice of sausage or bacon or homefries —13

Brunch Burritos

served with homefries or fruit
add Spanish sauce or salsa—1

Sunrise Burrito - scrambled eggs, diced ham, sliced fresh mushrooms, melted jack & cheddar cheese folded in a flour tortilla—11

Sagehouse Burrito— two scrambled eggs with sausage, onion, bell peppers and fresh mushrooms with jack & cheddar cheese—11

Omelettes

Prepared with three eggs, or egg whites blended with tofu or with Egg Beaters. Served with your choice of two sides—homefries, fresh fruit, two links, two strips of bacon, one patty sausage, one veggie sausage, one chicken-apple link, kale, cottage cheese, English muffin, toast, gluten-free roll (add 1.00), bagel, biscuit, or muffin

Garlic Basil Kale- sauteed kale, garlic, fresh basil and mushrooms with feta and diced tomatoes-12

Avocado - tomatoes, avocado, cream cheese, spinach and fresh mushrooms-12

Tierra Amarilla - diced ham, bell pepper, onion, crumbled bacon and pepper jack cheese—12

Adobe - Jack and cheddar cheeses, diced green chile, green onion, black olives, avocado, grilled chicken breast dusted in fajita seasoning, sour cream and a side of salsa—13

Montana - sautéed sliced mushrooms, black olives, crisp bacon, diced ham, spinach, green onion and melted jack & cheddar -13

Herbed Mushroom & Cheese - a blend of herbs is cooked into the eggs, then the omelette is filled with sautéed fresh mushrooms and cheeses-10

Sierra Madre - green chile, jack & cheddar cheeses, black olives, sour cream and salsa-12

Greek - tomatoes, feta, spinach & fresh garlic-12

Bacon & Cheese - chopped bacon with melted Oregon Tillamook jack and cheddar cheeses-10

Mexicano - pinto beans, green chile & cheeses covered with Spanish sauce-11 with sour cream—12

The Works - diced ham, sautéed mushrooms, bell pepper and onion, jack and cheddar cheeses, topped with Spanish sauce—12 without meat-11

Denver - the classic - sautéed bell pepper, ham and onion with melted cheddar and jack cheeses-11

Combination - sliced fresh mushrooms and diced lean ham with jack and cheddar cheeses-11

Monterey - artichoke hearts, diced bacon, thyme, scallions, melted jack & cheddar cheeses-13

Ham & Cheese - diced ham and melted jack and cheddar - 10

Olive, Sausage & Cheese - crumbled sausage (vegetarian or pork), sautéed bell pepper and diced onion, black olives and melted jack and cheddar cheeses—13

Burgers and Sandwiches

Served with one side dish—cup of soup, tossed green salad, red skin homefried potatoes, cottage cheese, French fries, sweet potato cross-cut fries or fresh fruit.
Substitute truffle fries or onion rings (1.00 extra)

Burgers

Please choose a 1/3 pound beef burger*, gluten-free, plant-based Impossible burger (add 1.00) or vegan black bean burger. All are garnished with leafy greens, sliced red tomato, mayo and pickles. Grilled or raw red onion on request. Gluten-free buns available, 1.00 upcharge.

McKenzie - natural beef or veggie burger on a pub bun—10 with cheese—11

Metolius - thick bacon, Tillamook cheddar and Sweet Baby Ray's barbecue sauce—12

Hood - mild green chile smothered in Tillamook pepper jack cheese and jalapeno aioli—12

Patty Melt - Tillamook cheddar and swiss cheeses on grilled rye with sautéed onions -12

Santiam - sautéed fresh mushrooms and melted Tillamook Swiss -12

Willamette—thick-sliced bacon, tomato, pickles, Tillamook cheddar, lettuce and mayo -12

Siuslaw - ripe avocado and melted cheddar—12

Crooked River—melted bleu cheese, chipotle sauce and thick sliced bacon—12

Columbia—melted Tillamook cheddar, fried egg and bacon— 13

Panino

Kalamata Salmon — Sockeye salmon filet topped with olive tapenade and served on a toasted ciabatta roll, pesto, greens and red onion. 14

Doña Ana Chicken Sandwich—fried chicken breast with bacon, sautéed onions & melted pepper jack cheese. Topped with tomato, lettuce, avocado & jalapeno aioli on a ciabatta roll—12

Focaccia Deli—thinly sliced breast of turkey and ham, melted swiss, pesto, red onion, tomato and lettuce on toasted Italian focaccia bread—11

Sides

Deluxe homefried potatoes—7

Tossed salad—4

Cottage cheese—2

Cup of soup—4 Bowl of soup—5

Onion rings -5

*Burgers cooked rare if you ask—please know consuming raw or undercooked meats may increase your risk of foodborne illness, especially if you have a medical condition.

Sandwiches

Rueben - grilled sliced pastrami, Tillamook Swiss and sauerkraut on rye with thousand island - 12

Tuna Melt—grilled rye with melted Tillamook cheddar topped with pineapple rings, crisp bacon and surface-caught tuna salad—12

Chicken Pita - pita bread filled with chicken breast, fresh cauliflower and broccoli, sliced almonds, mild green chile, melted jack and cheddar, parmesan and a touch of Dijon mustard—12

French Dip—thinly sliced roast beef, sautéed fresh mushrooms & melted swiss on a ciabatta roll with au jus for dipping—12

Grilled Cheese—melted Tillamook cheddar or Swiss on your choice of bread—8 add ham—10

Garden 'n Grain—fresh avocado, sliced cucumber, red tomato, microgreens, and cream cheese or hummus on Great Harvest organic wheat -10

Tuna - surface caught tuna salad with lettuce and tomato on toasted rustic white bread - 10

Alder Street Special—turkey breast, thick bacon, Tillamook Swiss & cheddar melted on grilled rye with microgreens, tomato and mayo—11

California BLT—toasted rye, sliced avocado, tomato, crisp bacon, mayonnaise and lettuce—10

Curried Chicken Salad—all white meat chicken salad with curry and apples, sliced tomato and crunchy microgreens on toasted raisin bread—10

Burritos

San Pedro Burrito—fresh avocado, green chile, black olives, breast of chicken, tomatoes, melted jack and cheddar cheese, sour cream and lettuce rolled in a flour tortilla. Served with Spanish sauce—11

San Simeon Burrito—a large tortilla filled with vegetarian pinto beans, green chile, onions, melted jack and cheddar cheeses, covered with our house made Spanish sauce—8
with sour cream—9

Entrees and Salads

served with tossed salad or soup

Sicilian Tuna - red ahi steak seared and topped with tomatoes, capers and a mix of Kalamata, black and green olives. Served with sautéed fresh kale or a baked potato - 14

Steak & Mushrooms - seasoned 10 oz. New York hand-cut and cooked to order. Topped with sautéed mushrooms and melted swiss cheese. Choose a baked potato or steamed fresh vegetables-15

New Orleans Snapper- spicy blackened rock fish pan-cooked and finished with a lime cilantro sauce and roasted red bell peppers. Served with rice and sautéed kale—15

Teriyaki Chicken - boneless chicken breast basted in teriyaki. Served with a baked potato or steamed fresh vegetables or fresh fruit- 11

Tempeh Stir-Fry - tempeh stir-fried with fresh vegetables, tossed in peanut sauce and served on a bed of brown rice-14

Chicken Scandia- diced chicken breast sautéed with garlic, mushrooms, tomatoes and scallions in a basil cream sauce and served over rice -14

Quesadilla - breast of chicken or crumbled tofu, diced green chile, sautéed fresh spinach, onions and mushrooms, black olives, melted jack & cheddar in a flour tortilla, served with salsa, sour cream, tomato and fresh avocado slices—12

Fish 'n Chips - white fish breaded and deep-fried in canola oil, served with French fries and our caper-rich tartar sauce- 12

Pasta

Macaroni & Cheese—macaroni tossed with fresh cream, whole milk and real melted cheeses—10

Pasta Genovese - fettucine tossed with sautéed mushrooms, black olives, garlic, feta, spinach and pesto, garnished with parmesan and diced red tomatoes-13

Mushroom & Grilled Chicken - fresh mushrooms and a grilled, julienned chicken breast in creamy alfredo sauce lightly seasoned with herbs, then tossed with fettucine pasta-13

Fettucine Alfredo-creamy parmesan sauce tossed with fettucine noodles—11 with salmon-14

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

Tuscan Chicken Salad—tossed greens with artichoke hearts, tomatoes, grilled chicken breast, parmesan and a chiffonade of basil—11

Caesar Salmon Salad—romaine tossed with Caesar dressing and topped with smoked salmon, red onion, parmesan, tomatoes, cucumbers & croutons—14 substitute a chicken breast—13

Summer Salad - tossed greens with cucumber, red onion, fresh spinach, black olives, tomato, avocado and your choice of cheese or bacon-11

Walnut Pear Salad - greens topped with pear slices, candied walnuts and crumbled bleu cheese with balsamic vinaigrette—10

Sesame Ginger Chicken Salad - greens with julienned freshly grilled chicken breast, chow mein noodles, mandarin oranges and scallions in a sesame dressing—11

Southwest Salad- greens with crunchy chicken tenders or grilled chicken breast, black olives, pepper jack cheese, tomatoes and avocado. dressed with fresh salsa and creamy ranch—11

Grilled Steak Salad- tossed greens with bleu cheese crumbles, ripe red tomato, red onion and a hand-cut 10 oz. New York steak sliced warm on top drizzled with balsamic vinaigrette-15

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-11

Spinach Salad-spinach leaves with dried cranberries, candied walnuts, bleu cheese crumbles and raspberry vinaigrette—10

add a grilled chicken breast on top—2.00

Classic Chef Salad- greens topped with sliced ham and turkey, tomatoes, swiss and cheddar cheese, avocado and hard boiled egg—11

Soup & Salad-a bowl of soup (our tomato cheese is rich with Tillamook cheddar) & a small dinner salad-9 prefer a cup of soup - 8

Sides

French fries—4 Truffle fries—5

Cross-cut sweet potato fries—4

Beverages

Soft Drinks

Pepsi products, complimentary refills with food purchase—2.50

Strawberry lemonade 2.50 (one refill)

Italian sodas - 3

Juices

Cranberry, V-8, apple—3

Small—2

Fresh orange or grapefruit—3.50 Small-2.50

Strawberry lemonade-2.50

Pomegranate—5 small—3

Kombucha

Please ask what flavors we have—4.00

Milk

Skim, whole, 2%, chocolate, buttermilk

Large glass—2

Small glass-1

Hot almond steamer—3

Hot chocolate—2.50

Beer & Wine

Microbrews and imports—4.50

Domestics—3.00

Red Beer—PBR & V-8—4

Pinot gris, chardonnay,
cabernet, merlot—5

Mimosas

orange, grapefruit, pomegranate—7

Teas

Black tea: Earl Grey, English Breakfast,

Darjeeling, Constant Comment—2.50

Herbals: mint, chamomile, spice, passion—2.50

Green tea: Tazo Zen, Jasmine Green—2.50

Yerba mate'—2.50

Iced tea— 2.50

Oregon chai—hot or iced -4

Espresso

Double shot

Black & White 4

Mocha 4

Espresso 3

Cappuccino 3.50

Latte 3.50

White chocolate mocha 4

Mexican mocha 4

Prefer soy milk or a breve—add .50

Torani syrup added -.50

Extra shot of espresso—1

Tea Lattes

London Fog—Earl Grey, steamed milk and
vanilla -3

Oregon Mist—green tea, steamed milk and
almond—3

Golden Milk—steamed almond milk with ginger,
turmeric and cinnamon -4

Coffee

Organic Cafeto Glenwood house blend or decaf—
2.50 Refills are free with any food purchase

Just having coffee? Refills .50

A little bit of history of the Glenwood Restaurants—The Café Glenwood was started in 1976 on Franklin Blvd in Glenwood (thus, the name) by a couple named 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 shown 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.