

## Breakfast

These dishes are prepared with two whole eggs\* or egg whites blended with tofu, or 1/4 lb. crumbled tofu instead of eggs (.50 upcharge). Choose two side dishes—homefries, two links, one chicken-apple link, two strips of bacon, one veggie or country sausage patty, fruit, cottage cheese, kale, toast, English muffin, biscuit, gluten-free roll (\$1 upcharge), muffin

### Scrambles

- Avocado & Kale Scramble**—two eggs with mushrooms, kale, green onions, pepper jack cheese, topped with avocado—14
- Mediterranean Scramble**—fresh spinach, eggs, feta cheese and garlic scrambled together and topped with diced ripe tomatoes— 14
- Durango Scramble**—sliced mushrooms, chopped bacon, scallions & cream cheese —14
- Nova Scotia Scramble**—salmon, green onion and cream cheese scrambled with two eggs —14
- Pesto Shrimp Scramble**—pesto, baby shrimp and parmesan cheese— 14
- Mile-High Scramble**—ham, bell pepper, onion, and melted jack & cheddar cheeses —14
- Veggie Scramble**—sautéed bell pepper, fresh mushrooms & chopped onion—12
- 13th Street Scramble**—bacon, mushrooms, olives, bell pepper, onions, jack & cheddar - 15

### Benedicts

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

- Eggs Benedict**—toasted English muffin with sliced ham or sautéed mushrooms or salmon and poached eggs, with hollandaise\*—16
- Bacon Jalapeño**—toasted English muffin topped with chopped bacon and jalapeño, two poached eggs and our made from scratch hollandaise\*—16

### Breakfast Bowls

- these dishes served with toast or fresh fruit
- Loaded Oats**—thick organic oatmeal topped with blueberries, bananas and hazelnuts—10
- Granola, Yogurt & Fruit**—Greek yogurt and local Grizzlie's granola topped with an assortment of fruit—14
- Santa Fe Bowl** – brown rice, pinto beans, sautéed spinach, fresh mushrooms, kale, bell peppers & onion, salsa and avocado—14

### 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—14 half order (no beef) - 12

The following items are served with one side

- Breakfast Skillet**— eggs scrambled with homefries, bell pepper, black olives, jack & cheddar, topped with avocado and salsa—14
- Country Poach**— a buttermilk biscuit topped with two poached eggs and covered with our made-from-scratch sausage gravy—12
- Kitchen Sink**—homefries tossed with mushrooms, bell pepper and onion, chopped kale, diced bacon or veggie sausage, tomatoes and two eggs over easy or sautéed tofu—15
- Huevos Rancheros or Tofu Rancheros**—corn tortilla topped with vegetarian pintos, sautéed tofu or two eggs over-medium, cheese or avocado, green chile and Spanish sauce—12
- Farmer's Breakfast Sandwich**—thinly sliced ham, thick sliced bacon and two fried eggs between slices of crunchy rustic white bread grilled with Tillamook cheddar—14

\*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.

**Avocado Toast**—a piece of toast with half an avocado, poached egg and “everything but the bagel” seasoning sprinkled on top—9

**Standard**—two eggs cooked to order with homefried potatoes or fresh fruit and your choice of toast. (sorry, no substitutions) - 10

**Biscuits & Gravy**—a biscuit smothered with our sausage gravy. Served with your choice of one side item and an extra biscuit -10

## Breakfast

### Pancakes

Add blueberries or bananas—3

Add hazelnuts—3.50

Add real maple syrup—3.50

**PNW Gluten Free Pancakes** —three pancakes with blueberries, hazelnuts and bananas cooked in (note, we do not have a separate griddle for cooking these) - 13

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—13

**Fruit Pancakes**—cakes topped with made-from-scratch fruit compote and Greek yogurt or whipped cream—13

**Stack of Pancakes**—stack of three large pancakes—10      short stack of two—8

### French Toast

**French Toast Sampler**—two pieces of brioche bread French toast, two eggs and (choose one) two strips of bacon, one veggie sausage patty, homefried potatoes or two links—14

**Hazelnut French Toast Sampler** —same as above, but with the two pieces of brioche topped with hazelnuts & bananas—17

**French Toast**—thick brioche bread dipped in egg custard    3 pieces—11    2 pieces—9

**French Toast & Fruit Sampler**—two pieces of brioche bread French toast topped with fruit compote (made here from scratch) whipped cream or Greek yogurt, two eggs and choice of sausage or bacon or homefries —17

### Waffles

**Waffle Sampler**—two eggs with your choice of thick bacon, country or link sausage, chicken-apple link or veggie sausage and a sweet buttermilk waffle—14

**Chicken ‘n Waffles**—a sweet buttermilk waffle topped with two deep-fried chicken tenders—13

**Waffle**—a sweet buttermilk waffle with butter and syrup—9

**Berry Waffle**—sweet buttermilk waffle topped with berries (fresh in season) and whipped cream or Greek yogurt—12

### Omelettes

Prepared with three eggs, or egg whites blended with tofu. Served with your choice of two sides—homefried red-skin potatoes, 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

**Montana**—fresh mushrooms, ripe olives, crisp bacon, diced ham, fresh spinach, green onion, melted jack and cheddar cheese —16

**Garlic Basil Kale**—sautéed kale, garlic, fresh basil and mushrooms with feta and tomatoes—15

**Carrizozo** - green chile, olives, jack & cheddar, pinto, beans, sour cream and Spanish sauce -15

**Avocado** - tomatoes, avocado, cream cheese, fresh spinach and mushrooms—15

**Combination** - fresh mushrooms and diced ham with jack and cheddar -14

**Adobe** - Jack and cheddar, green chile, green onion, olives, avocado, chicken breast dusted in fajita seasoning, sour cream and salsa—16

**Herbed Mushroom & Cheese** - a blend of herbs is cooked into the eggs, then filled with sautéed fresh mushrooms and cheeses—13

**Greek**—tomatoes, feta, spinach & fresh garlic—15

**Bacon & Cheese** - chopped bacon with melted jack and cheddar cheeses—13

**The Works** - diced ham, mushrooms, bell pepper and onion, jack and cheddar cheeses, topped with Spanish sauce—15    without meat—13

**Denver** - the classic omelette of bell pepper, ham and onion with cheddar & jack cheeses—15

**Posh** - diced ham and bacon, scallions, melted jack and cheddar, topped with hollandaise—18

**Veggie** - sautéed bell pepper and onion, spinach, artichoke hearts & Swiss cheese—15

**Janeza**— sautéed onion and jalapeño, chorizo and Monterey jack and cheddar cheeses - 14

### Brunch Burritos

served with a choice of one side dish

**Sunrise Burrito** - scrambled eggs, diced ham, sliced fresh mushrooms, melted jack & cheddar in a flour tortilla—14

**Monster Burrito**— two eggs scrambled with ham, bacon, homefried potatoes, chopped onion, spinach, bell pepper, kale and fresh mushrooms with jack and cheddar cheese—16

## 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\* or vegan black bean burger. Impossible burger—1.50 upcharge. 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—12 with cheese—13

**Metolius** - thick bacon, Tillamook cheddar and Sweet Baby Ray's barbecue sauce—14

**Hood** - mild green chile smothered in Tillamook pepper jack cheese and jalapeno aioli, mayo on request -14

**Patty Melt** - Tillamook cheddar and Swiss cheese on grilled rye with sautéed onions -14

**Santiam** - sautéed fresh mushrooms and melted Tillamook Swiss -14

**Willamette**—thick-sliced bacon, Tillamook cheddar, tomato, pickles, lettuce and mayo -14

**Siuslaw** - ripe avocado and melted cheddar-14

**Columbia**—melted Tillamook cheddar, fried egg and thick sliced bacon- 15

### Sides

deluxe homefried potatoes—10

tossed salad—5

bowl of soup—6

cup of soup—5

cottage cheese-3

onion rings -6

*\*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

**Doña Ana Chicken Sandwich**—deep-fried chicken breast with bacon, sautéed onions & melted pepper jack cheese. Topped with tomato, lettuce, avocado & jalapeño aioli on a ciabatta roll—14

**Rustic Club**—three slices of toasted rustic white bread piled with sliced ham, turkey breast, bacon, cheddar and Swiss cheese, lettuce, tomato and mayonnaise—16

**Curried Chicken Salad**—all white meat chicken salad with curry and apples, sliced tomato and greens on toasted raisin bread—13

**Rueben** - grilled sliced pastrami, Tillamook Swiss and sauerkraut on rye with thousand island - 15

**Tuna Melt**—grilled rye with melted Tillamook cheddar topped with pineapple rings, crisp bacon and surface-caught tuna salad-15

**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-15

**Grilled Cheese**—Tillamook cheddar or Swiss on your choice of bread add ham-13

**Garden 'n Grain**—fresh avocado, cucumber, red tomato, salad greens, and cream cheese or hummus on Great Harvest wheat -13

**Tuna** - surface caught tuna salad with lettuce and tomato on toasted rustic white bread - 13

**Alder Street Special**—turkey breast, thick bacon, Tillamook Swiss & cheddar melted on grilled rye with lettuce, tomato and mayonnaise—14

**California BLT**—toasted rye, sliced avocado, tomato, crisp thick-sliced bacon, mayonnaise and lettuce—13

**La Superba** — breast of turkey and ham, melted Swiss, pesto, red onion, tomato and lettuce on toasted ciabatta bread—13

## Entrees and Salads

served with tossed salad or soup

**Fish 'n Chips** - white fish breaded and deep-fried in canola oil, served with French fries and our caper-rich tartar sauce— 14

**Steak & Mushrooms** - seasoned 8 ounce sirloin cooked to order and topped with sautéed mushrooms and melted Swiss cheese. Choose French fries or fresh vegetables-23

**Tempeh Stir-Fry** - tempeh stir-fried with fresh vegetables, tossed in peanut sauce and served on a bed of brown rice-16

**Quesadilla** - breast of chicken or crumbled tofu, diced green chile, sautéed fresh spinach, onions and mushrooms, black olives, melted jack and cheddar in a flour tortilla, served with salsa, sour cream, tomato and avocado slices—14

**Macaroni & Cheese** - macaroni tossed with fresh cream and melted cheddar and Monterey jack cheeses—13

**Pasta Genovese** - fettucine tossed with sautéed mushrooms, black olives, garlic, feta, spinach and pesto, garnished with Parmesan and diced red tomatoes-15

**Mushroom & Grilled Chicken** - fresh mushrooms and a grilled, julienned chicken breast in creamy alfredo sauce lightly seasoned with herbs, then tossed with fettucine pasta-15

**Fettucine Alfredo** - creamy parmesan sauce tossed with fettucine noodles—13 with salmon-16

Served with a dinner roll. Add a cup of soup for 3.00

**Tuscan Chicken Salad** - greens with artichoke hearts, tomatoes, grilled chicken breast, parmesan and a chiffonade of basil—14

**Summer Salad** - tossed greens with cucumber, red onion, fresh spinach, black olives, tomato, avocado and your choice of cheese or bacon-12

**Walnut Pear Salad** - greens topped with pear slices, candied walnuts and crumbled bleu cheese with balsamic vinegarette—12

**Sesame Ginger Chicken Salad** - greens with julienned freshly grilled or crunchy fried chicken breast, chow mein noodles, mandarin oranges and scallions in a sesame dressing—14

**Kale Salad**— chopped kale, fresh spinach and spring mix greens with crunchy chicken tenders or grilled chicken breast or sauteed tempeh, blueberries, almonds, cucumber and diced tomatoes with raspberry vinegarette—14

**Classic Chef Salad**— tossed greens with julienned turkey breast, ham, Swiss, cheddar, diced tomato and a hard-boiled egg—14

**Grilled Steak Salad**- tossed greens with bleu cheese crumbles, ripe red tomato, red onion and an 8 oz. sirloin steak sliced warm on top drizzled with balsamic vinegarette-20

**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-14

**Spinach Salad**-spinach leaves with dried cranberries, candied walnuts, bleu cheese crumbles and raspberry vinegarette—12

Monday through Friday we  
offer a takeaway family dinner  
sized to feed two  
adults and two kids for \$19  
[www.glenwoodrestaurants.com](http://www.glenwoodrestaurants.com)

## Beverages

### Soft Drinks

Pepsi products, complimentary refills with food purchase—2.50

Strawberry lemonade 2.75 (one refill)

Italian sodas - 3

### Juices

Cranberry, V-8, apple—4 small—3

Fresh orange or grapefruit—5.75 small—3.50

Strawberry lemonade—2.75

Pomegranate—6 small—4.50

### Kombucha

Please ask what flavors we have—4.50

### Milk

Skim, whole, 2%, chocolate, buttermilk

Large glass—3

Small glass—2

Oat milk, almond milk or soy milk—3.75

Small glass—2.50

Hot almond steamer—4

Hot chocolate—2.75

### Beer & Wine

Microbrews and imports—4.50

Domestics—3.75

Red Beer—4.50

Pinot grigio, chardonnay, cabernet, merlot—6

### Mimosas

orange, grapefruit, pomegranate—7.75

### Teas

Black teas: Earl Grey, English Breakfast

Constant Comment—2.50

Herbals: mint, chamomile, spice, passion—2.50

Green teas: Tazo Zen, jasmine green—2.50

iced tea— 2.50

Oregon chai—hot or iced -4.50

### Espresso

	Double
Black & White	5
Mocha	4.75
Espresso	3
Cappucino	4.25
Latte	4.50
White chocolate mocha	4.75
Mexican mocha	4.75
Prefer soy milk or a breve—add .50	
Torani syrup added - .50	
Extra shot of espresso—1.50	

### Teas Lattes

London Fog—Earl Grey, steamed milk and vanilla -4.50

Oregon Mist—green tea, steamed milk and almond—4.50

Golden Milk Latte—English Breakfast, steamed almond milk with ginger, turmeric and cinnamon—4.50

### House Coffee

Organic Cafeto Glenwood house blend—2.75

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 purchasing the business from them on (a dark and stormy night!) 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. We have since closed our Campus store in April of 2022. It is our 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, please write anytime.