



BREAKFAST  
*Bowls*

SERVED OVER A CHOICE OF QUINOA or HOME FRIES

**CHICKEN OR THE EGG**

seasoned grilled chicken and two eggs  
cooked your way 11.95

**MEAT LOVERS**

diced ham, turkey sausage and bacon crumbles 12.95

**OLD SMOKY**

smoked salmon, feta crumbles and sliced avocado 12.95

**TEX MEX**

black beans, scrambled eggs, house made pico  
and pepper jack cheese 11.95

**BREAKFAST BUST**

bacon, sausage, onions, peppers, cheddar cheese 12.95

**STEAK & EGG**

scrambled eggs, beef filet tips and american cheese 12.95



*Oatmeal*

**TRADITIONAL**

oatmeal topped with cinnamon  
and brown sugar 6.95

**FRESH MORNING**

oatmeal topped with fresh fruit 7.95

**HOCKESSIN**

oatmeal topped with fresh apple  
slices, walnuts and honey 7.95



BUILD YOUR OWN  
*Omelets*

*Start with* **3 FLUFFY EGGS WITH CHOICE OF CHEESE** 8.95  
*get it with* **A SIDE OF TOAST** or **BURRITO STYLE** 9.95

**VEGGIE ADD-ON** .50¢/ea.

mushrooms • spinach • tomato  
onions • peppers • black beans

**PROTEIN ADD-ON** 3.00/ea.

bacon • ham • chicken • sausage

**PREMIUM ADD-ON** 8.00/ea.

smoked salmon • beef filet tips



BREAKFAST  
*Sandwiches*

**2 FRIED EGGS TOPPED WITH CHOICE OF CHEESE**  
and served on a bagel (+\$1) english muffin or toast 7.95

**VEGGIE ADD-ON** .50¢/ea.

mushrooms • spinach  
tomato • onions

**PROTEIN ADD-ON** 3.00/ea.

bacon • ham • sausage

**PREMIUM ADD-ON** 8.00/ea.

smoked salmon • beef filet tips



*Toasts*

**2 SLICES CHOICE OF TOAST**  
white • wheat berry • whole grain

**THE CALI**

avocado, hard cooked egg, tomato 9.25

**HOCKESSIN**

berry compote and brie 9.25

**PROTEIN**

hummus, roasted vegetables, sliced egg,  
feta cheese 10.25

**THE LOX**

smoked salmon, avocado, dill cream cheese 10.95

*a la carte*

**TOAST** 2.00

white • wheat berry  
whole grain

**WHOLE GRAIN**

**ENGLISH MUFFIN** 2.00

**BAGEL** 3.00

plain  
everything  
sesame  
wheat  
cinnamon raisin

**FRESH BERRIES** 4.00

**HOME FRIES** 4.00

**TWO EGGS** 3.00

**HAM** 4.00

**BACON** 4.00

**TURKEY SAUSAGE** 4.00

**SMOKED SALMON** 8.00

**BEEF FILET TIPS** 8.00

*Our meals are made to order, so they may take longer depending on the order and volume. We appreciate your patience!*

Connect with us



[hachealthclub.com/cafe](http://hachealthclub.com/cafe)

*Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of food-borne illness.  
Any changes, substitutions, or additions may be subject to additional charges.*