

110 SE 8th Street
Topeka, KS 66603
785-228-2001



M-F 7am-5pm
Sat 8am-2pm

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Breakfast served until 10:45

Yogurt, Fruit and Granola	\$3.79
Horse Food (Oatmeal, Granny Smith Apples, Honey & Brown Sugar)	\$3.29
Breakfast Taco (Black Beans, Eggs, Cheddar, Salsa, Bacon or Sausage)	\$4.69
Fat Poppa Breakfast Burrito (Same as Breakfast Taco, But Bigger!)	\$6.99
Biscuit Sandwich (Egg, Cheddar, Bacon or Ham)	\$3.29
Dos Eggies (2 Bacon, 2 Eggs, 2 Wheat Toast)	\$5.49
Single Biscuits and Gravy	\$2.99
Double Biscuits and Gravy	\$5.99
Breakfast Panini on 9 grain Bread	Half \$3.49
-Egg, Bacon, and Cheddar	Full \$6.99
-Egg, Ham, and Cheddar	
-Bacon, Apple and Cheddar	
-Egg, Cheddar and Apple	
3 Egg Scramble (Eggs, Roasted Veggies, Sausage or Bacon, Cheddar, Salsa and Toast)	\$6.49
Hot Mess (Eggs, Roasted Veggies, Sausage and Bacon, Cheddar, Salsa and Toast)	\$7.49
Train Wreck (Bacon, Egg and Cheese Biscuit Sandwich Smothered in Sausage Gravy)	\$5.49
Side of Bacon	\$1.25
Scrambled Egg	\$1.25
Toast	\$1.25
Side of Fresh Fruit	\$2.00

Lunch

Salads & Wraps (can be either)

for Herbivores \$6.99 or Carnivores (with Chicken) \$7.59

- Look Good Naked Salad (Lettuce, Toasted Almonds, Cranberries and Raspberry Vinaigrette)
- Southwest (Lettuce, Black Beans, Cheddar, Tomatoes, Guacamole, Salsa and Corn Chips)
- Thai Peanut (Lettuce, Shredded Cabbage & Carrots, Red Onion, toasted Almonds, and Thai Peanut Dressing)

Soup & Lunch Specials

Bowl of Soup, served with a piece of 9 grain toast \$5.95
Lunch Special, we offer a lunch sized, hot meal every day! Check our Facebook Page or our in store signage to see what we will be offering today. \$7.75 & \$9.50 (with drink and cookie)

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all sandwiches served a pickle and chips or pasta salad

Turkey \$7.59

Turkey Lurkey (Turkey, Bacon, Cheddar, Lettuce, Tomato, Mayo on Wheat Toast)
Thanksgiving Panini (Turkey, Swiss, with Cranberry Cream Cheese on Sourdough)
Chipotle Turkey Panini (Turkey, Bacon, Tomato, Cheddar, Chipotle Mayo on Sourdough)

Ham \$7.59

Ham & Apple Panini (Ham, Granny Smith Apples, Cheddar, Bistro Sauce on Sourdough)

Chicken \$7.59

Almond Chicken Salad on Wheat Toast with leaf lettuce
Chicken BLT (Chicken, Bacon, Lettuce, Tomato, Mayo on Wheat Toast)
Chicken Pesto Panini (Chicken, Provolone, Red Pepper Pesto, Tomatoes & Red Onions on Sourdough)

Roast Beef \$7.59

Cattle Club (Roast Beef, Bacon, Lettuce, Tomato, Mayo on Wheat)
Philly Melt Panini (Roast Beef, Roasted Veggies, Provolone, Chipotle Mayo on Sourdough)

Vegetarian \$7.59

Grilled Cheese with Granny Smith Apples on 9 Grain Bread
Can't Decide (Grilled Cheddar, Swiss and Provolone on 9 Grain Bread)
The Hipster (Roasted Vegetables, Guacamole, Cheddar, Lettuce, Tomato and Salsa in a Wrap)

For the Shorties (10 and under)

Grilled Cheese on sourdough with chips and a pickle \$4.99
Peanut Butter & Jelly on sourdough with chips and a pickle \$4.99

Downtowner Lunch Special \$7.59

Half of any sandwich on 9 grain bread, chips or pasta salad, and small drink

Downtowner Lunch Special with Soup \$8.59

Half of any sandwich on 9 grain bread, 6oz. Side of Soup, and small drink

Say NO! to chips or pasta salad, replace with a side salad, 6 oz. soup or whole fruit \$.50
Want more?! Chips \$1.00, Side Salad \$1.50, Pasta Salad \$1.50, Whole Fruit \$1.00

turn over for more good stuff!!

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