

MELK

L I M I T E D M E N U

ENTRÉES

CHICKEN & WAFFLES FAV

11

Cap'n Crunch chicken tenders, waffle, Sriracha maple syrup, served on sautéed greens

BREAKFAST SCRAMBLE BURRITO FAV

8

scrambled eggs**, sautéed greens, house salsa, sour cream **V***, pickled red onion, flour tortilla

SUB OLD CAPITAL TOFU **V**
SUB PURPLE CORN CHIPS **GF**

THE POWER PLANT V GF

8

root vegetable hash (ask your server about our seasonal selection), served on sautéed greens

ADD SUNNY EGG** \$1

SANDWICHES

all sandwiches come with fries
add hot / garlic fries \$1

BERGUR FAV

9

Iowa certified angus beef**, american cheese, lettuce, tomato, house pickles, red onion, house sauce, Rotella bun

ADD SUNNY EGG** \$1 BACON \$1
SUB BEYOND BURGER \$3

BEE-EL-TEE

8

bacon, lettuce, tomato, house sauce, Rotella wheat bread

ASK YOUR SERVER
ABOUT OUR ROTATING
PASTRY MENU!

BUILD-A-BREAKFAST

7

1 two eggs** your way
Old Capital Tofu **V**

2 sautéed greens **V**
root vegetable hash **V**

3 english muffin **GF***
sourdough
wheat
pancake

ADD BACON / HAM / SAUSAGE \$1 EGG** \$1

BISCUITS & GRAVY

7

house buttermilk biscuit, house pork sausage, house country gravy

CHICKEN-FRIED STEAK

12

Cap'n Crunch breaded, house country gravy, choice of sautéed greens or root vegetable hash

TENDER BASKET

8

Cap'n Crunch chicken tenders, house fries, choice of two sauces

GARLIC GRILLED CHEESE

7

american, cheddar, gouda cheese, garlic sourdough

ADD BACON / HAM \$2
ADD TOMATO, BALSAMIC REDUCTION, SPINACH \$2

GRILLED PB+J

5

peanut butter, house jam, sourdough

EGG MELKMUFFIN FAV

5

fried egg**, american cheese, english muffin **GF***

ADD BACON / HAM / SAUSAGE \$1
ADD TOMATO, SPINACH \$1

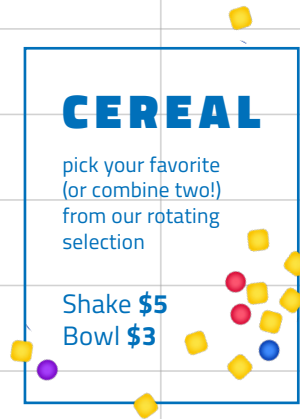
SAUCES 50¢

maple mustard
house sauce
bbq
hot bbq
ranch
spicy ranch
vegan aioli

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V, GF = Vegan and/or gluten free. **V*, GF*** = Vegan and/or gluten free options available upon request.
** These items may be raw or undercooked, or contain ingredients that are raw or undercooked.
** **Consumer Advisory Warning** - Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

SPECIAL THANKS TO OUR LOCAL PARTNERS!
OLD CAPITAL TOFU, WAKE-UP IOWA CITY, URBAN GREENS, ECO CARE, AND COMPOST NINJA



Full cereal menu coming soon!

SIDES ETC

HOUSE FRIES

5

hand-cut potatoes

V

GARLIC \$1
HOT \$1

SAUTÉED GREENS

4

kale, onion, red pepper, garlic, lemon

V, GF

SALAD

6

spinach,
Urban Microgreens, kiwi, marinated cranberries, pickled red onion, balsamic vinaigrette, toasted coconut **V**

FRIED MAC & CHZ BITES

5

cavatappi, 5-cheese blend, seasoned *Corn Flakes* breading

ROOT VEGETABLE HASH

4

seasonal root vegetables, ask a server about our selection!
V, GF

BEVERAGES

Soda \$2

Iced Tea

Juice

Coffee

Milk
ask about our non-dairy selection!

Cobra Verde \$3

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