



DailyEats is happy to be partnering with
 Dr. Jay J Garcia's Weight Loss & Wellness Centers to offer
 you Dr. Garcia's healthy selections from Our Menu.



DailyEats Natural Egg-sentials

Basics done better

- Two Eggs scrambled\$3.75
- Add turkey sausage, apple-wood smoked bacon, ham or turkey hash\$1.95
- Add 1 Egg\$.75

DailyEats Natural Egg-citing Omelets

Go ahead, express your creative side

- Three Eggs Omelet\$5.25
- Add choice of cheese - Vermont Cheddar, Swiss, Jalapeno-jack Cheese, American, Provolone or Goat Cheese\$.75 each
- Add shredded chicken breast, shredded turkey, ham, apple-wood smoked bacon or turkey sausage\$1.00 each
- smoked salmon\$1.95
- Add bell peppers, onions, mushrooms, spinach, jalapeños, guacamole, diced tomatoes or broccoli.....\$.25 each
- Add 1 Egg\$.75

Beverages

- Diet Soda \$2.25
- Coke Products
- Dark Roast Masters (Regular and Decaf) \$2.25
- Unsweetened Chilled Teas \$2.25
- Hot Tea \$2.25
- Bottled Flat Water \$1.95
- Sparkling Water \$2.50

Sides:

- (3) Turkey Sausage \$2.95
- (3) Applewood thick cut smoked bacon..... \$2.95
- Maple glazed ham \$2.95
- Smoked Salmon \$3.95

DailyEats Specials

- Daily JL:** Scrambled Eggs with crispy spinach, served with fresh fruit\$7.95
- The Gigante:** Two Eggs cooked your way, applewood bacon\$8.95
- The Hoang Kong:** A smoked salmon and scallions two-egg scramble served and topped with diced tomatoes, and onion\$8.95

DailyEats Omelets

*Treats for eggs-traordinary tastes
 (served with grits or fresh fruit)
 NO SUBSTITUTIONS*

- Greek:** Spinach, feta cheese and diced tomatoes \$7.75
- Californian:** Shredded turkey breast, crumbled bacon, guacamole and Swiss cheese \$7.95
- Carnivore:** Bacon, sausage, ham, cheddar cheese, and scallions..... \$7.75
- Steak and Cheese:** Shredded N.Y. strip steak, provolone cheese, grilled onions and green peppers \$9.95

Served after 11:30 a.m. Weekends Only

DailyEats House Specialties

Served with Side Salad

NO SUBSTITUTIONS

DailyEats Bunless Burger: Black angus burger or natural turkey burger	\$7.95/\$9.95 Double
Add Cheese	\$.75
American, Cheddar, Swiss, Provolone, Blue Cheese, Pepperjack, Feta, Goat	
Additional Toppings	\$.75
Caramelized onions, mushroom or bacon	
Patty Melt: Black angus or natural turkey bunless burger with melted cheddar and american cheeses and caramelized onions	\$8.95

Sides

Small Side Salad	\$2.50
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DailyEats Salad Shredder Bowls

Our unique combination of fresh ingredients and healthy proteins served over mixed shredded lettuce. Your choice of shredded turkey breast or shredded chicken breast.

*Caesar: Your choice of chicken or turkey, diced tomatoes, Romaine lettuce, capers, and parmesan cheese tossed with our house Caesar dressing	\$7.95
Cali Bowl: Your choice of pork, turkey or chicken, cucumber, grape tomatoes and guacamole in a red wine vinaigrette topped with goat cheese	\$8.95
Havana: Your choice of chicken or turkey with diced tomatoes, red onion, pickles	\$7.95
DailyEats Waldorf: Your choice of turkey or chicken with crispy celery, crumbled bleu cheese and strawberries tossed with a strawberry vinaigrette	\$8.95
Greek: Romaine and iceberg lettuce with diced cucumbers, grape tomatoes, pepperoncini, peppers, and feta tossed in a red wine vinaigrette	\$7.95
New York Blue: Julienne shaved NY strip with sautéed mushrooms, diced red onions, bleu cheese crumbles, diced tomatoes, and crumbled bacon tossed	\$8.95

SUPER SIZE MEAT ADD \$2.00 • SUBSTITUTE SPINACH FOR LETTUCE \$1.00

**Can be made Vegetarian*

Salads

Caesar: Romaine lettuce, capers, parmesan cheese in a creamy Caesar dressing topped with croutons	\$6.25
House: Romaine and grape tomatoes tossed in a white balsamic herb vinaigrette	\$5.50
Spinach: Baby spinach leaves, grape tomatoes, sautéed mushrooms, diced bacon and bleu cheese tossed in a red wine vinaigrette	\$5.75

Salad Additions

add shredded turkey or chicken	\$2.95
add DailyEats or Turkey burger sliced	\$3.95
add chicken breast	\$3.95