

LUNCH MENU

SOUPS AND SALADS

Blue Cheese, Ranch, House Vinaigrette or Honey Mustard

Soup of the Day.....	Cup 2.50 Bowl 4.25
House Salad (Tossed greens, tomato & cheese).....	3.95
Cucumbers by request only	
Bowl Soup and Side Salad.....	6.95
Chicken Finger Salad.....	8.50
Grilled Chicken Salad.....	8.50
Chef Salad.....	8.50
Spring Mix Salad (Grilled chicken, strawberry, feta, pecan).....	8.95

SANDWICHES (HOT)

Served with chips (add .50 for french fries)

Texas Grilled Cheese.....	5.50
Southwest Chicken Sandwich.....	8.95
Veggie Melt.....	8.25
Grilled Turkey & Swiss on Wheat.....	7.50
Tyler's Deluxe Grilled Cheese (with green chili and tomato).....	6.95
The Colonel (grilled cheese, fresh jalapeno, tomato & onion on Texas toast).....	6.95
Chicken Fried Steak on a Bun.....	8.95
Grilled Chicken Club.....	8.95
Chicken Fried Chicken on a Bun.....	8.95
Santa Fe Turkey Melt.....	8.75
Steak Sandwich (Peppers & onions on a french roll with Swiss).....	10.25
Grilled Ham & Swiss.....	7.50

SANDWICHES (COLD)

BLT.....	5.95
BBD Club (Ham, turkey and bacon).....	8.95
California Turkey (with tomato, avocado and sprouts).....	8.75
½ Sandwich & Soup or Salad (Cold Sandwich Only).....	7.50
Veggie Sandwich (with sprouts, lettuce, cream cheese, cucumber, tomato on whole wheat).....	6.95

*Consuming raw or undercooked meats or eggs with less than well done yolks may pose an increased risk of foodborne illness.

THE DEUCE... WHERE EVERYTHING IS TWICE AS GOOD!

*BURGER WITH FRIES

Lettuce, tomato, pickle & onion on request

Basic Burger.....	7.75
Cheeseburger.....	8.25
Chili Cheeseburger.....	8.95
Patty Melt.....	8.95
Bacon Cheeseburger.....	8.95
Mushroom Burger (with bacon and Swiss).....	8.95
Southwest Burger (Jalapeno, bacon, guacamole, Jack Cheese).....	8.95
Rancho Burger (1-egg, verde, beans, mix cheese).....	9.25
Western Burger (BBQ Sauce, onion ring, cheddar).....	9.25

ENTREES

Chicken Fried Chicken (w/mashed potatoes, veg & Texas toast).....	8.95
Chicken Fried Steak (w/mashed potatoes, veg & Texas Toast).....	8.95
Fried Chicken Finger Basket (with fries).....	8.50
Pork Chops (2) (w/mashed potatoes, veg & Texas Toast).....	10.25
Fried Shrimp Basket (with fries).....	10.25
Grilled Chicken Breast Dinner.....	9.50
Poor Man's Surf and Turf (Forget the steak and lobster, this hearty platter gets the job done better than any country club around! A Burger patty, three Fried Shrimp & a small house salad make this a rich man's meal at a poor man's price! Created by the owner himself).....	MARKET PRICE

SIDES

French Fries.....	1.95
Onion Rings.....	2.95
Mashed Potatoes.....	1.95
Bowl of Chili.....	4.95
Cottage Cheese.....	1.95

BEVERAGES

Coffee, Tea, Soda (Free refills).....	2.25
Milk, Juice.....	Small 1.50 Large 2.95
Chocolate Milk.....	Small 1.95 Large 3.50

*Consuming raw or undercooked meats or eggs with less than well done yolks may pose an increased risk of foodborne illness.



•BREAKFAST

•LUNCH

Mon-Sat 7 am - 2 pm

Sunday 8 am - 2 pm

8218 S. Harvard
Tulsa, OK 74137
918-481-5555

BREAKFAST SERVED TIL 2 P.M.

SEE OUR CHALKBOARD SPECIALS
ADDITIONAL CHARGES FOR SUBSTITUTIONS

*EGGS

(May be made with egg whites)

Cooked any style and served with our home fries & choice of biscuit & gravy or toast

One Egg.....	4.95
with bacon, link or patty sausage or ham.....	6.95
Two Eggs.....	6.25
with bacon, link or patty sausage or ham.....	7.95

*OMELETS

(May be made with egg whites)

Served with our home fries, biscuit & gravy or toast

#1 Basic. (make your own, add .50 per ingredient).....	6.95
#2 Lorraine (ham, bacon, onion & swiss).....	8.95
#3 Florentine (spinach, bacon, green onion & Swiss).....	8.95
#4 Eye Opener (green onions, jalapeno, smothered in chili & topped with cheddar).....	8.95
#5 Veggie (seasonal veggies & cheese).....	8.95
#6 Chicken, Mush., Spin., Swiss.....	8.95
#7 3 Meat (Sausage, Ham, Bacon, Cheddar).....	8.95
#8 Sausage, Onion, Jalapeno, Pepper Jack.....	8.95

* HOUSE SPECIALTIES

Huevos Rancheros (Corn tortillas, pinto beans, two eggs, homemade verde sauce, cheddar and jack cheese topped with fresh jalapeños).....	7.95
Basic Murrito.....	8.95
Scrambled eggs, sausage, green onions & cheddar wrapped in a flour tortilla & served with fresh guacamole, sour cream, picante & home fries	
Add chili.....	9.50
Chickito (All the above, substitute chicken for sausage).....	8.95
Add chili.....	9.50
Harvard Special-2 eggs any style & choice of:	
Pork chop, Burger patty or Chicken fry-plus all the fixins'.....	9.95
Eggs Benedict.....	8.95
Country Benny.....	8.95
Phillips 360 (Our regular Eggs Benedict turned completely around: sausage patties, tomato and fresh jalapeños. Named for the guy who does it nearly everyday!).....	8.95
Steak & Eggs.....	10.95
Corned Beef Hash.....	8.25

*Consuming raw or undercooked meats or eggs with less than well done yolks may pose an increased risk of foodborne illness.

* SMART CHOICES

Oatmeal (served with side of nuts, raisins, brown sugar & milk) with toast.....

5.95

Oatmeal (served with same as above) with bagel or English Muffin.....

6.50

Cup of Oatmeal w/toast 4.00, w/bagel or English muffin 4.25

Bowl of Homemade Granola, cup of low fat vanilla yogurt and cup of fruit.....

7.75

The Bootcamp Tulsa Scramble (one egg, two egg whites with chicken, spinach, green bell pepper, light swiss cheese-sub veggies of your choice) Side: two Tomato Slices/cup of Fresh Fruit and our world famous buckwheat pancake with peanut butter and banana. **If not Post Workout just tell us to hold the buckwheat.....

8.95

The Trainer's Special (Three scrambled egg whites with sausage & a big thin buckwheat pancake).....

7.50

Cold Cereal.....

2.25

Bowl of Fruit.....

4.95

Cup of Fruit.....

3.25

Desserts & Cookies & Cakes & Breads

(Made fresh daily & subject to Availability)

CHILDREN'S MENU 4.50

(Served with a drink)

Grilled Cheese & French Fries
Chicken Fingers & French Fries
Kid's Hamburger & French Fries
Cheese Quesadilla & Cup of Fruit
Peanut Butter & Jelly with Cup of Fruit

PANCAKES & BREADS

Pancake*.....	2.50
Mickey Mouse Cake.....	3.95
Short Stack (2)*.....	4.75
Stack (3)*.....	6.95
Belgian Waffle*.....	5.50
French Toast (Texas Style)*.....	4.95
*With berries or nuts, add	7.75
Cinnamon Roll.....	4.50
Biscuits & Gravy.....	3.95
Toast.....	1.95
Bagel or English Muffin.....	2.25
The Big Waffle (Two eggs, two pieces of bacon on top of our famous Belgian Waffle).....	9.25
Special Waffle.....	6.95

(Pancakes can be ordered as Regular or Buckwheat)

SIDE ORDERS

Chicken Fried Steak.....	5.50
Pork Chop (1).....	5.75
Egg* (1) Any Style.....	1.50
Ham.....	2.95
Sausage (Links 3, Patties 2).....	2.95
Bacon (4).....	2.95
Grits.....	1.50
Home Fries.....	1.95
With Peppers & Onions.....	2.75

-Additional charge for substitutions-

- Gift Cards Available
- All Major Credit Cards Accepted
- Take Out Menu on Request