

## \* Omelets

### CAROLINA BREEZE OMELET

Bacon, sausage, onions & cheddar, topped w/ sausage gravy...Mmm!

8.50

### FARMERS OMELET

Bacon, sausage, onions, peppers, mushrooms, tomatoes & cheddar

8.75

### VEGGIE OMELET

Mushrooms, peppers, onions, tomatoes & Swiss (add spinach or broccoli) 8.50

### MEAT LOVERS OMELET

Bacon, ham, sausage & cheddar

9.25

### KIELBASA OMELET

Polish sausage, onions, peppers, tomatoes & cheddar 8.50

SERVED W/ CHOICE OF: HOME FRIES, GRITS, CORN PUDDING, SAUSAGE GRAVY, BAKED APPLES OR FRESH FRUIT & CHOICE OF: BISCUIT, CORN MUFFIN OR TOAST

### GREEK OMELET 8.50

Feta cheese, Kalamata olives, onions, tomatoes & oregano

### GYRO, TOMATO & FETA OMELET 8.75

### SPINACH & FETA OMELET 8.50

### FETA CHEESE OMELET 7.95

### GYRO OMELET SANDWICH 9.50

Gyro meat, feta cheese, tomatoes & onions in a pita w/ tzatziki (Does not come with toast or biscuit)

### MEDITERRANEAN BREEZE OMELET 8.75

Roasted red peppers, feta cheese, fresh spinach, Kalamata olives, onions, oregano & tzatziki

### ACAPULCO BREEZE OMELET 9.95

Taco beef, pinto beans, onions, smothered w/ cheddar cheese, topped w/ sour cream & side of salsa

### PHILLY STEAK & CHEESE OMELET 9.95

Home fries, cheddar cheese, green peppers, onions & mushrooms

### ENCHILADA OMELET 9.95

Taco beef, onions & cheddar, topped w/ chili con carne, lettuce, tomato & sour cream

### QUINOA AVOCADO OMELET 9.95

Sundried tomato, roasted red peppers, olives, spinach, oregano, topped with avocado, quinoa, tomato & feta cheese

### SHRIMP & GRITS OMELET

Grilled shrimp, cheesy grits & chorizo sausage 9.75

### COUNTRY OMELET

Home fries, sour cream, ham, peppers, onions & cheddar 8.50

### WESTERN OMELET

Onions, green pepper, ham & cheddar cheese 8.50

### BACON, TOMATO & CHEDDAR OMELET 8.25

### PIMENTO CHEESE & BACON OMELET 8.50

### HAM, BACON OR SAUSAGE & CHEESE OMELET 8.25

### SPINACH & TOMATO OMELET 8.25

### 3 CHEESE OMELET 7.95

### CHORIZO OMELET

Chorizo sausage, onions, green peppers, tomatoes, cheddar & sour cream 8.95

## \* Two Egg Breakfasts

Includes two eggs & choice of:  
Home Fries, Grits, Corn Pudding, Sausage Gravy,  
Baked Apples OR Fresh Fruit -&  
Toast, Corn Muffin OR Biscuit

**TWO EGGS ANY STYLE 3.95**

~TWO EGGS WITH~

**CRAB CAKES (2) 9.75**

**SAVANNAH FRIED CHICKEN 8.95**

(topped with sausage gravy)

**BACON OR HAM OR SAUSAGE 5.95**

**CANADIAN BACON 6.75**

**CORN BEEF HASH 7.25**

**COUNTRY HAM 8.25**

**LIVER PUDDING 6.25**

**GRILLED PORK TENDERLOIN 8.25**

**FRIED PORK TENDERLOIN 8.25**

**GRILLED CHICKEN BREAST 8.75**

**\*RIBEYE STEAK (6oz) 10.50**

**SALMON PATTIES (2) 7.50**

**KIELBASA SAUSAGE 6.50**

**SMOKED SAUSAGE 6.50**

\*Cooked to order. Consuming raw or undercooked meat, poultry, seafood or eggs may increase your risk of foodborne illness.

## \* The Lighter Side

**AVOCADO TOAST** Thick cut whole grain toast fresh smashed avocado, garlic olive oil, pickled onions, tomatoes, arugula and fresh fruit. 9.25

**PEANUT BUTTER TOAST** Thick cut whole grain toast, peanut butter, sliced bananas & strawberries drizzled with honey served with fresh fruit. 8.25

**TURKEY POWER OMELET** Egg whites or Egg Beater omelet, turkey sausage, turkey bacon, onions, tomatoes, fresh spinach & feta cheese, served w/ a dry English muffin & fresh fruit. 9.25

**THE HEALTHY SCRAMBLE** Egg whites or Egg Beaters scrambled with mushrooms, onions, tomatoes, roasted red peppers, fresh spinach & feta cheese. Served w/ a dry English muffin & fresh fruit. 9.25

**THE DREAM LEAN SCRAMBLE** Egg whites or scrambled Egg Beaters served w/ Canadian bacon, fresh fruit & served with a dry English muffin. 9.25

**POWER WRAP** Egg whites or Egg Beaters w/ turkey, fresh spinach, grilled mushrooms & Swiss cheese in a tortilla served w/ fresh fruit and salsa. 8.95

**SANTORINI COCKTAIL** A healthy parfait of Greek yogurt, fresh fruit berries, bananas, walnuts, pecans & toasted almonds, drizzled with honey. Served w/ a dry English muffin. 8.75 Add granola for 1.00

**THE OLYMPIC BREAKFAST** Poached eggs on an English muffin served w/ a side of feta cheese, sliced tomatoes, Kalamata olives & Canadian bacon. 8.95

**ALL AMERICAN 6.95**

2 pancakes w/ 2 eggs  
Choice of one: 4 slices bacon,  
Virginia ham, 2 sausage links or  
sausage patties

**DEACON'S CHOICE 7.95**

Belgian waffle w/ 2 eggs  
Choice of one: 4 slices bacon,  
Virginia ham, 2 sausage links or  
sausage patties

**RACERS CHOICE 7.95**

French Toast w/ 2 eggs  
2 slices of bacon & 2 sausage links

**CROISSANT SCRAMBLE 8.25**

Scrambled eggs, fresh spinach,  
ham, cheddar & hollandaise  
sauce, served with fresh fruit

# Specialty

**\* Breakfasts**

**THE COWBOY 8.50**

Country fried steak & 2 eggs  
w/ biscuit & sausage gravy

**COUNTRY**

**BREAKFAST 7.50**

2 eggs, bacon or sausage  
w/ biscuit & sausage gravy

**"3 ACES" 4.75**

1 pancake, 1 egg & choice of:  
2 slices bacon OR  
1 sausage link OR patty

**COUNTRY  
BISCUITS & GRAVY**

One biscuit 3.25  
Two biscuits 3.95

**MAMA ZOE'S EYE OPENER 4.95**

2 eggs w/ choice of one meat:  
2 slices bacon OR 1 sausage link or  
patty & choice of: home fries, grits,  
baked apples, sausage gravy  
OR corn pudding & toast OR biscuit

**LOW CARB LOVERS 8.50**

3 eggs cooked any style served  
w/ 2 slices of bacon, ham &  
2 sausage links

**CHICKEN & WAFFLES 10.25**

Served with w/ choice of: home fries,  
grits, baked apples, sausage gravy  
OR corn pudding

**EGGS VERA CRUZ 7.75**

Scrambled eggs w/ sausage, onions  
& cheddar in a tortilla topped w/  
salsa & sour cream, w/ fresh fruit

## \* Eggs Benedict

**Crab Cake Eggs Benedict 10.25**

Two poached eggs on toasted English muffin,  
two of Mama Zoe's crab cakes, tomato,  
hollandaise sauce & fruit medley

**\*Salmon Benedict 10.25**

Two Poached eggs on toasted English muffin, grilled salmon,  
tomato, hollandaise sauce & fruit medley

**\*Rib-eye Benedict 10.25**

Two poached eggs on toasted English muffin,  
rib-eye steak, tomato, hollandaise sauce & fresh fruit

**Benedict Combinations 9.25**

Two poached eggs on English muffin piled high  
w/ your choice of combination below & covered  
w/ hollandaise sauce and fresh fruit

- #1 Fresh Spinach, Feta & Tomatoes
- #2 Canadian Bacon & Tomatoes
- #3 Pork Tenderloin & Tomatoes
- #4 Ham & Tomatoes

## Hot Off the Griddle

**OLD FASHIONED BUTTERMILK HOTCAKES**

Dusted w/ powdered sugar  
Short Stack 4.95 Full Stack 6.25

**FRESH FRUIT HOTCAKES**

Topped w/ banana, strawberries, blueberries &  
peaches, dusted w/ powdered sugar  
Short Stack 6.95 Full Stack 8.25

**MULTIGRAIN HOTCAKES**

Dusted w/ powdered sugar  
Short Stack 5.75 Full Stack 6.75

**HAWAIIAN HOTCAKES**

Stuffed w/ grilled pineapple, pecans &  
toasted coconut, dusted w/ powdered sugar  
Short Stack 6.75 Full Stack 7.50

**SWEET POTATO HOTCAKES**

Dusted w/ powdered sugar  
Short Stack 5.75 Full Stack 6.75

## Classic Waffles

*Dusted w/ powdered sugar*

Belgian Waffle	4.95
Pecan Waffle	5.95
Strawberry Glazed Waffle	5.95
Blueberry Waffle	5.95
Banana Pecan Waffle	6.75
Cinnamon Apple Waffle	6.50
Fresh Fruit Waffle	8.25

## Classic Hotcakes

*Dusted w/ powdered sugar*

Fresh Blueberry	Banana Walnut
Cinnamon Apple	Chocolate Chip
OR Strawberry Glazed	
Short Stack	6.25
Full Stack	7.25

## French Toast

**FRENCH TOAST 5.75**

Dusted with powdered sugar

**PRALINE FRENCH TOAST CASSEROLE 8.25**

Dusted w/ powdered sugar,  
served w/ pure maple syrup, fresh strawberries,  
peaches & fresh blueberry medley

**BANANA PECAN FRENCH TOAST 7.25**

Dusted w/ powdered sugar

**FRENCH TOAST PUFFS 6.75**

Deep fried French toast  
dusted w/ powdered sugar & cinnamon

## \* Breakfast Skillets

### COUNTRY SKILLET 8.95

Home fries w/ green peppers & onions smothered w/ melted cheddar, topped w/ 2 eggs cooked any style & choice of sausage, ham or bacon & sliced tomatoes, toast, corn muffin OR biscuit

### SOUTHWESTERN SKILLET 8.95

Home fries smothered with melted cheddar, jalapenos, diced tomatoes & onions, topped w/ 2 eggs cooked any style, chorizo sausage, salsa & sour cream, toast, corn muffin OR biscuit

## Biscuits

EGG BISCUIT	1.95
VIRGINIA HAM BISCUIT	2.25
COUNTRY HAM BISCUIT	2.50
BACON BISCUIT	2.25
CANADIAN BACON BISCUIT	2.50
SAUSAGE BISCUIT	2.25
SMOKED SAUSAGE BISCUIT	3.25
TENDERLOIN BISCUIT	3.25
FRIED CHICKEN BISCUIT	3.25
*ADD EGG	1.00
ADD CHEESE	.80

## GREEK YOGURT

Drizzled w/ honey

Choice of one:

walnuts, pecans, fresh strawberries OR fresh blueberries 5.95

ADDITIONAL TOPPINGS 1.00 EACH ADD GRANOLA 1.00

## OATMEAL

w/ brown sugar

CUP 2.95 BOWL 3.95

## Sandwiches

PLAIN EGG	2.25
VIRGINIA HAM	2.95
COUNTRY HAM	3.25
BACON	2.95
CANADIAN BACON	3.25
SAUSAGE	3.25
TENDERLOIN	3.95
LIVER PUDDING	2.95
*ADD EGG	1.00
ADD CHEESE	.80

### \*BELT SANDWICH 4.25

Bacon, Egg, Lettuce, Tomato on Toast

### \*BREAKFAST CLUB SANDWICH 9.25

Triple decker fried egg, cheese, ham, turkey, bacon, Lettuce, tomato & mayo Served with 1 side

## Beverages

Soft Drinks	2.25
Coffee or Hot Tea	2.25
Hot Chocolate	2.25
Sweet Tea	2.25
Sm Milk	2.25
Lg Milk <i>White or Chocolate</i>	2.75

Sm Juice	2.25
Lg Juice	2.75

*Apple, Orange, Pineapple, Cranberry, Ruby Red Pink Grapefruit & Tomato*

### Mimosas 5.25

Made with orange juice or ruby red grapefruit juice

## LOW COUNTRY BREAKFAST 5.75

Choice of: Fried chicken, fried pork tenderloin or sausage served on a biscuit topped w/ sausage gravy

## Sides & A La Carte

Toast or English Muffin	1.20
Biscuit or Corn Muffin	1.20
Cereal	1.95
Fresh Fruit	2.50
Fruit Medley	3.00
1 Buttermilk Hotcake	2.25
1 Sweet Potato Hotcake	3.25
1 Multigrain Hotcake	3.25
Pure Maple Syrup	1.00
Grits	1.75
Home Fries	2.25
Shredded Hash Browns	2.25
w/ onions	add .35
w/ peppers	add .35
Corn Pudding	2.25
Country Sausage Gravy	1.95
Cheese	.80
*1 Egg	1.00
*Egg Whites	add 1.00
*Egg Beaters	add 1.00
Smoked Sausage	2.95
Side Avocado	2.75
Liver Pudding	2.75
4 Slices of Bacon	2.75
Ham	2.75
3 Sausage Links	2.95
2 Sausage Patties	2.75
Canadian Bacon	2.95
Country Ham	4.50
Pork Tenderloin	4.50
2 Salmon Patties	4.25

\*Cooked to order. Consuming raw or undercooked meat, poultry, seafood or eggs may increase your risk of foodborne illness.



*Where friends and family meet to eat!*

## **BREAKFAST**

**MONDAY THRU FRIDAY 6AM-12PM**

**SATURDAY 6AM-2PM**

**SUNDAY 7AM-12PM**

[www.mamazoes.com](http://www.mamazoes.com)

2859 Reynolda Road, Winston Salem, North Carolina

**336-722-4946**