

breakfast

at hell's backbone grill

autumn of 2011

good morning and welcome!

dreamy, creamy, hot and steamy organic oatmeal

steel-cut oats, slow-cooked
and topped with spiced crabapple swirl
\$7.50

homemade brown betty granola

with your choice of organic yogurt, soy, or cow milk
\$7.50

bushel of blue corn pancakes

served with warm, pure organic maple syrup
and cinnamon butter
\$8.50

the backbone breakfast

two local farm eggs to order
served with smashed sage potato pancakes
and your choice of a
flour tortilla or oatmeal-molasses toast
with cinnamon butter and homemade jam
\$9
with applewood-smoked nueske's bacon,
spicy buffalo sausage or a utah elk sausage
add \$4

fabulous french toast

served with a warm, pure organic maple syrup
and cinnamon butter
\$10

scrumptious streusel coffee cake

with local fruit, ask about today's selection
outrageously good
\$6

chila-migas

three local farms eggs scrambled with blue corn chips,
authentic red chile sauce & jack cheese
served with beans and a tortilla
\$12

the blaker standard

two poached farm eggs on brown rice
with sautéed greens and our poblano crema
\$10

the jenchilada

corn tortillas, torn and toasted,
smothered in an authentic red chile sauce
with jack cheese served with sage potato pancake,
rice & beans, and a flour tortilla
\$10

organic rice and beans

a bowl of brown rice and slow cooked pinto beans
served with a tortilla
\$8

on the side

smashed sage potato pancakes \$4
one local farm egg to order \$3
applewood-smoked nueske's bacon \$4
spicy buffalo sausage \$4
utah elk sausage \$4
sautéed organic swiss chard \$4
bowl of organic yogurt \$4
homemade toast, cinnamon butter and, jam \$4
sour cream or grated cheese \$1
one small pancake with pure maple syrup \$4.50
extra pure maple syrup \$1.50
plain organic brown rice \$4
small bowl of organic pinto beans \$4

morning beverages

organic & fair trade coffee \$3
regular and swiss water process decaf
french press coffee carafe \$7.75
pot of organic & fair trade tea \$3
black, herbal, or green
organic juices \$3
apple, orange, or grape
organic soy or cow milk \$3
organic & fair trade iced tea \$3
unsweetened black, herbal, or green
tazo's passion herbal iced tea \$3
small pellegrino \$3
martinelli's organic sparkling cider \$5.50
mountain valley sparkling water \$5.50
all-natural utah apple beer \$3
mexican coca-cola with real cane sugar \$3
blue sky all natural & organic soda \$3
cola, cola-free, lemon lime, cream soda,
root beer, dr. becker, diet black cherry,
black cherry, jamaican ginger ale

things to keep in mind

~if you like heat, ask for our complimentary "she devil" sauce
~we add 18 % gratuity for groups of six or more
~please, no separate checks for groups of six or more
~please, no cell phone use in the dining room