



SYCAMORE SPRINGS
SENIOR LIVING

ALWAYS AVAILABLE MENU

Available 7am-7pm daily.

LATE RISERS SPECIALS

Breakfast Pizza

Toasted English muffin topped with your choice of peanut butter & banana or cream cheese & Fruit.

Breakfast Shake

Chocolate or vanilla protein shake loaded with vitamins. Made with soy or 2% milk.

Egg "Nick" Muffin

Toasted English muffin with sausage, cheese, and egg.

Egg-in-a-hole

Toast with an egg cooked in the center.

Fresh Fruit Cup

Cup of freshly cut fruit.

Fruit Parfait

Fresh fruit layered in the bottom of a bowl topped with yogurt and granola.

Oatmeal

Bowl of oatmeal served with raisins and brown sugar.

Pancakes

One or two sweet cream pancakes.

Tomato & Avocado Toast

Toasted wheat bread topped with guacamole and tomato slices.

Waffles

Fresh made fluffy waffles.

LIGHTER SIDE

Baked Sweet Potato

Hot sweet potato served with butter and brown sugar.

Beef or Chicken Broth

Hot and soothing cup of broth.

Chef Salad

Full plate salad topped with vegetables, cheese & chicken served with dressing of choice.

Chicken Salad

Fresh made chicken salad served with crackers and fruit.

Crab Salad

Fresh made crab salad served on a bed of lettuce with a side of fruit.

Egg Salad

Classic egg salad served with fresh veggies and crackers.

Fruit Plate

Serving of fresh cut fruits - add to any meal in place of regular side.

Tuna Salad

Tuna salad on a bed of lettuce served with orange slices and pita chips.

Veggie Plate

Fresh cut vegetable served with dressing of choice.



Specials Served Daily 7am-9am | 11:30am 1pm | 4:30pm-6pm

BETWEEN THE BUNS

All Beef Hot Dog

All beef hot dog served with your choice of sides: sauerkraut, onions, ketchup, mustard and relish.

Ham & Cheese Sliders

One or two sliders with ham and melted cheddar cheese.

Classic Rueben

Toasted rye bread, sliced corned beef, sauerkraut, thousand Island dressing and melted Swiss cheese.



Crispy Chicken Sandwich

Crispy breaded chicken breast with mayo, lettuce and tomato served on a sourdough bun.

Hamburger 'N Fixin's

Five ounce angus beef patty on a toasted sourdough bun served with cheese, lettuce, onion, tomato and pickles.

Patty Melt

Hamburger patty with grilled onions, Swiss cheese, Thousand Island dressing on toasted rye bread.

Sycamore Sliders

One or two 2.5 ounce burgers topped with cheddar cheese and homemade bacon jam.

SANDWICHES & WRAPS

B.L.T.

Classic bacon, lettuce, tomato served on wheat bread.

Chicken Salad Sandwich

Toasted wheat bread, fresh chicken salad, lettuce and tomato. Served with chips.

Grilled Cheese & Chips

Buttered and toasted with American or Swiss cheese.



Chicken Caesar Wrap

Grilled chicken breast in a spinach wrap with lettuce, onion, tomato and Caesar dressing.

Hot Ham 'N Cheese

Grilled cheese with honey ham and Swiss cheese toasted between multi-grain wheat bread.

Peanut Butter & Jelly

Classic PB&J. Enjoy with a nice glass of milk.

Tuna Salad Sandwich

Toasted wheat bread, fresh tuna salad, lettuce and red onion. Served with chips.

BASKETS, SIDES & MORE

Chicken Tacos

1 or 2 grilled chicken tacos topped with cheese, lettuce and tomato.

Corn Dog Basket

Honey dipped corn dog served with fries or chips.

Chicken Strip Basket

Breaded chicken strips served with fries or chips.



Fruit Smoothie

Yogurt, fruit and soy milk.

Loaded Baked Potato

Baked potato with your choice of toppings:

butter, sour cream, cheese, bacon, green onions and broccoli.

Onion Rings

French Fries

Ask about our daily desserts.

