

Sunrise takes the Wellness Challenge!

Fresh fruits and veggies, low-fat, low-sugar and smaller portions. By giving parents options we are doing our part for a healthier community. My restaurant is leading thru example and my hope is to inspire other restaurants to take the challenge.

Cindy Gershen, Owner www.wellnesscitychallenge.net

Children's Menu \$4.75

All meals come with low fat milk or Organic Juice & Fresh fruit, organic unsweetened apple sauce, Celery & carrots or a green salad

One egg any style with choice of one: Potatoes, brown rice, pancake or toast

Three fun size pancakes (regular or whole grain)

French Toast

Cup of Hot Oatmeal with raisins on request

Breakfast Burrito: eggs, potato and cheese (whole grain or flour tortilla)

Bagel & cream cheese (whole grain or plain)

Add one sausage or two bacon \$1.50

Turkey Sandwich

Peanut Butter and Blackberry jam (or Cream Cheese and Jam)

Tuna Salad Sandwich

Grilled Cheese Sandwich

Chicken Caesar Salad

Sweet Thai Noodles & Chicken with Grated Carrots

Cheese Quesadilla

Grilled Chicken, Brown Rice and broccoli

Mini-Burger on whole wheat bun (add a burger for \$2.50)

* add cheese N/C

Beverages

Peerless Coffee	\$2.00
Hot Tea Selection	\$2.25
Hot Chocolate	\$2.95
Espresso	\$2.50
Cappuccino	\$3.00
Café Latte	\$3.25
Café Mocha	\$3.95
Double Shot	Add \$1.00
Fresh Orange Juice	sm. \$3.50 lg. \$4.75
All Organic Juices Apple, Cranberry, Tomato,	
White Grape or Grapefruit	sm. \$2.25 lg. \$3.50
Milk	\$2.00
Iced Tea	\$2.00
<small>Bottomless: Cinnamon Spice Decaf or Regular</small>	
Soft Drinks	\$2.00
<small>Bottomless: Root beer, Coke, Diet Coke, Sprite, Mr. Pibb, Orange or Lemonade</small>	
*Soy milk available upon request .50 cents extra	

Beer & Wine

Coors Lite	\$3.50
Fat Tire Amber Ale	\$4.25
Pyramid Hefeweizen	\$4.25
Sharps (Non-alcoholic)	\$3.50
	Glass Bottle
Ladybug White	\$4.50 \$15.95
Clo Du Bois Chardonnay	\$5.95 \$23.95
Rodney Strong Cabernet	\$5.95 \$23.95
Lolonis Merlot	\$5.95 \$23.95
	Split Bottle
Freixenet "Cordon Negro"	\$5.50 \$18.95
Brut Champagne	
Mimosa with Fresh Orange Juice	\$4.00 glass
New! Ask your server for today's	
Sunrise Champagne Cocktail Specials	\$4.50 glass

Not responsible for lost or stolen items. We reserve the right to refuse service to anyone.
Shirt & shoes required. 18% Gratuities added to parties of 8 or more.