



J. Christopher's

BREAKFAST, BRUNCH & LUNCH
Proudly serving a menu approved by:

GODDESS OMELETTE

A 3 egg white omelet filled with fresh spinach, diced tomatoes & crumbled feta cheese...7.99

PORTOBELLO BENEDICT NEST

Large Portobello mushroom cap with sautéed spinach nestled inside topped with 2 poached eggs. Served with sliced tomatoes.....8.99
Sub fresh fruit.....99

VEGGIE DE-LITE

Fresh broccoli florets, spinach, tomatoes, red onions, sautéed mushrooms & trio peppers.....7.99
Add Low-fat Monterrey Jack cheese....50

NAME YOUR OMELETTE

(The best way to get what you want....)

Just tell us what you want and we'll make it happen

If you'd like it as a scramble, just tell your server.

Egg White	Roasted red pepper
Egg Beater	Jalapeno
Salsa	Tomatoes
Low fat Jack cheese	Red onion
Diced ham	Chives
Fresh turkey	Trio peppers
Diced chicken	Spinach
Canadian bacon	Pico de Gallo
Turkey Sausage	Sun dried tomatoes
Portobello mushroom	Sliced mushrooms
Avocado	Broccoli

GOLDI-LOX 'N EGGS

Nova Lox folded into 3 eggs with sautéed onions.
Served with sliced tomatoes....8.99

Maintenance Phase Options

Congratulations on reaching your goal!!

OMEGA-3 OATMEAL BILLY GOAT OMELETTE BREAKFAST PARFAIT

(See regular menu for ideas & details)



JAY J GARCIA MD

WEIGHT MANAGEMENT
& WELLNESS CENTERS

www.GarciaWeightLoss.com

WHICH CAME FIRST??

Fresh natural grilled chicken breast served with egg whites, fresh fruit7.99

LEAN AND MEAN TURKEY SAUSAGE PLATE

Lean Jimmy Dean turkey sausages served with egg whites scrambled, fresh fruit & Hold the toast.....7.99

TRADITIONAL GARCIA BREAKFAST

Ask for the Early Bird Special....

Two eggs any way you like them, 2 bacon or turkey sausage and sliced tomatoes....4.99

TURKEY GOBBLER SALAD

Sliced fresh turkey breast served on a bed of crisp lettuce mix with chopped tomatoes, diced egg. Real bacon bits, red onion. Tell them to hold the cheese.....7.99

TURKEY LETTUCE WRAPS

Boston Bibb lettuce with slices of fresh turkey breast, sliced tomatoes and avocados for wrapping your style.
Served with Fat free Zinfandel Vinaigrette.....7.99

NAKED BURGER

Grilled 6 oz. ground beef patty, 90% lean served with steamed vegetables or sliced tomatoes.
Or substitute a fresh natural chicken breast.....6.99
Substitute Broiled Atlantic Salmon,,,,,add 2.00

CHICKEN COBB SALAD

Mixed greens with fresh tomatoes, diced onions, bacon bits (only 1 oz.), hard boiled eggs and sliced natural chicken breast and avocado. Tell them to hold the cheese.....7.99

JAY'S SPINACH SALAD

Curly leaf spinach with chopped bacon, sliced mushrooms, pico de gallo, avocado and chopped eggs. Served with a fat-free Zinfandel Vinaigrette.....6.99
Add grilled chicken ...2.00
Add broiled Atlantic Salmon.....4.00
Add sauteed Gulf shrimp.....4.00

We proudly serve the freshest vegetables, fruits, eggs and meats. Our natural chicken is hormone & steroid free. Everything is prepared here fresh daily.