

## BREAKFASTY

### CAP'N CRUNCH FRENCH TOAST

Battered french toast, diced and Cap'nized. Comes with crunch berry jam for dipping. 14.75

### BREAKFAST BURRITO

Eggs, bacon, sausage, home fries, pico de gallo, peppers and onions, rolled into a flour tortilla, covered with queso and pico. (no modifications) Side of home fries. 15.5

### CAKE AND EGGS

Light and fluffy pancakes, two eggs and your choice of meat. 14.75

### SCRAPPLE FRIES

Crispy scrapple sticks with sriracha ketchup dipping sauce. 11.75



### SCRAPPLE CHEESESTEAK

Fried scrapple, OMG cheese and a pair of over-easy eggs on a hoagie roll. Side of home fries. 14.5

### S.O.B.

Cream chipped beef on (wait for it) biscuits. 14.75

### PANCAKES W/ FRUIT COMPOTE

Mixed berry fruit compote and honey butter. 12.75

### GENESIS

Where breakfast began. Two eggs, toast, your choice of meat, & home fries. 13.5

### BRUNCH FLATBREAD

Bacon, egg, cheese, pico, avocado. 13.75

*OFFICIAL POST GAME SPOT - LACROSSE*  
*OFFICIAL POST GAME SPOT - FOOTBALL*

### CRAB TOAST BREAKFAST

Crab, cheddar jack, pico, and Old Bay melted on toasted multiGRAIN bread and topped with chives. Two eggs any style on the side with home fries. 16

### JERSEY SHORE

Grilled pork roll, over-easy egg, topped with cheddar cheese on a croissant bun. Served with home fries. 14.25  
*swap roll with bacon, scrapple or sausage*

## EGGCELLENTS

All served with home fries

### BANGIN' BENEDICT

Poached eggs, pork roll, hollandaise over our buttery croissant bun. 14.75

### CRABBY

Eggs, crab cake, old bay hollandaise over our buttery croissant bun w/pico. 16.75

### SOCIAL

Egg, avocado, baby spinach, tomato, hollandaise, balsamic drizzle. 16.75 (v)

### GARDEN OMELETTE

Spinach, tomato, mushrooms and onions. 13.50 (v)

### BACON AND CHEDDAR OMELETTE

Swap out other meats if you ask your server nicely. 14.75

## SKILLETS

### BREAKFAST SKILLET

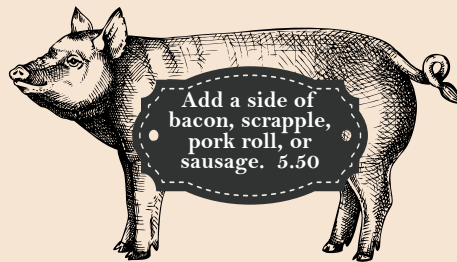
Scrambled egg, bacon, sausage, OMG cheese sauce on home fries. 13.75

### CRAB SKILLET

Crab, scrambled egg, hollandaise, Old Bay, scallions on home fries. 15.25

### AVOCADO SKILLET

Avocado, roasted tomatoes and red onions, scrambled eggs and hollandaise sauce on home fries. 14.50 (v)




## BRUNCH COCKTAILS

### THE GRAIN BLOODY MARY

Blue cheese stuffed olives, a stick of house-made jerky and rimmed with Old Bay. 11.50

### SAVASANA

Fresh squeezed orange juice, wit beer and Grand Marnier. 11

 **New Item that made the cut!**

### MIMOSAS PITCHERS

Grapefruit, Orange or Pomegranate 9 by the glass - or get a pitcher for 28!

### IRISH COFFEE

Coffee, Jameson, whipped cream, crème de menthe drizzle 11

## ZERO-PROOF

### STRAWBERRY BASIL AIDE

Muddled strawberries, lemon, and basil, with lemonade, & club soda. 6.50

### BERRY BLAST

Muddled raspberries, blueberries, simple syrup, & club soda. 6.50

### PEACH GUAVA TEA

Brewed iced tea, peach, & guava nectar. 6.50

## STARTERS

### OMG CRABBY PRETZEL

A warm Bavarian style pretzel as big as your head, topped with crab dip, cheese, Old Bay and baked till yummy. 18.75  
*Plain OMG Pretzel with dipping sauces 13*

### WINGS

#### TRADITIONAL OR BONELESS.

Grillin-Grain, Sriracha Honey, BBQ, Buffalo, Agave Old Bay, . (gf) 13.75

### FRIED PICKLES

The legendary Grain panko-breaded pickles, drizzled with cilantro aioli. Proudly made in house! 10.25 (v)

### CRISPY BRUSSELS

Fried brussels sprouts tossed in a balsamic reduction and garnished with parmesan cheese. 12 (v)

### NACHOS

Grilled chicken with our OMG cheese sauce, pico de gallo, jalapeños, shredded lettuce and drizzled with our avocado crema and sour cream. 16.5 (gf)  
Plain-o Nachos 13 Side of Guac +1.5

### SEARED TUNA

Tuna seared rare and sliced thin. Drizzled with wasabi aioli & teriyaki sauce. 13.75

### CRAB NACHOS

Crispy wonton chips with chilled lump crab, OMG cheese sauce, diced cucumbers, pico de gallo and a dusting of Old Bay. 19.25



BUY THE HARDWORKING  
KITCHEN STAFF A DRINK  
FOR AFTER THEIR SHIFT.

\$ 10

## SALADS & WRAPS

All salads can be rolled up in a flour wrap for easy handling. Just ask your server

### HULA BOWL

Yellowfin seared tuna slices, brown rice, avocado, edamame, slices of carrots, scallions and cucumbers, topped with a drizzle of soy glaze and spicy aioli. 19.75

### CHICKEN CAESAR

Grilled chicken, chopped romaine, house-made caesar dressing, shaved parmesan and croutons. 16.25 (gf)

### CITRUS AVOCADO

Mixed greens, fried goat cheese, toasted almonds, orange segments, citrus vinaigrette. 16.25 (v)

ADD A PROTEIN: Grilled Chicken 4.50, Grilled Shrimp 6.75, Salmon 8.75, Crab Cake 12

## SANDWICHES + MORE

Served with seasoned chips or add a side for \$2.5.

### CRAB CAKE

House-made fresh lump crab cake, on a brioche roll with chipotle mayonnaise, lettuce and tomato. 19.75

### CHEESESTEAK

Our Philly Special - shaved steak, sautéed onions, shredded cheddar, and our OMG cheese sauce. 15.5

### CHICKEN CHEESESTEAK

Shredded chicken, sautéed onions, shredded cheddar, and our OMG cheese sauce. 15.5

### SALMON BLT

Grilled, fresh salmon, applewood-smoked bacon, lettuce, tomato, and cilantro aioli on toasted multiGRAIN bread. 18.5

### BACON AVOCADO CHICKEN WRAP

Grilled and chilled chicken breast wrapped in a flour tortilla with bacon and avocado. with a chipotle aioli 14.5

### WALDORF CHICKEN SALAD

Chicken, grapes, pistachios, cranberries and apples tossed in a grain-dijon dressing with lettuce, tomato and wedged between toasted multiGRAIN bread. 14.75

### Adult Chicken Tenders

Stop stealing off your kid's meal. Five breaded tenders and fries. 14

Have it tossed in Grillin-Grain, Sriracha Honey, BBQ, Buffalo or Agave Old Bay for +.50



We proudly serve locally roasted  
Brazilian beans from our own  
*Lewes Coffee Company.*

### GRAIN SMASH BURGER

Beef, BBQ sauce, cheddar cheese, applewood-smoked bacon, lettuce, tomato, red onion. 16

### OMG SMASH BURGER

Beef, fig jam, lettuce, tomato, red onion, OMG cheese sauce, grilled onion-poppy seed roll. 16

### PJ SMASH BURGER

Your basic "Plain Jim" burger with cheddar cheese, lettuce, tomato, red onion. 14

*Substitute any burger with our house made black bean burger*



French fries | Tater-tots  
Parm-truffle fries (+.50)  
Sweet potato fries (+.50)  
House Salad | Caesar Salad