

### Morning Griddle

- Pumpkin Bread French Toast** . . . . . 9.0  
Homemade pumpkin bread with grilled bananas, walnuts, whipped cream & butter rum sauce.
- Granny Cakes** . . . . . 7.5  
Rainbow granola cooked into our buttermilk wheat pancakes.  
With fresh fruit 8.5
- Buttermilk Wheat Pancakes** . . . . . 6.5  
With fresh fruit, walnuts & whipped cream 9.0
- Banana Nut Pancakes** . . . . . 7.5  
Buttermilk wheat pancakes with bananas & walnuts.
- One Pancake & One Egg** . . . . . 5.75  
Buttermilk wheat pancake & one egg any style
- Banana Rum French Toast** . . . . . 8.75  
Topped with grilled bananas, walnuts, whipped cream & butter rum sauce
- French Toast** . . . . . 6.5  
With fresh fruit, walnuts & whipped cream 9.0
- Waffle** . . . . . 6.5  
With fresh fruit, walnuts & whipped cream 9.0
- Sweet Potato Latkes (Pancakes)** . . . . . 9.0  
Sweet potato latkes served with homemade apple sauce, sour cream, two eggs any style & toast.

### Light & Healthy

- Fruit Crepe** . . . . . 8.75  
Crepe filled with fresh fruit, vanilla yogurt, sprinkled with granola & topped with whipped cream.
- Dan's Groatmeal** . . . . . 7.0  
Steel Cut oats topped with Rainbow granola & fresh fruit. Served with your choice of milk.
- Oatmeal** . . . . . 5.75  
Steel Cut oats, craisins & apples.  
Served with your choice of milk.  
With fresh fruit 7.0
- Rainbow Granola** . . . . . 6.0  
Slow cooked oats, dried cranberries & almonds.  
With fresh fruit or yogurt 7.0  
With fresh fruit & yogurt 8.0
- Perfect Parfait** . . . . . 7.0  
Layers of Rainbow granola, yogurt & fresh fruit.
- Fruit Plate** . . . . . 8.0  
Fresh, colorful & refreshing.
- Coffee Cake** . . . . . 3.5  
Original or vegan.
- Steve's Choice** . . . . . 7.5  
Sautéed tofu, black beans, brown rice & a warm tortilla garnished with tomatoes & onions.

### Rainbow Favorites


- Tempeh Sauté** . . . . . 9.0  
Sautéed tempeh, spinach & mushrooms garnished with tomatoes & onions. With brown rice, black beans & toast.
- The Whole Enchilada** . . . . . 9.0  
Corn tortilla layered with jack cheese, black beans & two eggs over easy. Smothered in red chili, served with hash browns & sour cream.
- Huevos Rancheros** . . . . . 8.0  
Two eggs over easy smothered in salsa, lettuce & jack cheese. Served with a quesadilla.
- Scrambled Tofu** . . . . . 8.0  
Seasoned tofu & vegetables scrambled together. Served with hash browns & toast.
- Santa Fe Quesadilla** . . . . . 8.5  
Open faced quesadilla with two eggs, onions, olives, tomatoes, green chilies, lettuce, avocado & salsa.
- Broccofu** . . . . . 8.0  
Broccoli & grilled tofu over brown rice & garnished with tomatoes. Served with toast.  
With cheese 9.0

### Wrap It Up

- Jim Burrito** . . . . . 8.0  
Scrambled eggs, avocado, cream cheese & salsa. Served with hash browns.
- Breakfast Burrito** . . . . . 8.0  
Black beans, jack cheese & two scrambled eggs, smothered with salsa & topped with sour cream.
- Sweet Potato Burrito** . . . . . 9.0  
Sweet potatoes, black beans, eggs, roasted peppers & jack cheese smothered in red chili.
- Scrambled Egg Burrito** . . . . . 8.5  
Scrambled eggs, cheese, veggies & potatoes. Smothered in salsa & topped with sour cream.

## Eggs & More

Served with toast and hash browns or brown rice

**Philly Scramble**  . . . . . 8.5

Two eggs scrambled, jack cheese, cream cheese, onions, mushrooms & tomatoes.

With ham 9.5

**Green Eggs & Ham**  . . . . . 9.5

Scrambled eggs, spinach, onions, jack cheese & cream cheese with ham.

Without ham 8.5

**Eggs, Veggies & Cheese**  . . . . . 8.0

Scrambled together for a nutritious combination.

**Krista's Perfect Scramble** . . . . . 8.75

Egg whites, tofu, broccoli, & cheese.

**One / Two Egg Breakfast**  . . . . . 4.5/6

Served any style.

Add bacon, ham, canadian bacon 7.5/9

## Benedicts

Served with hash browns or brown rice

**Eggs Benedict** . . . . . 9.0

English muffin, canadian bacon & two poached eggs smothered in cheddar cheese sauce.

**Eggs Arnold** . . . . . 9.0

English muffin, avocado, tomatoes and two poached eggs smothered in cheddar cheese sauce.

**Eggs Rainbow** . . . . . 9.5

English muffin, artichoke hearts, mushrooms, tomatoes & two poached eggs smothered in cheddar cheese sauce.

**Eggs Florentine** . . . . . 9.0

English muffin, fresh spinach, onions & two poached eggs smothered in cheddar cheese sauce.

**Veggie Benedict** . . . . . 9.5

English muffin, fresh spinach, mushrooms, broccoli & two poached eggs smothered in cheddar cheese sauce.


• We Use Cage Free Eggs •

## Omelettes


Served with toast and hash browns or brown rice

**The Great Potato**  . . . . . 9.0

Potatoes, cream cheese, jack cheese, tomatoes and onions. Served with fresh fruit.

**Garden Harvest**  . . . . . 8.0

Spinach, mushrooms, tomatoes, peppers & onions.

**Chili Verde**  . . . . . 9.0

Green chilies, onions, tomatoes, black olives & jack cheese, smothered in salsa.

**Spinach**  . . . . . 8.75

Jack & parmesan cheeses, fresh spinach & onions, smothered in marinara & cheese sauce.

**Cheese**  . . . . . 7.0

With ham, bacon, or canadian bacon 8.0

**Country**  . . . . . 9.0

Feta, jack cheese, fresh basil, mushrooms, onions, peppers & tomatoes, topped with marinara sauce.

### Added Veggies

Mushrooms, peppers, green onions, tomatoes, spinach, green chilies, basil, broccoli. . . .50 each

## Sweet & Savory Substitutions

Substitute any of the following items for toast or hash browns

**Buttermilk Wheat Pancake** . . . . . 2.0

**Banana Nut Pancake** . . . . . 3.0

**Granny Cake** . . . . . 3.0

**Fruit** . . . . . 1.5

**Tofu for Eggs** . . . . . no charge

**French Toast** . . . . . 2.0

**Banana Rum French Toast** . . . . . 3.0

**Pumpkin Bread French Toast** . . . . . 3.0

**Sweet Potato Latke** . . . . . 2.0

**Tempeh for Eggs** . . . . . 1.0



Gluten Free Options



Vegan Options

Ask your server for assistance with any dietary needs.

## Sides

<b>Any Style Egg</b> :: Cage Free . . . . .	1.5
<b>Hash Browns</b> . . . . .	2.0
<b>Brown Rice</b> . . . . .	1.5
<b>Steamed Veggies</b> . . . . .	3.0
<b>Grilled Tofu</b> . . . . .	2.0
<b>Grilled Tempeh</b> . . . . .	3.0
<b>Ham / Bacon / Canadian Bacon</b> . . . . .	3.0
<b>One / Two Sweet Potato Latkes</b> . . . . .	3/5
<b>Avocado</b> . . . . .	2.0
<b>Yogurt</b> . . . . .	2.0
<b>Sour Cream</b> . . . . .	1.0
<b>Hummus</b> . . . . .	2.0

<b>Pumpkin Bread</b> . . . . .	2.0
<b>Toast / English Muffin / Gluten Free Bread</b> . . . . .	1.5
<b>Bagel</b> . . . . .	2.0
With cream cheese	2.5
<b>Salsa / Red Chili / Cheese Sauce</b> . . . . .	1.5
<b>Peanut / Sesame / Teriyaki Sauce</b> . . . . .	1.5
<b>Black Beans</b> . . . . .	2.0
<b>Peanut Butter</b> . . . . .	.75
<b>Quesadilla</b> . . . . .	2.0
<b>Tortilla</b> . . . . .	.75
<b>Cheese</b> :: Vegan Available . . . . .	1.25
<b>Fruit Cup</b> . . . . .	3.0

## Juices & Other Beverages

<b>Fresh Squeezed Carrot Juice</b>	
Large . . . . .	3.0
X-Large . . . . .	4.0
<b>Orange Juice</b> . . . . .	3.0
<b>Apple Juice</b> . . . . .	2.5
<b>Cranberry Juice</b> . . . . .	2.5
<b>Pineapple Juice</b> . . . . .	2.5
<b>V-8</b> . . . . .	2.5
<b>Lemonade</b> . . . . .	2.0
<b>Coffee</b> :: Regular, Decaf, Hazelnut . . . . .	2.2
<b>Chai Tea</b> :: Hot or Cold . . . . .	3.25
<b>Hot Chocolate</b> . . . . .	3.25
<b>Milk</b> :: Whole, Skim, Soy . . . . .	2.0
<b>Natural Soda &amp; Soft Drinks</b> . . . . .	1.5
<b>Strawberry-Banana Smoothie</b>	
Small . . . . .	3.0
Large . . . . .	4.0
<b>Iced Teas</b> . . . . .	2.0
Regular, Orange Spice Cinnamon, Blueberry	
<b>Hot Teas</b> . . . . .	2.0
Green, Orange Spice Cinnamon, Earl Grey, Decaf Earl Grey, Peppermint, Chamomile, English Breakfast, Red Bush, Red Zinger, Blueberry	

## Drinks

### MIXED DRINKS

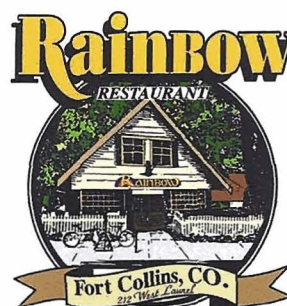
Bloody Mary . . . . .	6.0
Mimosa, Cape Cod, Screwdriver, Irish Coffee . . . . .	5.5

### Beer

<b>BUD LIGHT</b> . . . . .	3.0
<b>NEW BELGIUM</b> . . . . .	4.0
Sunshine Wheat, Fat Tire, 1554, Blue Paddle, Seasonal	
<b>ODELL</b> . . . . .	4.0
Easy Street, 90 Shilling, IPA, 5 Barrel, Seasonal	

### Wines

<b>WHITE</b> . . . . .	5.0
Chardonnay, Pinot Grigio, White Zinfandel, Sauvignon Blanc	
<b>RED</b> . . . . .	5.0
Merlot, Cabernet Sauvignon, Pinot Noir, Shiraz, Malbec	



970-221-2664  
www.rainbowfortcollins.com

Half orders available for 2/3 the price • Split orders add \$1  
18% gratuity added to parties of 6 or more