

# Salads

## The Chef

Ham off the bone, oven roasted turkey, hard boiled eggs, tomatoes, cheddar cheese and mixed greens served with your choice of dressing 9.99

## Chicken Caesar

Hand cut romaine lettuce tossed with our house caesar and parmesan cheese. Topped off with choice of fried or grilled chicken breast 9.99

## Tuna On Romaine

Hand cut romaine lettuce tossed with our house vinaigrette. Topped with Albacore tuna salad, fresh sliced tomatoes & cucumbers 9.99

## BLT

Mixed greens tossed with Ranch dressing, fried egg, bacon, cheddar cheese and tomatoes 9.99

## B.A. Salad

Fresh cut Iceberg lettuce, shaved turkey, ham off the bone, cucumbers, tomatoes, hard boiled egg, American cheese, tossed with honey mustard dressing 9.99

## Fresh Grilled Salmon Salad

Served over a bed of mixed greens, cucumbers, tomatoes and house vinaigrette 10.99

Add a Scoop of Quinoa 3.99

# Sandwiches

Sandwiches are served with choice of crinkle cut fries, tater tots, sweet potato fries or fresh fruit

## Portobello Sandwich

Served with roasted red peppers and house mayo 9.99

## Turkey Reuben

Served with sauerkraut, swiss cheese and house dressing on rye bread 9.99

## Classic Triple Decker

### Turkey Club

Oven roasted turkey breast, lettuce, tomatoes, thick sliced bacon and mayo on your choice of bread 9.99

## Old School BLT

Thick sliced bacon, lettuce, tomatoes and mayonaise on your choice of bread 9.99

## The Monte Cristo

Egg washed texas toast, swiss cheese, ham off the bone, roasted turkey all grilled to perfection 9.99

## Chicken Pesto Wrap

Whole wheat tortilla stuffed with chicken, mozzarella cheese, tomatoes and pesto, served with your choice of side 9.99

## Tuna Melt

Fresh Albacore tuna salad over an english muffin, tomatoes and topped with melted cheddar 9.99

## Chicken, Cheddar & Avocado

A juicy grilled chicken breast loaded up with avocado, cheddar cheese, lettuce, tomatoes & mayo 9.99

## Jalapeno Chicken Club

Marinated chicken breast with bacon, tomatoes, lettuce, mayo, jalapenos, & pepper jack cheese 9.99

## Turkey & More Wrap

Sliced oven-roasted turkey, chopped romaine lettuce, our shredded cheese blend, tomato, & bacon wrapped in a whole wheat tortilla 9.99

## Chicken Caesar Wrap

Fried or grilled chicken with romaine, parmesan, tomatoes in a warm whole wheat tortilla 9.99

## Home Style Reuben

Corned beef sliced thin, sauerkraut, swiss cheese & house dressing 9.99

## Grilled Ham & Cheese

Ham Off The Bone with Cheese, on choice of bread and side 9.99

# Burgers

Burgers are served with choice of crinkle cut fries, tater tots, sweet potato fries or fresh fruit

*All our burgers are a fresh blend of sirloin and brisket, for an unbelievable flavor and unforgettable taste, flat seared to lock in juiciness and flavor*

## Simply Burger\*

1/2 pound, seasoned and grilled to perfection 8.99

## Patty Melt\*

1/2 pound beef patty grilled to perfection, topped with swiss cheese, grilled onions and house dressing 9.99

## Mushroom and Swiss\*

1/2 pound beef patty grilled to perfection, topped with swiss cheese, sauteed mushrooms and mayo 9.99

## The Joynt Burger\*

1/2 pound beef patty grilled to perfection, topped with a fried egg, bacon, american cheese and mayo 9.99

## The Cheesy\*

Topped with american, cheddar, swiss cheese and mayo 9.99

# Small Appetites Lunch

5.99

Grilled Cheese with fries

2 Chicken Fingers with fries

Mac & Cheese with fruit

Connor Corn Dog with fries

Mason's Fruit Bowl

# Lunch Sides

1 Egg\* 1.29

Grilled Chicken Breast 3.99

French Fries 2.29

Sweet Potato Fries 2.99

Tater Tots 2.29

Side Salad 3.99

Soup of the Day

Bowl 4.99

Cup 3.99

# Beverages

Susie's Endless Cup of Coffee 2.69

Juice Orange, Grapefruit, Cranberry or Apple 2.99

Sharon's Iced Tea or Hot Tea 2.49

Coke, Diet Coke, Coke Zero, Sprite,

Dr. Pepper, Diet Dr. Pepper, and

Lite MinuteMaid 2.69

Bottled Root Beer 2.49

Milk, Chocolate Milk 2.29

Proudly Serving



Products



"More than just breakfast"

**Soup or Salad & 1/2 Sandwich 7.99**  
Cup of soup OR side salad with your choice of half sandwich: BLT, Turkey and Bacon, Grilled Cheese, Tuna or Grilled Ham and Cheese

# Stay on Track

Our Healthy Options



Approved

www.pulsefitnessaz.com

## Build your Own Quinoa Bowl

Add your choice of veggies sautéed in Coconut oil 9.99

Add Chicken for 2.99, or 3 Egg whites for 2.99

- Green Peppers
- Red Peppers
- Onions
- Tomatoes
- Asparagus
- Broccoli
- Green Chilis
- Spinach
- Mushrooms
- Jalapenos

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20775 N Pima Rd  
Scottsdale, Az 85255  
480-443-5324

www.breakfastjoynt.com



*"More than just breakfast"*

Uncle Nick's Favorites

## Omelets

### Babi's Build Your Own Omelet

Served with hash browns and choice of pancakes or toast. Substitute fruit or cottage cheese for 99¢. No charge for egg whites.

9.99

3 Eggs filled with your choice of:

#### Meats

- Ham off the Bone
- Bacon
- Sausage
- Chorizo
- Turkey Sausage
- Chicken

#### Veggies

- Green Peppers
- Red Peppers
- Onions
- Tomatoes
- Asparagus
- Broccoli
- Green Chilis
- Spinach
- Mushrooms
- Jalapenos

#### Cheeses

- Cheddar
- Swiss
- Pepper Jack
- American
- Mozzarella
- Provolone
- Feta Cheese

#### Plain Cheese Omelet

6.99

## PWFTC

Pancakes, Waffles, French Toast, Crepes

### 3 Fluffy Buttermilk Pancakes

5.99  
Add your choice of strawberries or blueberries 1.00

### Bacon Pancakes

6.99

### Chocolate Chip Waffle

7.99

### Belgian Waffle

Dusted with powdered sugar 5.99

### Blueberry or Strawberry Waffle

Dusted with powdered sugar 7.99

### Fresh Fruit Crepes

With strawberry sauce and powdered sugar, topped with whipped cream 8.99

### Chocolate Chip Crepes

Dusted with powdered sugar, topped with whipped cream 6.99

### Swedish Pancakes

with lingonberries 7.99

### Mike's Fluffy Chocolate Chip Pancakes

6.99

### Bacon Waffle

Dusted with powdered sugar 7.99

### Red Velvet Waffle

With bacon or sausage, dusted with powdered sugar 7.99

### Cinnamon French Toast

5.99 with strawberries 1.99

### Apple Crepes

Dusted with powdered sugar, topped with whipped cream 7.99

### French Toast Crunch

Dusted and grilled with Captain Crunch Cereal 7.99

### The Basic\*

2 Eggs any style, bacon, ham off the bone, sausage patties or corned beef hash, hash browns and your choice of toast or buttermilk pancakes 8.99

### Breakfast Fried Chicken\*

Topped with our famous sausage gravy, served with 2 eggs, hash browns and toast 9.99

### Chicken & Waffles

2 pieces of southern fried chicken, with our house Belgium waffle and side Sriracha maple syrup 8.99

### Bruce's Bowl\*

Ham off the bone, sausage, bacon, onions, green peppers, potatoes, cheddar cheese, topped with 2 eggs any style 9.99  
Add pork green chili 1.99 extra

### French Toast Platter

2 pieces of our cinnamon French toast, 2 eggs and your choice of meat 7.99

### Breakfast Burrito

A grande flour tortilla stuffed with scrambled eggs, sausage, onions, green peppers and cheddar cheese 8.99

### Country Fried Steak\*

Topped with our famous sausage gravy, served with 2 eggs, hash browns and toast 9.99

### 6 oz Top Sirloin\*

With 2 eggs any style 12.99

### Waffle Platter

2 eggs\* and choice of bacon or sausage 7.99

### 2 x 2 x 2\*

2 pancakes, 2 bacon & 2 eggs 6.99

### Auntie Em's Homestyle Biscuits & Gravy\*

With 2 eggs any style 7.99

### Southwest Biscuits & Gravy\*

with 2 eggs and hashbrowns 8.99

## Benedicts

Served with hash browns. Substitute fruit or cottage cheese for 99¢.

### California Benedict\*

English muffin, bacon, avocado and tomato topped with poached eggs and our house hollandaise sauce 9.99

### Eggs Benny "Joynt" Style\*

Our fresh Ham off the bone over English muffin and poached eggs 8.99

### Country Benny

Sausage patties served over a biscuit and topped with our famous sausage gravy 8.99

### Benny Florentine

Sauteed spinach, mushrooms, onions and bacon 9.99

### Irish Benny

with corned beef hash 9.99

### Crabby Benny

Fresh Lump Crab meat over asparagus 13.99

### Half Benny

Half portion of your favorite benny for \$2 off

## Small Appetites Breakfast

5.99

### 1 Egg Any Style\*

2 Pieces of bacon, hash browns and 1 piece of toast

### French Toast

1 piece of thick cut french toast and 2 pieces of bacon

### Kid's Waffle

2 pieces of bacon

### Kids Silver Dollar Pancakes

2 pieces of bacon

### Steel Cut Oatmeal

with raisins & brown sugar

## Sides

1/2 Biscuits & Gravy 2.99

1 Egg\* 1.29

Thick Cut Bacon 3.99

Ham Off The Bone 3.99

Sausage Patties 3.99

Turkey Sausage 3.99

Pork Green Chile 1.99

Grilled Chicken Breast 3.99

Corned Beef Hash 3.99

Hash Browns 2.99

1 Pancake 1.99

Side Salad 3.99

Fresh Soup of the Day 4.99

## All Day Breakfast

## Stay on Track

Our Healthy Options

6 Egg Whites and whole wheat toast 7.99

Add a chicken breast for only 3.99

Whole Grain Pancakes Or Waffle 7.99

Fresh Fruit Yogurt Granola Parfait 6.99

Create Any Omelet You Want with egg whites 9.99

Penne Pasta with chicken, garlic and olive oil 8.99

Add any veggie .75 each

## Beverages

Susie's Endless Cup of Coffee 2.69

Juice Orange, Grapefruit, Cranberry or Apple 2.99

Sharon's Iced Tea or Hot Tea 2.49

Coke, Diet Coke, Coke Zero, Sprite,

Dr. Pepper, Diet Dr. Pepper, and

Lite MinuteMaid 2.69

Bottled Root Beer 2.49

Milk, Chocolate Milk 2.29

*We can make many of our dishes "HeartSmart" Ask your server for healthier alternatives.*