

# SQUEEZE IN

EST. 1974

Best Omelettes  
on the Planet!

Outrageous Guarantee!  
"You'll love our food or it's FREE!"



## WELCOME HOME

This is your place to feel right at home. At home, your family knows how to support and love you and here at Squeeze In, our mission is: **Happy Guests, Happy Associates, Every Day.** Why? Because we believe everyone deserves to squeeze a little joy into their morning! To sum it up simply- **We've got you!** And if we don't get it right don't worry; you're safe in letting us know how to make it better. Finally, if you've got special dietary needs or modifications, you are in the right place. **We're going to take care of you like family.** So, from all of us to all of you, **Welcome Home!**

Sincerely,  
Squeeze In



**SIGN UP FOR  
EGGHEAD!** Breakfast Club!

Join EGGHEAD BREAKFAST CLUB! Earn FREE food and get special hookups, exclusive offers, bonuses and more. Our Eggheads get treated like rockstars and have earned nearly \$100,000 in free food! Get yours today!



SQUEEZEIN.COM

Want to bring **Squeeze In** to your area? This little restaurant impacts hundreds of thousands of lives each year. With just 7 operating hours in a day, Squeeze In is a perfect fit for families looking to establish legacy, build their community and maintain a thriving business in partnership with a breakthrough brand. Visit our website for additional info!

Check out our franchise opportunities at

SQUEEZEIN.COM/FRANCHISING

OUR GUESTS TELL US WE'RE GREAT,  
AND SO DO THESE MEDIA OUTLETS:



VOGUE

The New York Times



# The Usual SUSPECTS

## MANLY MORRIS MEAL\*

Lookin' at you, handsome... 2 eggs cooked however you'd like, your choice of **protein** AND a half order of biscuits and gravy. Served with a side of spuds and sourdough toast – 17.99

## MINI MORRIS MEAL

The "Manly" but without the biscuits and gravy\* – 15.99

## MANLY MORRIS MEAL



## TWICE-BAKED SCRAMBLE\*

When once isn't enough! Premium bacon joins fresh green onions, our signature spuds and melted cheddar cheese scrambled in fluffy eggs. Served with a fresh fruit cup and sourdough toast! – 17.49

**PRO TIP: ADD AVOCADO – 4.49**

## THE GARTH BREAKFAST SANDWICH\*

Excellent... A triple-decker breakfast sandwich with fluffy scrambled eggs, melted cheddar cheese, mayo and your choice of **protein**. Served with a side of spuds and sourdough toast – 13.49

**PRO TIP: ADD AVOCADO AND TOMATO! – 5.99**



ERIC'S BREAKFAST BURRITO\*

## ERIC'S BREAKFAST BURRITO\*

The original! A jumbo flour tortilla wrapped around scrambled eggs, Jack cheese, red salsa, avocado and your choice of **protein**. Served with a side of our house pico de gallo, sour cream and a generous side of spuds! – 17.49

## BISCUIT & GRAVY MEAL\*

Our secret recipe... Big, home-baked biscuits smothered in signature country gravy, 2 eggs any style and your choice of **protein** – 12.99

## HUEVOS MONTANA\*

The Squeeze spin on a ranchero... Gluten-free corn tortilla heaped with black beans, layered with Jack cheese, 2 eggs any style, smothered in red salsa, topped with our house pico de gallo, avocado and Cotija. Served with a side of spuds – 16.49

## CLASSIC CHICKEN FRIED STEAK\*

You know what it is... A breaded beef steak smothered in our signature country gravy, accompanied by 2 eggs any style, a side of spuds and sourdough toast – 17.49

## LOADED AVOCADO TOAST\*

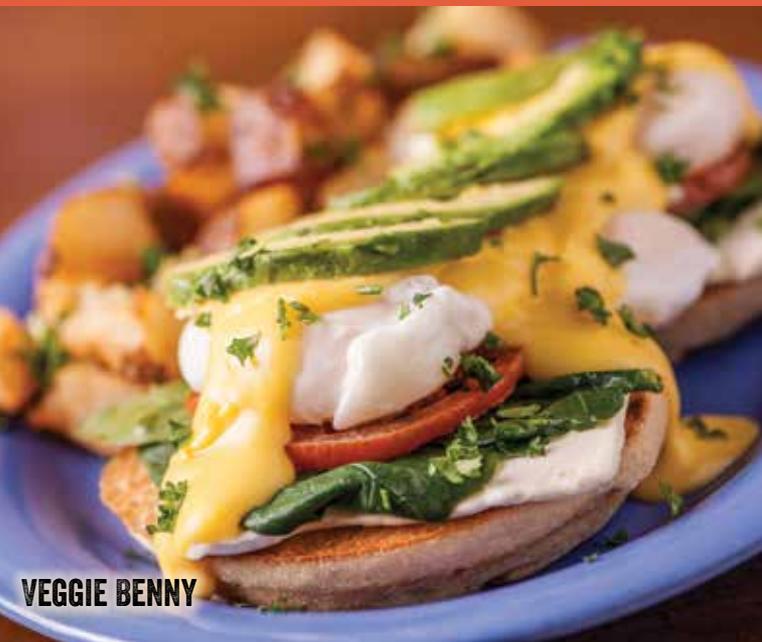
2 slices of sourdough bread topped with avocado, cucumber, bacon, grilled tomato, feta. Served with a side of spuds – 17.49

**LOAD 'EM UP! GET FULLY LOADED WITH 2 EGGS – 4.99**



MANGO TAJÍN MIMOSA

"GET A MIMOSA WITH YOUR MEAL!"



VEGGIE BENNY

## Friends with BENNY'S

All benedicts are made with 3 poached eggs atop fresh-baked English muffins and smothered with **hollandaise sauce!**

### BOMB BACON BENNY\*

Seriously da bomb... Fresh mushrooms sautéed with premium bacon, topped with avocado. Served with a side of spuds – 18.99

### VEGGIE BENNY\*

Veg-tastic! Grilled tomato and spinach atop cream cheese. Topped with avocado. Served with a side of spuds – 18.49

### TRADITIONAL EGGS BENEDICT\*

Can't go wrong, eh? Classic Canadian Bacon Benedict. Served with a side of spuds – 16.99

### CHIPOTLE BENNY\*

Hottest benny on the block! English muffin topped with Spanish chorizo, 3 poached eggs and chipotle hollandaise. Served with a side of spuds – 18.99

**PRO TIP: TOP IT WITH AVOCADO – 4.49**

**PRO TIP: ADD AVOCADOS – 4.49**

## CHOOSE YOUR PROTEINS

- PREMIUM BACON
- PREMIUM HAM
- CARNE ASADA
- GRILLED PLANT-BASED PATTY
- SAUSAGE LINKS
- CANADIAN BACON
- DELI-SLICED TURKEY BREAST
- VEGAN BREAKFAST SAUSAGE
- TURKEY SAUSAGE
- GROUND CHORIZO
- GRILLED CHICKEN BREAST
- TOFU

\*Warning: Consuming raw or undercooked foods such as meat, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. Prices may vary by location.



# Outta Sight OMELETTES!

All omelettes contain 4 eggs with bottomless toast!  
Go **Gluten-Free** when you ditch the toast.



**FEATURED ON  
THROWDOWN!**  
with **Bobby Flay**



## RACY TRACY\*

The Food Network Star! This classic California omelette's got sautéed mushrooms, premium bacon, and Jack cheese tucked into a blanket of fresh eggs. Topped with avocado and served with **mushroom sauce**, a side of spuds and sourdough toast – 19.49



RACY TRACY



THE SPANISH FLAY

## THE SPANISH FLAY\*

Our tribute to Bobby Flay!... Diced red bell peppers, potatoes, chorizo, smoked paprika, butter, Jack cheese and parsley-sprinkled eggs. Served with **tomato pesto sauce**, a side of spuds and sourdough toast – 19.49

## NEBRASKA RAE\*

A Squeeze original... Premium bacon, tomatoes and cream cheese. Topped with avocado and served with **tomato pesto sauce**, a side of spuds and sourdough toast – 18.99

## VERY VEGGIE\* **V**

Goin' down to Veggie Town! Zucchini, carrots, celery, mushrooms, tomatoes, broccoli and onions, all topped with Jack and cheddar cheese. Served with **tomato pesto sauce**, a side of spuds and sourdough toast – 18.99

**PRO TIP: TOP IT WITH AVOCADO! – 3.99**

## LAKE TACO\*

Let's taco bout it... Chorizo sautéed with red onions, tomatoes and bell peppers with Jack cheese. Topped with sour cream and served with jalapeños, our house pico de gallo and **cheese sauce**, a side of spuds and sourdough toast on the side – 19.49

**PRO TIP: TOP IT WITH AVOCADO! – 4.49**

## THE POPEYE\* **V**

Strong to the finish 'cuz I eats me spinach! Fresh spinach, mushrooms and Jack cheese. Served with **mushroom sauce**, a side of spuds and sourdough toast – 17.99

## JEREMIAH\* **V**

Was a bullfrog... Fresh mushrooms, white onions and tomatoes sautéed and topped with Jack cheese. Topped with avocado and served with **mushroom sauce**, a side of spuds and sourdough toast – 18.99

**PRO TIP: ADD YOUR CHOICE OF PROTEIN!**

## MY BIG FAT GREEK OMELETTE\*

No Windex required! Fresh red bell pepper, spinach, black olives, sausage, pesto and feta. Served with **tomato pesto sauce**, a side of spuds and sourdough toast – 19.49

## HANGOVER HELPER\*

It really does help... Bacon, sausage, premium ham, Jack and cheddar cheese. Served with **cheese sauce**, a side of spuds and sourdough toast – 19.49

## DOWNRIGHT DENVER\*

This one's for you, John! Sautéed white onions, tomatoes, bell peppers, ham and cheddar cheese. Served with **cheese sauce**, a side of spuds and sourdough toast – 18.99

## BUST-A-MOVE\*

You want it, you got it! Fresh spinach, onion, mushrooms, sausage and both Jack and cheddar cheese. Served with **tomato pesto sauce**, a side of spuds and sourdough toast – 18.99

## GLUTEN-FREE, VEGETARIAN, VEGAN OR ALLERGIC? HOWEVER YOU EAT, WE ARE HERE FOR YOU!

### GLUTEN-FREE:

- Look for the **GF** for items that can be made gluten-free.
- Be sure to let your server know if you want it **GF** to ensure they leave off the toast or give you a **GF** corn tortilla instead.
- We never fry breaded items in our fryer! This means that all of our French fries, spuds, hashbrowns and homemade tortilla chips are gluten-safe!

### ALLERGIC:

- While we cannot guarantee an allergen-free kitchen, we can promise to do our best to take care of you.
- If you have allergies, please let your server know.

### VEGETARIAN/VEGAN:

- Look for the **V**/**VG** symbols for items that can be modified for **V** Vegetarian or **VG** Vegan diets. Our servers are well-versed in how to help you so please let them know.
- Substitute eggs on any item with fried tofu- FREE of charge!



# Fabulous FRENCH TOAST

## THE QUEEN\*



## THE QUEEN\*

Fit for royalty, personally inspired by Food Network chef David Adje! Our signature French toast stuffed with cream cheese and topped with strawberries and bananas – 17.99

## FRENCH TOAST BREAKFAST\*

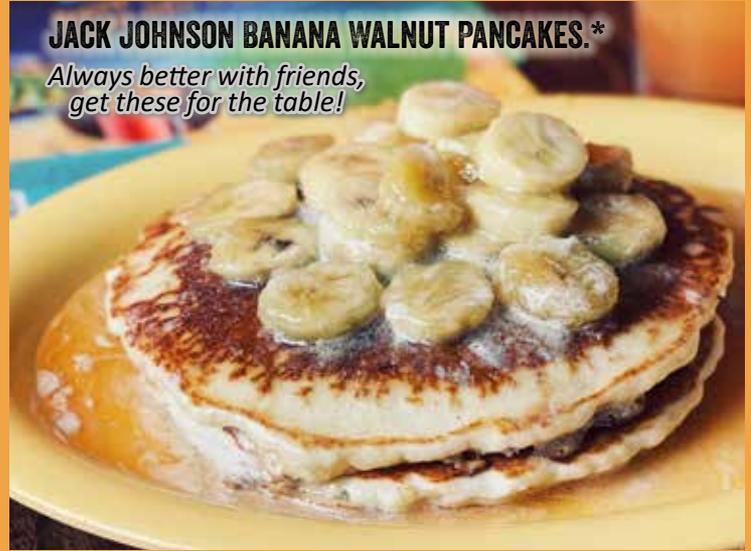
4 slices of our signature French toast served with your choice of 2 eggs any style and your choice of **protein** – 15.99

**PRO TIP: ROYALLY UPGRADE YOUR FRENCH TOAST TO BE STUFFED WITH CREAM CHEESE AND TOPPED WITH STRAWBERRIES AND BANANAS – 6.49**

# Poppin' PANCAKES

## JACK JOHNSON BANANA WALNUT PANCAKES.\*

*Always better with friends, get these for the table!*



## JACK JOHNSON BANANA WALNUT PANCAKES.\*

Pretend like it's the weekend...

Our fluffy buttermilk pancakes with toasted walnuts cooked right into the batter, then topped with bananas sautéed in our **signature honey butter sauce!** – 15.49

## PANCAKE BREAKFAST\*

2 fluffy buttermilk pancakes served with your choice of 2 eggs any style and your choice of **protein** – 15.99

**PRO TIP: ADD BANANA AND WALNUTS – 4.99**

BREAKFAST

# HEALTHY Habits

## SHI'S SUPERFOOD SCRAMBLE\*

*Where's my superFOOD? Egg whites, spinach, broccoli, red bell peppers and zucchini, all scrambled up and served with a fruit cup and sourdough toast!* – 17.99

**PRO TIP: ADD PESTO AND TURKEY SAUSAGE – 4.99**



SHI'S SUPERFOOD SCRAMBLE

## VERY VEGAN BURRITO\*

For a vegan good time... A flour tortilla stuffed with your choice of sautéed tofu or ground plant-based patty with avocado, zucchini, bell peppers and mushrooms. Served with housemade pico de gallo, vegan tortilla chips and red salsa! – 17.49

## SOUTHWEST BOWL\*

Everyone gets priority boarding with this one! Our famous home fried spuds tossed with your choice of **protein**, broccoli, onions, spinach, mushrooms, tomatoes and black beans. Served with pico de gallo on the side! – 16.99

## SWEET POTATO BREAKFAST BOWL\*

Sweet bowl, bro! Sweet potatoes, green onions, zucchini, green bell peppers, spinach and your choice of **protein** and topped with 2 eggs any style – 17.99

## SWEET POTATO BREAKFAST BOWL



VEGETARIAN  VEGAN  GLUTEN-FREE 

\*Warning: Consuming raw or undercooked foods such as meat, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. Prices may vary by location.

# PUTTING THE "UNCH" IN BRUNCH SINCE 1974

All sandwiches and burgers are served with French fries or a green salad!

## B.L.A.T.RUCKEE



## B.L.A.T.RUCKEE

Born at Squeeze In in Truckee, CA in 1974... Crispy bacon, mayo, romaine lettuce, avocado and sliced tomato on perfectly toasted sourdough bread. Served with a side of fries – 15.99

**PRO TIP: LOOKING FOR A CLUB? ADD TURKEY BREAST – 4.49**

## GRANDPA MARVIN'S FRENCH DIP

Dude... The classic French dip sandwich... A soft French roll piled high with roast beef and melted Swiss cheese. Served with a side of French fries and a pickle spear – 16.49

**PRO TIP: STEP IT UP WITH GRILLED ONIONS AND AVOCADO! – 5.49**

## CHICKEN TACOS

Not just for Tuesdays... 3 soft corn tortillas with grilled chicken breast, tomatoes, onions, cilantro, avocado and lettuce. Served with a side of chips and pico de gallo – 17.99

Get a Michelada with your meal!



## BOSS BABE BURGER

Cheers to every boss babe! A seasoned grilled hamburger topped with Swiss cheese, premium bacon, sautéed mushrooms and avocado. Served with romaine lettuce, fresh-cut tomatoes and sliced red onions with a side of French fries and a pickle spear – 19.99

## BOSS BABE BURGER



## CLASSIC CHAD

Keep it classic when you order our seasoned hamburger topped with cheddar cheese, fresh-cut tomatoes, lettuce and sliced red onion! Served with a side of fries and a pickle spear – 16.49

**PRO TIP: KEEP IT ON THE SUNNY SIDE AND ADD A FRIED EGG – 2.99**

## CLASSIC CHAD



## SOUTHWESTERN SALAD



## Fluge FRESH SALADS

### DRESSINGS!

Homemade buttermilk ranch, bleu cheese, Thousand Island, Italian or balsamic vinaigrette

### THE BLEU MOON

*That's why they call it the bleus... Grilled chicken breast, bleu cheese crumbles, crispy bacon crumbles, diced red bell peppers and red onions served on a bed of fresh-cut romaine lettuce with your choice of lettuce. Served with garlic cheese toast – 16.99*

### SOUTHWESTERN SALAD

Homemade tortilla chips topped with black beans, shredded Jack & cheddar cheese, fresh-cut romaine lettuce, grilled chicken breast, avocado, tomatoes, homemade pico de gallo, olives and red onions with your choice of dressing. Served with red salsa on the side! – 18.99

# LITTLE Squeezers

Ages 10 and under. In our family, we have lots of littles running around and know it isn't always the easiest to go out to eat as a family! That's why we've made it easy to please your little squeezys with this fun menu that includes their beverage of choice.

## TOMMY'S TEDDY BEAR PANCAKE

A bear-shaped pancake with ears and smiley face made out of fresh fruit – 8.99



## THE LITTLE SQUEEZER\*

For our egghead-in-training:  
 • one egg served any style, bacon  
 • or sausage, a side of spuds  
 • and sourdough toast – 8.99

## JUNIOR HAMBURGER

• When they just want bread and meat  
 • served with a side of fries! – 9.99  
 • Add cheese – 1.99

## BONJOUR BABY!\*

• A pancake or piece of French  
 • toast with one egg any style,  
 • bacon or sausage – 8.99

## KAY-SO QUESADILLA OR GRILLED CHEESE

• Say cheese when you choose  
 • between a grilled cheddar cheese  
 • sourdough sandwich or a cheddar  
 • cheese quesadilla! Served with  
 • a side of French fries – 8.99

# SQUEEZE IN Sides

## TOAST

Sourdough, Honey Wheat, English Muffin, Biscuit or Tortilla – 3.99

## SPUDS – 5.49

## HASH BROWNS – 5.49

\*Availability varies by location

## SWEET POTATOES – 6.49

## FRENCH FRIES – 5.49

## GARLIC FRIES – 7.99

## FRENCH TOAST – 5.49

## PANCAKE – 4.99

## 2 EGGS\* – 4.99

## HAM, BACON OR

## SAUSAGE\* – 6.99

## FRESH FRUIT CUP – 6.99

## COTTAGE CHEESE – 4.49

## DRESSING OR

## SOUR CREAM – 1.99

## HOLLANDAISE SAUCE – 3.49

## SALSA – 1.99

## COUNTRY GRAVY – 5.49

## BLACK BEANS – 2.49

## ½ AVOCADO – 4.49

## SLICED TOMATOES – 3.49

# Squeeze SWAG

SOMETIMES YOU JUST *NEED* THE WORLD TO KNOW YOUR PROFOUND  OF BRUNCH.

Mimosas, coffee, bacon... All things worthy of public affirmations. If you want to take the feeling home with you today, be sure to check out the:

- SHIRTS
- TANKS
- HOODIES & more...



# Alien ORIGIN STORY

Long ago in a workshop far away a woodworker named Grandpa Marvin wanted to make yard decorations that were more than pink flamingos and so a friendly green alien was created. For years these aliens graced the lawns of family and friends, becoming neighborhood delights, and one even made it to the mothership of the Truckee **SQUEEZE IN**. One guest proudly wrote: **BEST OMELETTES ON THE PLANET** right next to the little alien decoration and thus the tagline and mascot were born.

