



BREAKFAST FAVORITES

Fried Chicken & Waffle

Half a fried chicken and a Belgian waffle, topped with powdered sugar and sweet, strawberry butter. Served with our signature sweet and spicy sauce. 2260 cal. 15.49

The Bissell Breakfast*

Two eggs any style, bacon, toast, hashbrowns or grits, and a short stack of pancakes. 930-1230 cal. 10.29

Two or Three Egg Breakfast*

Eggs any style, hashbrowns, toast and choice of meat: bacon, sausage patties, turkey sausage. 660-1200 cal. 8.29/9.29

Eggs, Hashbrowns & Toast*

Two eggs any style, toast and hashbrowns or grits. 440-720 cal. 5.99

Protein Breakfast*

Four scrambled eggs and choice of two meats: bacon, sausage patties, sausage links, turkey sausage or Canadian bacon. 470-1130 cal. 9.29

Western Omelet*

Ham, cheddar cheese, mushrooms, onions, tomatoes and peppers, topped with salsa. Served with toast and choice of hashbrowns or grits. 730-920 cal. 10.29

Veggie Omelet*

Mushrooms, onions, peppers, cheddar cheese, asparagus and tomatoes. Served with toast and choice of hashbrowns or grits. 650-850 cal. 9.69

Meatlovers Omelet*

Bacon, sausage, ham and cheddar cheese. Served with toast and choice of hashbrowns or grits. 1070-1350 cal. 10.29

Belgian Waffle

Thick and light, a true Belgian waffle. Topped with powdered sugar. 720 cal. 6.69

Fruity Waffle

Our Belgian waffle topped with blueberries, strawberries, bananas and powdered sugar. 850 cal. 8.29

Metro Pancake "The 12 inch Challenge" 830 cal. 6.69

Spicy Honey Chicken Biscuit

Fried chicken tender, tossed in a spicy honey sauce on a biscuit. 360 cal. 3.99

Bacon, Egg & Cheese Croissant

Bacon, scrambled egg and cheddar cheese. 690 cal. 6.49

BURGER & SANDWICHES

Served with choice of: Seasoned Fries (300 cal), Steamed Broccoli (190 cal), Steamed French-style Green Beans (130 cal), Cole Slaw (210 cal), Mashed Potatoes (320 cal), Hashbrowns (300 cal), or Honest to Goodness Grits (150 cal).
For \$.50 substitute Macaroni & Cheese (290 cal)

All American Burger*

Half-pound Angus burger, American cheese, tomato and lettuce slaw (shredded lettuce, chopped pickle and mayo). 990 cal. 9.99

Bacon, Mushroom, Swiss Burger*

Half-pound Angus burger, hickory smoked bacon, lettuce, tomato, Swiss cheese and sautéed mushrooms. 990 cal. 10.99

Grilled 3 Cheese

Cheddar, Swiss and provolone on grilled white bread. 570 cal. 6.49
Add ham & tomato 240 cal. 2.00
Add bacon & tomato 130 cal. 2.00

Metro Club

Ham, turkey, bacon, Swiss, cheddar, lettuce, tomato and mayo on three slices of white toast. 1320 cal. 11.49

Fried Chicken

Buttermilk marinated chicken, provolone cheese, bacon, honey mustard, lettuce and tomato on a brioche bun. 970 cal. 9.99

Chicken Salad Croissant

Roasted chicken, chopped pecans, grapes, celery and mayo served on a flaky croissant with lettuce and sliced tomato. 660 cal. 9.49

LUNCH & DINNER FAVORITES

Iron City Meatloaf

Our famous griddle-seared meatloaf with rich brown gravy, creamy mashed potatoes and steamed French-style green beans. 1180 cal. 11.99

Chicken Tender Plate

Buttermilk marinated chicken tenders, seasoned, hand-breaded and fried golden brown. Served with cole slaw and seasoned fries. 900 cal. 10.69

Fried Chicken Plate

Half a fried chicken, creamy mashed potatoes with a rich brown gravy, steamed French-style green beans and our signature sweet and spicy sauce. 1860 cal. 15.49

Roasted Turkey Plate*

Seasoned turkey breast roasted in-house with rich turkey gravy, cornbread stuffing, creamy mashed potatoes, steamed French-style green beans and cranberry sauce. 1030 cal. 12.49

Beef Tips*

Seasoned and seared beef tips in our mushroom gravy with creamy mashed potatoes and steamed broccoli. 910 cal. 13.49

Chicken Pot Pie

Tender chicken, roasted carrots, celery and mushrooms, green peas in our velvety cream sauce and topped with a golden, flaky puff pastry. 990 cal. 11.99

Fish & Chips

Wild caught North Atlantic cod fillets, beer battered and fried crispy, with tartar sauce, cole slaw and seasoned fries. 1040 cal. 11.99

Chicken Chopped Salad

Chopped salad with chicken, shredded carrots and red cabbage, candied pecans, red onion, tortilla crunch, blue cheese crumbles and balsamic vinaigrette. 895 cal. 10.99

Chicken Tender Salad

Buttermilk marinated chicken tenders over mixed greens, cucumbers, tomatoes, shredded carrots, red onions, tortilla crunch and hard-boiled egg. 830-1180 cal. 9.99

Soup of the Day

Check the Blackboard for our daily offerings. Cup 3.29/Bowl 5.29

*Items are cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.