



McShane's @ APG  
 mcshanesgourmet@yahoo.com  
 Catering Needs ?  
 Visit Mcshanesgourmet.com

**Breakfast Hours**  
**Monday -Friday**  
**7am - 10am**

**Irish Steel Cut Oatmeal**

**Imported from Waterford, Ireland**  
**Irish Bowl ~ \$2.69**  
**Free Sweeteners**

Brown Sugar, Cinnamon, Sugar, Splenda  
**49 cent toppings~**  
 Walnuts, Raisins, Dried Cranberries,  
 Granny Smith Apple

**Savory Irish Steel Cut Oatmeal**  
 Cheddar & Old Bay \$3.29  
 Cheddar and Cajun \$3.29

**Better quality~ Better Life**  
**Enjoy the taste of quality~**  
**Slow down and taste the**  
**difference. Better cheese, better**  
**sauses, better meats and breads.**

**Breakfast**

**PREFER EGG WHITES~ add 49 cents**

**Grilled Burritos**

**South of the Border ...** Sausage, egg,  
 Cheddar, Salsa, Wheat Wrap... \$3.99

**American...** Egg, Sausage, Bacon &  
 American , Wheat Wrap...\$3.99

**Captain's Wrap~** Lump Crabmeat,  
 Egg, Grilled Chicken, Cheddar, Tomato  
 and Old Bay Sauce. Wheat wrap \$6.49

**Old Bay Classic ...** Lump Crabmeat,  
 Egg, Cheddar, Old Bay Sauce, Wheat  
 Wrap...\$4.99

**Mediterranean ...** Roasted Red Pepper  
 Wrap Stuffed with Eggs, Spinach, Sweet  
 Roasted Red Peppers, Basil Pesto  
 Sauce... \$3.99

**(Plain, Everything and Wheat)**

**Big Bagel Sandwiches**

**Big Buttered Bagel...1.89**  
**Big Bagel w/ Cream Cheese...2.59**  
**Bagel w/Egg...2.79**  
**Bagel w/ Egg and Cheese...3.19**  
**Bacon Egg and Cheese...3.79**  
**Sausage, Egg and Cheese...3.79**  
**BLT Bagel...4.49**

**Breakfast Bowls**

**Each bowl contains two scrambled eggs.**

**Veggie Bowl...\$4.49**  
 Baby Spinach, Fresh Tomato, Roasted Red  
 Peppers, Red Onion  
 and Grande Provenello...

**Mediterranean Bowl...\$4.49**  
 Baby Spinach, Roasted Red Peppers and  
 Pesto Sauce....

**Old Bay Classic Bowl \$4.89**  
 Lump Crab, Melted Cheddar and Old Bay  
 Sauce....

**Tuscan Morning Bowl \$4.49**  
 Bacon, Tomato, Pesto Sauce,  
 Grande Provenello...

**American Bowl ...\$4.49**  
 Sausage, Bacon, American ...

**South of the Border Bowl...\$4.49**  
 Sausage, Cheddar and Salsa...

**Breakfast Panini \$2.39**

**Sausage, Egg & Cheese**  
**Bacon, Egg & Cheese**  
**Ham, Egg & Cheese**

**Fresh Brewed Coffee**  
 Sm \$1.69 M \$1.99 L \$2.29

**Hot Tea**

**Fresh Baked Muffins**

**Fruit & Oatmeal Parfaits**