

COUNTERTOP

COFFEE	4
We Proudly Feature Stance Coffee	
HOT TEA	4
GIVE US OUR DAILY BLEND	9
<i>Blue Daisy Smoothie</i> Blueberries / Blue Spirulina / Coconut Milk / Banana	
<i>Strawberry and Banana Smoothie</i> Almond Butter / Strawberries Banana / Low-Fat Yogurt / Honey	
<i>Add B-12 or Protein Powder</i>	1
LATTE	5
CHAI TEA	5.5
CAPPUCCINO	5
HOT COCOA	5.5
STANDARD JUICE	6
Orange / Apple / Grapefruit	

DAILY BREAD

CAST IRON CINNAMON ROLL	8
Bourbon Vanilla Raisins	

FRUITS & GRAINS

GOOD MORNING OKC PARFAIT	12
Local Seasonal Yogurt / Strawberry Compote / Granola Fresh Fruit / Lemon Curd	
SOONER OATS	12
Steel-Cut Oatmeal	

SIDES

Breakfast Potatoes / Sausage / Grilled Ham / Pecanwood Smoked Bacon
Sliced Avocado / Tater Tots / Beyond Sausage

5 EACH

Consuming raw or undercooked meats, poultry, seafood, shellfish or
eggs may increase your risk of foodborne illness.
Please notify us of any food allergy.

MAINS

CHICKEN TENDERS	15
House Battered Tenders / Fries	
SOONER STEAK & EGGS	28
Tomato / Green Onion	
THE STANDARD	17
Two Eggs / House Potatoes / Toast / Pecanwood Smoked Bacon / Sausage	
TRIO EGG OMELET	16
House Potatoes / Choice of: Bacon, Sausage, Ham, Caramelized Onions, Tomato, Cheddar Cheese, Bell Peppers, Mushrooms, Spinach, Jalapeños	
BISCUITS & GRAVY	12
Two Biscuits / Midwest Bacon Gravy	
MAC & CHEESE	15
Cavatappi / Grilled Chicken / Cured Tomato / Sharp Cheddar Béchamel	

HANDHELDS

Served with House Potatoes or Substitute Fruit 2

AM PATTY MELT	16
Kobe Beef Patty / Caramelized Onion / Melted American Cheese Fried Egg / Toasted Sourdough	
SUNRISE WRAP	14
Soft Scramble / Fried Green Tomato / Pecanwood Smoked Bacon Cheddar Cheese / Jalapeño Cheddar Wrap / Sriracha Sour Cream	
SELTZER'S DOUBLE SMASH BURGER	16
American Cheese / Lettuce / Tomato / Onion	
SOUTHERN BLT	15
Fried Green Tomato / Pimento Cheese / Double Smoked Bacon Bibb Lettuce / Mayo	
CHICKEN & BISCUIT SANDWICH	15
Fried Chicken / Bacon Gravy or Hot Honey	

\$3 delivery fee and 21% service charge will be
added to each order.

IRONED AND GRIDDLED

PANCAKES	12
Plain or Lemon Mascarpone	

TOAST

AVOCADO	13
Poached Egg / Pickled Onion / Arugula / Everything Seasoning / Nine Grain	
SMOKED SALMON	16
Capers / Tomato / Onion / Smear / Chopped Egg / Everything Spice / Rye	

SALADS

Add Chicken 5 / Add Steak 7

HOUSE	9
Seasonal Greens / Pickled Red Onion / Tomato / Cucumber Ranch or House Vinaigrette	
MIXED BERRY	12
Mixed Greens / Berries / Pecan / Goat Cheese / Raspberry Vinaigrette	
COBB	14
Blend of Greens / Hard-Boiled Egg / Pickled Red Onion / Bacon / Tomato Cucumber / Avocado / Candied Pecans / Blue Cheese	

PIE

Make it À la Mode 4

APPLE CRUMBLE	9
Whipped Cream / Granny Smith Apple / Caramel Drizzle / Cherry	
PEANUT BUTTER & CHOCOLATE	9
Graham Cracker Crust / Chocolate Ganache / Peanut Butter Mousse Whipped Cream	
PECAN	9
Caramel Sauce / Whipped Cream / Cherry	



SELTZER'S
MODERN DINER