

SQUEEZE IN

EST. 1974

Best Omelettes
on the Planet!

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

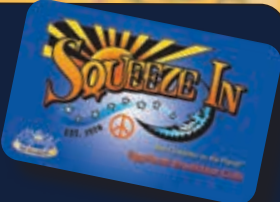


WELCOME HOME

This is your place to feel right at home. Your place to feel safe, to be yourself, relax and know that you're taken care of. At home, your family knows how to support and love you and here at Squeeze In, our mission is to show your tastebuds and tummy that same care. Maybe you're here for a big birthday or perhaps a special celebration. Maybe you're feeling down and just want to wallow in a mimosa. Maybe you're grabbing a quick bite before embarking on your day. Wherever you are and whatever you're looking for - 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. And if you've got special dietary needs, you are in the right place. We're going to take care of you just like mom would. So, from all of us to all of you, welcome home!

Sincerely,
The Squeeze

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



FREE \$5 WELCOME GIFT CERTIFICATE, JUST FOR ENROLLING!

FREE \$10 GIFT CERTIFICATE FOR YOUR BIRTHDAY!

\$4 BOTTLE OF CHAMPAGNE FOR YOUR ANNIVERSARY!

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

The Usual SUSPECTS **V**

Ask your server about upgrading your potatoes to world-famous "Otis" style or a fresh fruit cup!

MANLY MORRIS MEAL*

Lookin' at you, handsome... Two eggs cooked however you'd like, your choice of protein AND a half order of biscuits and gravy, served with your choice of side and toast – 15.49

MINI MORRIS MEAL*

The "Manly" but without the biscuits and gravy* – 13.49



MORRIS MEAL

TWICE-BAKED SCRAMBLE*

When once baked isn't enough! Applewood smoked bacon, fresh green onions, signature spudz and melted cheddar cheese scrambled in fluffy eggs, topped with a sour cream drizzle and served with fresh fruit and toast – 14.99

PRO TIP: SPICE IT UP, ADD JALAPENOS! – .79

THE GARTH BREAKFAST SANDWICH*

Excellent...A triple-decker breakfast sandwich with fluffy scrambled eggs, melted cheddar cheese, mayo and your choice of **protein** and a side – 11.49

PRO TIP: ADD AVOCADO AND TOMATO! – 2.99



AUSTIN'S BURRITO

AUSTIN'S BURRITO*

The original...Jumbo flour tortilla wrapped around scrambled eggs, Jack cheese, housemade red salsa, avocado and your choice of **protein**, topped with fresh alfalfa sprouts and served with a side of house pico de gallo, sour cream and your choice of side – 14.99

BISCUITS & GRAVY*

Our secret recipe... Big, home-baked biscuits smothered in homemade sausage gravy. Half order – 6.99 Full order – 8.99 Make it a meal- ½ order of biscuits & gravy, 2 eggs* any style and your choice of **protein** – 11.49

HUEVOS MONTANA*

The Squeeze spin on a ranchero... Gluten-free corn tortilla heaped with your choice of refried or black beans, layered with Monterey Jack cheese, two eggs any style, smothered in our housemade red salsa, topped with our house pico de gallo, avocado, Cotija. Served with your choice of a side – 13.99

DAVE'S CHICKEN FRIED STEAK*

You know what it is...A breaded beef steak smothered in our signature country gravy, accompanied by two eggs any style and your choice of side – 14.49

PRO TIP: THROW IN A BISCUIT! – 2.99

KATHLYN'S AVO TOAST*

2 slices of our famous sourdough bread topped with avocado, cucumber, bacon, grilled tomato and feta. Served with your choice of a side – 14.99

PRO TIP: WANT TO HAVE IT VEGETARIAN? GO FOR NO BACON!

LOAD 'EM UP! GET FULLY LOADED WITH TWO EGGS – 4.49

Friends with BENNY'S

Looking for a twist? Choose your hollandaise sauce: regular hollandaise or chipotle hollandaise.

All Benedicts are made with 3 poached eggs atop fresh-baked English Muffins, smothered with hollandaise sauce and served with your choice of homestyle fried spudz, hashbrowns or sliced tomatoes. Ask your server about upgrading your potatoes to world-famous "Otis" style or a fresh fruit cup!

BOMB BACON BENNY*

Seriously da bomb...Fresh mushrooms sautéed with applewood smoked bacon, topped with avocado – 16.49

TRADITIONAL EGGS BENEDICT*

Can't go wrong, eh? Classic Canadian Bacon Benedict – 14.49

PRO TIP: TOP IT WITH AVOCADO – 3.49



VEGGIE BENNY

VEGGIE BENNY* **V**

Veg-tastic! Grilled tomato and spinach atop whipped cream cheese, topped with avocado – 15.99

PRO TIP: ADD PROTEIN LIKE CHORIZO OR FRIED TOFU! – 3.49



CHIPOTLE BENNY

CHIPOTLE BENNY*

Hottest benny on the block! English muffin topped with Spanish chorizo, three poached eggs and chipotle hollandaise – 16.49

PRO TIP: ADD AVOCADO – 2.99

PROTEINS

- SAUSAGE LINKS
- CANADIAN BACON
- TURKEY SAUSAGE
- GROUND CHORIZO
- APPLEWOOD SMOKED BACON
- FAT-FREE DELI-SLICED TURKEY BREAST
- BLACK FOREST HAM STEAK
- GRILLED CHICKEN BREAST
- GRILLED PLANT-BASED PATTY
- CARNE ASADA
- TOFU

VEGETARIAN AVAILABLE **V**

VEGAN AVAILABLE **V**



*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!

4 THINGS TO KNOW ABOUT YOUR OMELETTE:

1. Made with 4 Grade-A eggs and served with your choice of homestyle fried spudz, hashbrowns or sliced tomatoes.

2. Each has your choice of a signature sauce on the side: creamy mushrooms, tomato pesto or cheddar cheese.

3. Each comes with bottomless toast delivered fresh daily. Gluten free? Get corn tortillas instead!

4. Shake up your omelette game by trying any omelette as a scramble or breakfast burrito!



FEATURED ON
THROWDOWN!
with Bobby Flay

Best Omelettes
ON THE PLANET!

"Thank you Bobby Flay"

RACY TRACY*

Totally the bomb...AND the Food Network star! This classic California omelette's got sautéed mushrooms, applewood smoked bacon and Monterey Jack cheese tucked into a blanket of fresh eggs, topped with avocado – 16.99



RACY TRACY



THE SPANISH FLAY

THE SPANISH FLAY*

Our tribute to Bobby Flay!... Diced red bell peppers, potatoes, chorizo, smoked paprika, butter, Monterey Jack cheese and parsley-sprinkled eggs – 16.99

NEBRASKA RAE*

A Squeeze original...applewood smoked bacon, tomatoes and whipped cream cheese. Topped with avocado – 16.49

VERY VEGGIE* **V**

Goin' down to Veggie Town! Zucchini, carrots, celery, mushrooms, tomatoes, broccoli and onions, all topped with Monterey Jack, cheddar cheese and alfalfa sprouts – 16.49

PRO TIP: TOP IT WITH AVOCADO! – 2.99

LAKE TACO*

Let's Taco bout it...Your choice of chorizo or carne asada sautéed with red onions, tomatoes and bell peppers and Monterey Jack cheese. Topped with sour cream and served with jalapeños and our house pico de gallo on the side – 16.99

PRO TIP: TOP IT WITH AVOCADO! – 2.99

THE POPEYE* **V**

Strong to the finish 'cuz I eats me spinach! Fresh spinach, mushrooms and Monterey Jack cheese – 15.99

JEREMIAH* **V**

Was a bullfrog...Fresh mushrooms, white onions and tomatoes sautéed and topped with Monterey Jack cheese. Topped with avocado – 16.49

PRO TIP: ADD PROTEIN LIKE BACON OR HAM! – 2.49

MY BIG FAT GREEK OMELETTE*

No Windex required!...Fresh red bell pepper, spinach, black olives, sausage, pesto and feta – 16.99

HANGOVER HELPER*

It really does help...applewood smoked bacon, sausage, Black Forest ham, Monterey Jack and cheddar – 16.99

DUCKER'S DENVER*

This one's for you, Keith! Sautéed white onions, tomatoes, bell peppers, ham and cheddar cheese – 16.49

BUST-A-MOVE*

You want it, you got it! Fresh spinach, onion, mushrooms, sausage and both Monterey Jack and cheddar cheese – 16.49

PRO TIP: LOOKING FOR A JOE'S SPECIAL?

TRY THIS ONE SCRAMBLED!

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

GLUTEN FREE:

- Our whole menu can be made gluten free upon request, just let your server know!
- Our fryers are gluten free! That means you may enjoy as many of our French fries, spudz and hashbrowns as you like!

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** symbol for items that can be modified for Vegetarian or the **V** items that can be modified for Vegan diets.
- Any time you see "your choice of protein" make it vegan with a plant-based patty or tofu.
- Swap out eggs on any item, for tofu for 1.49.
- Our servers are well-versed in how to help you so please let them know.



Fabulous FRENCH TOAST



QUEEN MAGGIE

QUEEN MAGGIE*

Fit for royalty, personally inspired by Food Network chef David Adjey! Our signature French toast stuffed with cream cheese and topped with strawberries and bananas – 15.49

MEAL UPGRADE: SEE FOO'S FRENCH TOAST BREAKFAST

FOO'S FRENCH TOAST BREAKFAST*

2 slices of our signature French toast served with your choice of 2 eggs any style and your choice of **protein** – 13.99

PRO TIP: UPGRADE TO QUEEN MAGGIE

Poppin' PANCAKES

Always better with friends,
get these for the table!

JACK JOHNSON PANCAKES



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 honey butter.

Full stack (4) – 13.99 Short stack (2) – 11.99

MEAL UPGRADE: SEE ROO'S PANCAKE BREAKFAST

ROO'S PANCAKE BREAKFAST*

2 fluffy buttermilk pancakes served with your choice of 2 eggs any style and your choice of **protein** – 13.99

PRO TIP: UPGRADE TO JACK JOHNSON PANCAKES - 2.99

Add fresh fruit or chocolate chips to your pancakes!

HEALTHY Habits

SHI'S SUPERFOOD SCRAMBLE*

Where's my superFOOD?...Spinach, broccoli, red bell peppers and zucchini, all scrambled up. Served with toast (dry, of course) and your choice of Healthy Habits side – 15.99 (Cals: 254, Fat: 2g, Protein: 10g, Carb: 40g)

PRO TIP: ADD PESTO AND TURKEY SAUSAGE – 3.49 CALS: 598 FAT 8.8G



Make this gluten free by asking for corn tortillas instead of toast!

SHI'S SUPERFOOD SCRAMBLE

FRANMA'S PARFAIT

Grandma Fran would love it...honey and vanilla yogurt topped with fresh strawberries, blueberries and granola. Topped off with a honey drizzle – 11.99

SAWTOOTH OATMEAL

Prepping you for the long hike...oatmeal topped with fresh blueberries, strawberries, bananas and walnuts sprinkled with cinnamon – 10.99

SOUTHWEST BOWL*

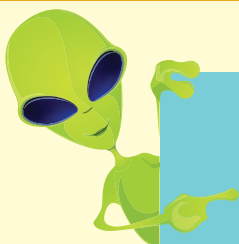
Everyone gets priority boarding on this one...Our famous home fried spudz "scrambled" with your choice of protein, broccoli, onions, spinach, mushrooms, tomatoes and black beans, topped with two eggs any style, served with pico de gallo on the side – 14.49 (Cals: 378, Fat: 11g, Protein: 12g, Carb: 66g)

BOGUS TROLL BREAKFAST BOWL*

Sweet bowl, bro! Sweet potatoes, green onions, zucchini, green bell peppers, spinach and your choice of protein, topped with two eggs any style and a sprinkle of our flax & chia seed blend – 15.49 (Cals: 550, Fat: 23g, Protein: 33g, Carb: 58g) **MACROS CALCULATED WITH TURKEY SAUSAGE**



BOGUS TROLL BREAKFAST BOWL



HEALTHY HABITS Sides

- SWEET POTATOES
- FRUIT CUP
- SIDE SALAD
- COTTAGE CHEESE
- SLICED TOMATOES

Want to skip the 220 calories and 18 grams of fat? Upgrade to egg whites for 1.49

VEGETARIAN AVAILABLE  VEGAN AVAILABLE 

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PUTTING THE "UNCH" IN BRUNCH SINCE 1974

All sandwiches and burgers are served with your choice of French fries, green salad or sliced tomatoes.

Take your fries outta this world by upgrading to garlic parmesan fries tossed in olive oil and seasoned to perfection.

1.79



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 bread - 12.99

PRO TIP: LOOKING FOR A CLUB? ADD TURKEY BREAST - 2.49

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 au jus and a pickle spear on the side - 12.99

PRO TIP: MAKE IT "SEXTON SEXY" WITH GRILLED

RED ONIONS AND AVOCADO - 3.49

Substitute turkey instead of roast beef!

CLUCK NORRIS TACOS

Not just for Tuesdays...Three soft corn tortillas with grilled chicken breast, tomatoes, onions, cilantro, avocado and lettuce, served with a side of black beans, housemade pico de gallo and your choice of side - 14.49

PRO TIP: MAKE IT VEGAN WITH TOFU INSTEAD OF CHICKEN - NO CHARGE

TASTIEST CATCH TUNA MELT

Made famous by the Manoukians...housemade solid white albacore tuna salad with red onions and celery, melted with tomatoes, pickles and cheddar cheese - 13.99

Huge FRESH SALADS

CHOOSE YOUR DRESSING!

Homemade buttermilk ranch, bleu cheese, thousand island, balsamic, olive oil & vinegar, or Caesar

THE BLEU MOON

That's why they call it the bleus...Grilled chicken breast, bleu cheese crumbles, crispy bacon crumbles, diced red bell peppers, croutons and red onions served on a bed of fresh-cut romaine lettuce. Served with garlic cheese toast - 14.49

PRO TIP: TOSS YOUR CHICKEN IN FRANK'S HOT SAUCE FOR A BUFFALO CHICKEN EXPERIENCE - NO CHARGE

CHICKEN CAESAR

Et tu, Brute? A bed of freshly-cut romaine lettuce tossed in creamy Caesar dressing with grilled chicken breast, parmesan cheese, diced tomatoes, green onions and croutons. Served with garlic cheese toast - 13.99

PRO TIP: MAKE IT NATE'S WAY - ADD CUCUMBER AND BELL PEPPER - .99

TACO-BOUT A SALAD

Be the taco the town... Homemade tortilla chips topped with refried or black beans, shredded Jack and cheddar cheese, fresh-cut romaine lettuce, your choice of protein, avocado, tomatoes, housemade pico de gallo, olives and red onions, served with our homemade red salsa on the side - 14.49



TACO-BOUT A SALAD

BOSS BABE BURGER*

Cheers to every boss babe! A seasoned grilled hamburger topped with Swiss cheese, crispy bacon, sautéed mushrooms and avocado, served with romaine lettuce, fresh-cut tomatoes, sliced red onions and pickle chips. French fries, our special burger sauce and a pickle spear on the side - 16.49



BOSS BABE BURGER

BUILD YOUR OWN!

THE BYOB - BUILD YOUR OWN BURGER...DUH!

Start with a basic burger, lettuce, tomato, onion and pickle atop a fresh baked burger bun. Base price: 10.99

CHOOSE YOUR PATTY:

Beef Plant-based
Chicken

2.99 EACH

Avocado

2.49 EACH

Fried Egg
Bacon

1.49 EACH

Sautéed Green Bell Pepper
Sautéed Mushrooms
Sautéed Jalapeños

1.49 EACH

American Jack
Bleu Cheese Swiss
Cheddar

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IDAHO'S Secret MENU

1A COBBLE SALAD

You'll want to gobble this cobble...a bed of fresh lettuce decked out with bacon crumbles, sliced turkey, ham, sliced hard-boiled egg, tomatoes, artichoke hearts, cucumbers, bleu cheese crumbles, croutons and shredded Jack and cheddar cheeses. Served with garlic cheese toast – 14.49

ROLLIN' CINNAMON PANCAKES **V**

It's what happens when a steam roller meets a cinnamon roll...two cinnamon roll pancakes topped with homemade cream cheese dressing, so every bite has the perfect mix of cinnamon and cream cheese – 10.99

PRO TIP: MAKE IT A ROO'S BREAKFAST!

GREENBELT TACOS

Grab your bike, skates or walking shoes . . . three steak street tacos topped with lettuce, homemade pico de gallo and housemade chipotle crema. Comes with your choice of side – 14.49

PRO TIP: UPGRADE TO A STEAK QUESADILLA WITH CHEESE – .99

CHEFS' CHILAQUILES



CHEFS' CHILAUILES **V**

This one's for our fabulous chefs! Homemade tortilla chips soaked in homemade red and green salsa, topped with Cotija cheese and two eggs any style. Served with your choice of side – 12.99

PRO TIP: ADD PROTEIN! (WE SUGGEST CHICKEN OR TOFU) – 2.49

Li'L Squeezers

All items include a small kids drink. 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. Available beverages are regular or chocolate milk, small juice, lemonade or soda. Upgrade to Bryson's Hot CoCo for .99!



TORI'S TEDDY BEAR PANCAKE

A bear-shaped pancake with ears and smiley face made out of fresh fruit – 7.49



THE LITTLE SQUEEZER*

For our egghead-in-training: one egg served any style, bacon or sausage, spudz and toast – 7.49

JUNIOR HAMBURGER*

When they just want bread and meat. A ¼ pound hand-pressed patty served on a bun with your choice of side – 8.99
Add cheese – 9.49

BONJOUR BABY!*

A pancake or piece of French toast with one egg any style and bacon or sausage – 7.99

JAGER RACER'S GRILLED CHEESE OR QUESADILLA

- A flour tortilla grilled with Monterey Jack and cheddar cheese.
- Or order a grilled cheese with two slices of wheat, rye or sourdough grilled to perfection with your choice of cheddar, American, Monterey Jack or Swiss cheese. Either served with choice of French fries or fruit – 7.49

SQUEEZE IN *A La Carte*

SPUDZ OR HASH BROWNS – 4.99

SWEET POTATOES – 5.99

FRENCH FRIES – 4.99

PROTEIN – 4.49

GARLIC FRIES – 5.99

TOAST

Wheat, Rye, Sourdough, English Muffin, Biscuit or Tortilla – 2.99

EGGS*

1 – 2.49 Two – 4.49

FRESH FRUIT CUP – 4.99

½ AVOCADO – 3.49

Make spudz "Otis" style for **1.79**

YOUR JOURNEY

Starts Here...



POPPIN' BUBBLY

Glass – 7.99 Bottle – 21.99
Pitcher – 28.99 (Approx 5 Drinks)

MIMOSA

Treat yo'self...Squeeze In champagne with a splash of orange juice.

SQUEEZE IN SUNRISE

The perfect way to start the day... Squeeze In champagne with a splash of orange juice and cranberry juice.

PEACH SHELLY

She's a peach! Squeeze In champagne with a splash of real peach juice.

CHAMBERRY

Oh, berry good...Squeeze In champagne with a splash of cranberry juice.

SEABREEZE MIMOSA

Nice to sea you...Squeeze In champagne with a splash of grapefruit and cranberry juice.

SOUZA'S MIMOSA

She's absolutely magnificent! Squeeze In champagne with a splash of grapefruit.

BLUEBERRY LEMONADE MIMOSA

The blueberry lemonade mimosa is an instant classic that will keep you refreshed, cool, and oh so happy. This mimosa starts with a splash of irresistible lemonade, which is then combined with our signature bubbly and light champagne and topped with fresh mint, lemon, and blueberries + 2.00

MAMBA MICHELADA

Drink this for a champion's mentality... Your choice of house beer served with a splash of our signature hand-mixed Bloody Mary blend served on the rocks in a pint glass with a Tajín rim. Served with a wedge of lime – 8.99

JASON'S BLOODY MARY

Eat, Drink and B. Mary . . . our signature Bloody Mary blend that can be made extra spicy, just tell your server! – 9.99

SUNRISE PITCHER



BLUEBERRY LEMONADE MIMOSA



JASON'S BLOODY MARY



BREWSKIES

HOUSE BEER – 6.49

BEVERAGES

IDAHOME COFFEE

Locally roasted Caffaina Coffee with free refills! – 2.99

CAFFEINA
COFFEE ROASTING CO.



GAGA'S SPECIAL MOCHA

Hot chocolate mixed with coffee, served with a mountain of whipped cream and rainbow sprinkles on top – 4.49



ORANGE, TOMATO, CRANBERRY, APPLE OR GRAPEFRUIT JUICE – 4.49



BRYSON'S HOT COCO

With a mountain of whipped cream, topped with sprinkles – 3.99

SODA

Refills on the house – 2.99

HOT/ICED TEA

Refills on the house – 2.99

REAL LEMONADE

Refills on the house – 3.99

MILK OR CHOCOLATE MILK – 3.99



SQUEEZE IN



EGGHEAD! Breakfast Club!



- FREE \$5 WELCOME GIFT CERTIFICATE, JUST FOR ENROLLING!
- FREE \$10 GIFT CERTIFICATE FOR YOUR BIRTHDAY!
- \$4 BOTTLE OF CHAMPAGNE FOR YOUR ANNIVERSARY!

Want the best deals, updates and promos for all things Squeeze? Get in on the Egghead Breakfast Club and let the perks begin!

- Weekly Newsletter Deals
- *Pro Tip - Sign up today and get the deal of the week on today's check!*
- Invites to Egghead-only events and 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.



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

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
- MUGS & more...

Available up front.

Oh, and while you're up there, don't forget to ask for a FREE sticker too!

