

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

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:



SQUEEZEIN.COM

The Usual SUSPECTS

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 MEALS

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, served with fresh fruit and toast – 14.99

PRO TIP: SPICE IT UP, ADD JALAPEÑOS! – 1.49

THE GARTH BREAKFAST SANDWICH*

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

PRO TIP: ADD AVOCADO AND TOMATO! – 3.99



ERIC'S BREAKFAST BURRITO

ERIC'S BREAKFAST 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, 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- 1/2 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 and cotija – 13.99

CLASSIC 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

LOADED AVOCADO TOAST*

2 slices of Truckee Sourdough's famous sourdough bread topped with avocado, cucumber, bacon, grilled tomato, feta – 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*

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

PRO TIP: ADD AVOCADOS – 3.49

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
- BEYOND BREAKFAST SAUSAGE™

*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



VEGETARIAN  GLUTEN FREE 

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 and cheddar cheese. Topped with alfalfa sprouts – 16.49

Pro Tip: TOP IT WITH AVOCADO! – 3.49

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! – 3.49

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! – 3.49

MY BIG FAT GREEK

OMELETTE* **V**

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

Pro Tip: MAKE THIS VEGETARIAN BY SWAPPING FOR BEYOND BREAKFAST SAUSAGE™!

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:

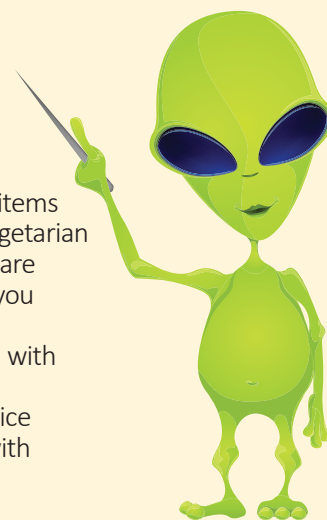
- Look for the **G** for items that can be made gluten free
- Be sure to let your server know if you want it **G** to ensure they leave off the toast or give you a **G** corn tortilla instead.
- We never fry breaded items in our fryer! This means that all of our French fries, spudz, hashbrowns and homemade 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** symbol for items that can be modified for Vegetarian or 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!
- Any time you see "your choice of protein" make it vegan with a plant-based patty or tofu.



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 topped with strawberries and bananas – 15.49

MEAL UPGRADE: SEE FOO'S PANCAKE 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: ADD STRAWBERRIES AND BANANAS – 3.99

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

Add fresh fruit or chocolate chips to your pancakes!

HEALTHY Habits Vegan, Gluten Free, Macro counting

SHI'S SUPERFOOD SCRAMBLE*

Where's my superFOOD?...Egg whites, 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 – 4.49 CALS: 598 FAT 8.8g



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

SHI'S SUPER FOOD SCRAMBLE

VEGAN MCCARROLL BURRITO*

For a vegan good time...Flour tortilla stuffed with your choice of sautéed tofu or ground plant-based patty, with avocado, zucchini, bell peppers, mushrooms and sprouts. Served with housemade pico de gallo, home-fried, vegan tortilla chips and red salsa – 14.99

(Cals: 728, Fat: 32g, Protein: 20g, Carb: 92g)

BOWLS

Spuds in a bowl with eggs cooked to your liking (if applicaBOWL). Upgrade to sweet potatoes for .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, served with pico de gallo on the side – 14.49 (Cals: 378, Fat: 11g, Protein: 12g, Carb: 66g)

PRO TIP: ADD EGGS FOR – 4.49

SWEET POTATO 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



SWEET POTATO BREAKFAST BOWL

HEALTHY HABITS Sides

- SWEET POTATOES
- BERRY FRUIT CUP
- FRUIT CUP
- CUCUMBER AND LEMON
- 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  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, burgers and burritos 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

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 – 4.49

Substitute Turkey instead of roast beef!

CHICKEN 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 a Healthy Habits side – 14.49 (Cals: 963, Fat: 36g, Protein: 43g, Carb: 113g)



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 – 13.49

PRO TIP: LOOKING FOR A CLUB? ADD TURKEY BREAST – 3.49

Huge FRESH SALADS

CHOOSE FROM NINE DIFFERENT DRESSINGS!

Homemade buttermilk ranch, bleu cheese, thousand island, Italian, olive oil & vinegar, fat-free raspberry vinaigrette, caesar, honey mustard 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, 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

TACO 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 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

3.49 EACH

Avocado Bacon

2.49 EACH

Fried Egg

1.49 EACH

Sautéed Green Bell Pepper
Sautéed Mushrooms
Sautéed Jalapeños

1.49 EACH

American Jack
Bleu Cheese Swiss
Cheddar

LITTLE 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 hot chocolate, chocolate milk, regular milk, small apple juice, small orange juice, lemonade or soda.



TOMMY'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

KAY-SO

QUESADILLA OR GRILLED CHEESE

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

Sides

SPUDZ

Half – 4.49 Full – 6.99

HASH BROWNS

*Availability varies by location
Half – 4.49 Full – 6.99

SWEET POTATOES

*Availability varies by location
Half – 5.99 Full – 8.49

FRENCH FRIES

Half – 4.49 Full – 6.99

GARLIC FRIES

Half – 5.99 Full – 8.49

TOAST

Honey Wheat-berry, Rye, Sourdough, English Muffin, Biscuit or Tortilla – 2.99

EGGS*

1 – 2.49 Two – 4.49

FRESH FRUIT CUP – 6.99

REAL MAPLE SYRUP – 3.99

DRESSING OR SOUR CREAM – 1.49

HOLLANDAISE SAUCE – 2.49

SALSA – 1.49

COUNTRY GRAVY – 4.99

BLACK OR REFRIED BEANS – 2.49

½ AVOCADO – 3.49

Make any side "Otis" style for **1.79**

Squeeze SWAG

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:

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

- SHIRTS
 - TANKS
 - MUGS & more...
- Available up front.

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

SIGN UP FOR EGGHEAD!
Breakfast Club!

FREE \$5 WELCOME GIFT CERTIFICATE, JUST FOR ENROLLING!
FREE \$10 GIFT CERTIFICATE FOR YOUR BIRTHDAY!
FREE 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!

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.



MIMOSAS



**FORGET THAT
6 OZ. FLUTE!**
ALL SQUEEZE IN
MIMOSAS ARE
12 OZ.!



MANGO TAJÍN MIMOSA

Get down with fresh mango nectar & our signature champagne topped with a halo of Tajín! – 12.49



BLUEBERRY LEMONADE MIMOSA

Our bestseller! Enjoy a splash of irresistible lemonade & blueberry syrup paired with our signature champagne & topped with fresh mint – 10.49



ISLAND RUM MIMOSA

For peak tropical vibes enjoy a splash of smooth coconut rum, refreshing pineapple juice & champagne! – 15.99



PEACH BELLINI

Life's a peach when you enjoy a dash of peach schnapps combined with our signature champagne & a fizzy peach slice! – 12.99



SQUEEZE IN SUNRISE MIMOSA

Start the day on the sunny side when you order champagne with a winning combination of orange & cranberry juice! – 8.99



CHAMBERRY

So berry good! Our signature champagne with a splash of cranberry juice! – 8.99



SEABREEZE MIMOSA

Set sail with our signature champagne with a splash of grapefruit and cranberry juice! – 8.99



GRAPEFRUIT MOSA

You'll be feelin' grape when you order our signature champagne with a splash of grapefruit juice! – 8.99

**GET A
FREE MIMOSA
WHEN YOU PICK
A PITCHER!**

5 mimosas for
the price of 4!

COCKTAILS



TAKE IT TO THE TOP WITH A **DOUBLE SHOT** OF PREMIUM VODKA + 3.00!



BACON BLOODY
We're bacon you happy when you order a pint of our hand-mixed Bloody Mary blend served with a **DOUBLE SHOT** of vodka & garnished with bacon, celery, olives, & a lemon wedge! – 11.99

MAKE IT A MARÍA WITH TEQUILA + 3.00



SCREWDRIIVER
This tool does the trick! A **DOUBLE SHOT** of house vodka with a pint of fresh orange juice – 10.49

TEQUILA SUNRISE
Start on the sunny side with a splash of house grenadine, a pint of orange juice, & a **DOUBLE SHOT** of house tequila! – 12.49



MAMBA MICHELADA
Your choice of house beer with a splash of our hand-mixed Bloody Mary blend on the rocks with a Tajín rim & a hint of lime! – 9.49



SQUEEZE SEABREEZE
You'll hear the ocean when you order a pint filled with half-grapefruit, half-cranberry juice on the rocks atop a **DOUBLE SHOT** of house vodka, garnished with a twist of lime! – 10.49



GIGI'S GREYHOUND
Life's a trip when you enjoy a pint of grapefruit juice on the rocks with a **DOUBLE SHOT** of house vodka! – 10.49

BREWSKIES

HOUSE BEER – 6.49



THE HAIL MARY

Go long with this full liter of our signature Bloody Mary mix and a **QUADRUPLE SHOT** of house vodka served with 3 crispy strips of premium bacon, a gourmet grilled cheese sandwich on thick garlic cheese toast with melted cheddar, 3 pepperoncinis, a stuffed olive & a celery stick with a lemon wedge! – 25.49



BEVERAGES

COFFEE OR HOT TEA

Refills on the house! – 3.99

ADD A **SHOT OF BAILEYS** + 3.00

LOCO COCOA

Walk on the wild side when you order this classic hot cocoa with a mountain of whipped cream & sprinkles! – 4.99

MISTY'S MOCHA

Hot chocolate mixed with coffee & topped with a mountain of whipped cream & sprinkles! – 4.99

MILK OR CHOCOLATE MILK – 4.49

ORANGE, TOMATO, CRANBERRY, APPLE OR GRAPEFRUIT JUICE

16 oz. glass – 5.49

SODA

Refills on the house! – 3.99

ICED TEA

Refills on the house! – 3.99

LEMONADE

Refills on the house! – 4.99