Squeeze In®

Celebrating 50 Years!

est. 1974

Best Omelettes on the Planet!®

Revolutionizing Breakfast Since 1974

WELCOME HOME

This is your place to feel right at home. At Squeeze In, our mission is simple: **Happy Guests, Happy Associates, Every Day.** Why? Because we believe everyone deserves to squeeze a little joy into their morning! We've got you—whether it's special dietary needs, modifications, or making something right if we missed the mark. You're safe here, just like family. So, from all of us to you: **Welcome Home!**

Sincerely,
Squeeze In

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

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

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!

OUR GUESTS TELL US WE'RE GREAT, AND SO DO THESE MEDIA OUTLETS:

food network · Forbes · USA TODAY · The New York Times · VOGUE

Outta Sight OMELETTES!

All omelettes contain **4 eggs** with bottomless toast! Our unique sauces: Tomato Pesto sauce, Mushroom sauce, and Cheese sauce
Go **Gluten-Free** when you ditch the toast.

WE HAVE BOTTOMLESS TOAST

RACY TRACY*

The Food Network Star! This classic California omelette's got sautéed mushrooms, premium bacon, and Jack cheese tucked into a blanket of fresh eggs. Topped with avocado and served with a side of **mushroom sauce**, spuds and sourdough toast – 19.99

Best Omelettes ON THE PLANET!®

HANGOVER HELPER*

It really does help...Bacon, sausage, premium ham, Jack and cheddar cheese. Served with a side of **cheese sauce**, spuds and sourdough toast – 19.99

NEBRASKA RAE*

A Squeeze original...Premium bacon, tomatoes and cream cheese. Topped with avocado and served with a side of **tomato pesto sauce**, spuds and sourdough toast – 19.99

THE GARDEN PARTY* V

Greens just wanna have fun...Vegan sausage, zucchini, mushrooms, tomatoes, broccoli and onions, all topped with Jack and cheddar cheese. Served with a side of **tomato pesto sauce**, spuds and sourdough toast – 19.99
PRO TIP: TOP IT WITH AVOCADO! – 3.99

LAKE TACO*

Let's taco bout it...Chorizo sautéed with red onions, tomatoes and bell peppers with Jack cheese. Served with jalapeños, our house pico de gallo, a side of **cheese sauce**, spuds and sourdough toast – 19.99
PRO TIP: TOP IT WITH AVOCADO! – 3.99

THE POPEYE* V

Strong to the finish 'cuz I eats me spinach! Fresh spinach, mushrooms and Jack cheese. Served with a side of **mushroom sauce**, spuds and sourdough toast – 19.99

JEREMIAH* V

Was a bullfrog...Fresh mushrooms, sautéed white onions and tomatoes with Jack cheese. Topped with avocado and served with a side of **mushroom sauce**, spuds and sourdough toast – 19.99
PRO TIP: ADD YOUR CHOICE OF PROTEIN!

MEDITERRANEAN MAGIC*

Feta than ever...Fresh red bell pepper, grilled red onions, spinach, sausage, pesto and feta. Served a side of with **tomato pesto sauce**, spuds and sourdough toast – 19.99

THE SPANISH FLAY*

Our tribute to Bobby Flay!...Diced red bell peppers, potatoes, chorizo, smoked paprika, butter, Jack cheese and parsley-sprinkled eggs. Served with a side of **tomato pesto sauce**, spuds and sourdough toast – 19.99

DOWNRIGHT DENVER*

A Colorado Classic...Sautéed white onions, tomatoes, bell peppers, ham and cheddar cheese. Served with a side of **cheese sauce**, spuds and sourdough toast – 19.99

BUST-A-MOVE*

You want it, you got it! Fresh spinach, onion, mushrooms, sausage and both Jack and cheddar cheese. Served with a side of **tomato pesto sauce**, spuds and sourdough toast – 19.99

Friends with BENNYS

All benedicts are made with **3 poached eggs** on an English muffin and smothered with hollandaise sauce!

BRING HOME THE BACON*

We brought it home... Premium bacon, topped with avocado. Served with a side of spuds – 19.99

EMERIE'S TRADITIONAL EGG'S BENEDICT*

I'm still Benny from the block. Classic Canadian Bacon Benedict. Served with a side of spuds – 18.99
PRO TIP: TOP IT WITH AVOCADO – 3.99

VEGGIE BENNY*

A fresh take on the classic. Vegan sausage, spinach and grilled tomato, topped with avocado – 19.99

THE CHIPOTLE HUSTLE*

Everyday we're hustlin' English muffin topped with Spanish chorizo and chipotle hollandaise. Served with a side of spuds – 19.99
PRO TIP: ADD AVOCADO – 3.99

*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.

The Usual Suspects

MANLY MIKE MEAL*
Lookin' at you, handsome...2 eggs cooked however you'd like, your choice of **protein** AND a half order of biscuits and gravy. Served with a side of spuds and sourdough toast – 19.99

MINI MIKE MEAL
The "Manly" but without the biscuits and gravy* – 18.49

ERIC'S BREAKFAST BURRITO*
The original! A jumbo flour tortilla wrapped around scrambled eggs, Jack cheese, red salsa, avocado and your choice of **protein**. Served with a side of our house pico de gallo and a generous side of spuds! – 18.99

BRO'S BISCUITS & GRAVY PLATE*
Bro's secret recipe...Big, home-baked biscuits smothered in signature country sausage gravy, 2 eggs any style and your choice of **protein** – 15.99

CLASSIC CHICKEN FRIED STEAK*
You know what it is...A breaded beef steak smothered in our signature country sausage gravy, accompanied by 2 eggs any style, a side of spuds and sourdough toast – 19.99

TROY'S TWICE BAKE SCRAMBLE*
When once isn't enough! Premium bacon joins fresh green onions, our signature spuds and melted cheddar cheese scrambled in fluffy eggs. Served with a fresh fruit cup and sourdough toast! – 19.99
Pro Tip: Add avocado – 3.99

HUEVOS MONTANA* V
The Squeeze spin on a ranchero... Gluten-free corn tortilla heaped with black beans, layered with Jack cheese, 2 eggs any style, smothered in red salsa, topped with our house pico de gallo, avocado and Cotija. Served with a side of spuds – 18.99

LOADED AVOCADO TOAST*
Because basic toast just won't cut it. 2 slices of sourdough bread topped with a whole avocado, cucumber, bacon, grilled tomato and feta. Served with a side of spuds – 19.99
Load 'em up! Get fully loaded with 2 eggs – 4.99

THE GARTH BREAKFAST SANDWICH*
Excellent...A classic breakfast sandwich served on our signature thick **garlic cheese toast**, layered with fluffy scrambled eggs, melted cheddar cheese and your choice of **protein**. Served with a side of spuds – 17.49
Pro Tip: Add avocado and tomato! – 5.49

GET BUBBLY WITH YOUR BUDDIES, UPGRADE TO A MIMOSA PITCHER

CINNAMON ROLLS
Baked in-house daily! The perfect sweet treat for before (or after) your brunch! Two mini-cinnamon buns, drizzled with our homemade icing – 10.99

Choose Your Proteins

- PREMIUM BACON
- SAUSAGE LINKS
- TURKEY SAUSAGE
- PREMIUM HAM
- CANADIAN BACON
- GROUND CHORIZO
- CARNE ASADA
- DELI-SLICED TURKEY BREAST
- GRILLED CHICKEN BREAST
- VEGAN BREAKFAST SAUSAGE
- TOFU

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SQUEEZE IN

VEGETARIAN V GLUTEN FREE

Fabulous French Toast

THE QUEEN* V food
Fit for royalty, personally inspired by Food Network chef David Adjey! Our signature **brioche** French toast stuffed with cream cheese and topped with strawberries and bananas – 19.99

VIOLET'S FRENCH TOAST PLATE*
Our signature **brioche** French toast served with your choice of 2 eggs any style and your choice of **protein** – 18.99
Pro Tip: Royally upgrade your French toast to be stuffed with cream cheese and topped with strawberries and bananas – 5.99

Poppin' Pancakes

JACK JOHNSON BANANA WALNUT PANCAKES.* V
Pretend like it's the weekend... Our fluffy buttermilk pancakes with walnuts cooked right into the batter, then topped with bananas sautéed in **our signature honey butter sauce**! – 15.99

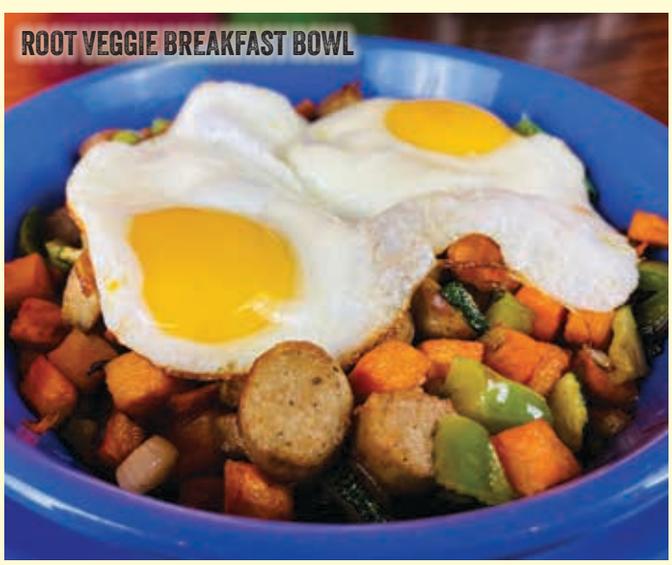
PRINCE'S PANCAKE PLATE*
2 fluffy buttermilk pancakes served with 2 eggs any style and your choice of **protein** – 18.49
Pro Tip: Make your pancakes "Jack Johnson" style by adding toasted walnuts and our signature Jack Johnson Banana Butter Sauce – 3.99

A Fresh Start

KAY & SHI'S SUPERFOOD SCRAMBLE* V
The Squeeze In sisters always have your back. Egg whites, spinach, broccoli, red bell peppers and zucchini, all scrambled up and served with a fruit cup and dry sourdough toast! – 19.99
Pro Tip: Add pesto and turkey sausage – 4.99

SOUTHWEST BOWL* V
Chef Misty's masterpiece. Our famous home fried spuds tossed with your choice of **protein**, broccoli, onions, spinach, mushrooms, tomatoes and black beans. Served with pico de gallo on the side! – 19.49

ROOT VEGGIE BREAKFAST BOWL* V
Rooting for you, one bite at a time! Root vegetable hash, green onions, zucchini, green bell peppers, spinach and your choice of **protein** and topped with 2 eggs any style – 19.49



VEGETARIAN V GLUTEN FREE

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The 'Unch' Side of Brunch

All sandwiches and burgers are served with your choice of fries or green salad!

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 sourdough bread. Served with a side of fries – 18.99

Pro Tip: Looking for a club? Add turkey breast – 3.99

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 a side of French fries – 18.99

Pro Tip: Step it up with grilled onions and avocado! – 4.99

THE WILD WESLEY SALAD WRAP

The best of the southwest...**Grilled chicken breast**, black beans, shredded Jack & cheddar cheese, fresh-cut romaine lettuce, avocado, tomatoes, homemade pico de gallo and red onions wrapped in a jumbo flour tortilla. Served with a side of fries – 18.99

Want it gluten-free? We can make it a lettuce wrap!

THE BOSS BURGER*

The boss is in the building... A seasoned grilled hamburger on a **brioche** bun topped with Swiss cheese, premium bacon, sautéed mushrooms and avocado. Served with romaine lettuce, fresh-cut tomatoes and sliced red onions with a side of French fries – 19.99

CLASSIC CHAD BURGER*

Keep it classic when you order our seasoned hamburger on a **brioche** bun topped with cheddar cheese, fresh-cut tomatoes, lettuce and sliced red onion! Served with a side of fries – 19.49

Pro Tip: Keep it on the sunny side and add a fried egg – 2.49

Huge Fresh Salads

THE BLEU MOON

That's why they call it the bleus...Grilled chicken breast, bleu cheese crumbles, crispy bacon crumbles, diced red bell peppers and red onions served on a bed of fresh-cut romaine lettuce with your choice of ranch or balsamic vinaigrette. Served with **garlic cheese toast** – 19.99

WHITNEY'S WONDERFUL SOUTHWEST SALAD

Your new zesty bestie...Fresh-cut romaine topped with grilled chicken, black beans, shredded Jack & cheddar cheese, avocado, tomatoes, red onions, homemade pico de gallo and tortilla strips with your choice of ranch or balsamic vinaigrette. Served with red salsa and our signature **garlic cheese toast** on the side! – 19.99

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Little Squeezers

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 pleasy your little squeezys with this fun menu that includes their beverage of choice.

TOMMY'S TEDDY BEAR PANCAKE
A bear-shaped pancake with ears and smiley face made out of fresh fruit – 11.99

THE LITTLE SQUEEZER*
For our egghead-in-training: one egg served any style, bacon or sausage, a side of spuds and sourdough toast – 11.99

THE JUNIOR JIM HAMBURGER
When they just want bread and meat served with a side of fries! – 11.99

ANNADELLE'S BONJOUR BABY*
A pancake or piece of French toast with one egg any style, bacon or sausage – 11.99

Squeeze In Sides

TOAST
Sourdough, Wheat, English Muffin, Biscuit or Tortilla – 3.49

SPUDS – 4.99

HASH BROWNS – 4.99
*Availability varies by location

ROOT VEGETABLE HASH*
Butternut squash, sweet potato, parsnips, red onion and kale – 6.49
Availability varies by location

FRENCH FRIES – 4.99

GARLIC PARMESAN FRIES – 7.99

FRENCH TOAST – 4.99

PANCAKE – 4.99

2 EGGS* – 4.99

HAM, BACON OR SAUSAGE* – 5.49

FRESH FRUIT CUP – 5.99

COTTAGE CHEESE – 3.99

DRESSING – 1.49

HOLLANDAISE SAUCE – 2.99

SALSA – 1.49

COUNTRY SAUSAGE GRAVY – 4.99

BLACK BEANS – 2.49

½ AVOCADO – 3.99

Want to bring Squeeze In to your area? This little restaurant impacts hundreds of thousands of lives each year. With just 6 ½ 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

SqueezeInFranchising.com

SqueezeIn.com

Squeeze In Origin Story

Nestled in the Sierra Nevada mountain town of Truckee, CA, Squeeze In first opened its doors in 1974. At just 10 feet wide and 62 feet long, guests literally have to "squeeze in" to enjoy the cozy breakfast nook that offers 'the best omelettes on the planet' alongside hearty mimosas, eclectic decor, and unforgettable charm. The little place with big personality captivated the Young family, who took the helm in 2004, and have since brought it out of the mountains, and into communities across the country. At Squeeze In, we're redefining the breakfast scene by ditching the standard brunch fare for generous servings, a kaleidoscope of choices, and an atmosphere bursting with love and liveliness. As we grow through franchising, Squeeze In continues to spread its ethos of little spaces serving big vibes across the nation, inviting families everywhere to join our breakfast revolution.

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