

THE 'UNCH' SIDE OF BRUNCH

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

B.L.A.T.RUCKEE



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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 – 16.49
PRO TIP: LOOKING FOR A CLUB? ADD TURKEY BREAD – 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 and a pickle spear – 16.99

PRO TIP: STEP IT UP WITH GRILLED ONIONS AND AVOCADO! – 4.99

CHICKEN TACOS

Not just for Tuesdays... 3 soft corn tortillas with grilled chicken breast, tomatoes, onions, cilantro, avocado and lettuce. Served with a side of chips and pico de gallo – 18.49

Spice up your Lunch with a Michelada!



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

BOSS BABE BURGER*

Cheers to every boss babe! A seasoned grilled hamburger 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 and a pickle spear – 20.99



CLASSIC CHAD BURGER*

Keep it classic when you order our seasoned hamburger topped with cheddar cheese, fresh-cut tomatoes, lettuce and sliced red onion! Served with a side of fries and a pickle spear – 16.99
PRO TIP: KEEP IT ON THE SUNNY SIDE AND ADD A FRIED EGG – 2.49



SOUTHWESTERN SALAD



Huge FRESH SALADS

DRESSINGS!

Homemade buttermilk ranch, bleu cheese 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 and red onions served on a bed of fresh-cut romaine lettuce with your choice of dressing. Served with garlic cheese toast – 17.49

SOUTHWESTERN SALAD

Homemade tortilla chips topped with black beans, shredded Jack & cheddar cheese, fresh-cut romaine lettuce, grilled chicken breast, avocado, tomatoes, homemade pico de gallo, olives and red onions with your choice of dressing. Served with red salsa on the side! – 19.49

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 please your little squeezezys 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 – 9.99



THE LITTLE SQUEEZER*

For our egghead-in-training: one egg served any style, bacon or sausage, a side of spuds and sourdough toast – 9.99

JUNIOR HAMBURGER

When they just want bread and meat served with a side of fries! – 10.99

BONJOUR BABY!*

A pancake or piece of French toast with one egg any style, bacon or sausage – 9.99

KAY-SO QUESADILLA OR GRILLED CHEESE

Say cheese when you choose between a grilled cheddar cheese sourdough sandwich or a cheddar cheese quesadilla! Served with a side of French fries – 9.99

SQUEEZE IN Sides

TOAST

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

SPUDS – 4.99

HASH BROWNS – 4.99

*Availability varies by location

SWEET POTATOES – 5.99

*Availability varies by location

FRENCH FRIES – 4.99

PARMESAN

GARLIC FRIES – 7.99

FRENCH TOAST – 4.99

PANCAKE – 4.49

2 EGGS* – 4.99

HAM, BACON OR SAUSAGE* – 5.49

FRESH FRUIT CUP – 5.99

COTTAGE CHEESE – 3.99

DRESSING OR SOUR CREAM – 1.49

HOLLANDAISE SAUCE – 2.99

SALSA – 1.49

COUNTRY SAUSAGE GRAVY – 4.99

BLACK BEANS – 2.49

½ AVOCADO – 3.99

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:

- BEST SELLING SHIRTS
- TANKS
- HOODIES & more...



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.



*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.



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 home, your family knows how to support and love you and here at Squeeze In, our mission is: **Happy Guests, Happy Associates, Every Day.** Why? Because we believe everyone deserves to squeeze a little joy into their morning! To sum it up simply- **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. Finally, if you've got special dietary needs or modifications, you are in the right place. **We're going to take care of you like family.** So, from all of us to all of you, **Welcome Home!**
 Sincerely,
Squeeze In


SIGN UP FOR EGGHEAD! Breakfast Club!

Join EGGHEAD BREAKFAST CLUB! Earn FREE food and get special lookups, exclusive offers, bonuses and more. Our Eggheads get treated like rockstars and have earned nearly \$100,000 in free food! Get yours today!

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








SQUEEZEIN.COM

Want to bring  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:

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The Usual SUSPECTS

MANLY MORRIS 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 – 18.49

Mini Morris Meal

The "Manly" but without the biscuits and gravy* – 16.49

MANLY MORRIS MEAL



TWICE-BAKED 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! – 17.99
PRO TIP: ADD AVOCADO – 3.99

THE GARTH BREAKFAST SANDWICH*

Excellent...A triple-decker breakfast sandwich with fluffy scrambled eggs, melted cheddar cheese, mayo and your choice of **protein**. Served with a side of spuds – 14.49
PRO TIP: ADD AVOCADO AND TOMATO! – 5.49



ERIC'S BREAKFAST BURRITO*

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, sour cream and a generous side of spuds! – 17.99

BISCUIT & GRAVY MEAL*

Our secret recipe...Big, home-baked biscuits smothered in signature country sausage gravy, 2 eggs any style and your choice of **protein** – 13.99

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 – 16.99

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 – 17.99

LOADED AVOCADO TOAST*

2 slices of sourdough bread topped with a whole avocado, cucumber, bacon, grilled tomato and feta. Served with a side of spuds – 17.99
LOAD 'EM UP! GET FULLY LOADED WITH 2 EGGS – 4.99

MANGO
TAJIN
MIMOSA



GET BUBBLY WITH
YOUR BUDDIES, UPGRADE
TO A MIMOSA PITCHER

Friends with BENNYS

All benedicts are made with 3 poached eggs atop fresh-baked English muffins and smothered with **hollandaise sauce!**

BOMB BACON BENNY*

Seriously da bomb...Fresh mushrooms sautéed with premium bacon, topped with avocado. Served with a side of spuds – 19.49

TRADITIONAL EGGS BENEDICT*

Can't go wrong, eh? Classic Canadian Bacon Benedict. Served with a side of spuds – 17.49

PRO TIP: TOP IT WITH AVOCADO – 3.99

VEGGIE BENNY*

Veg-tastic! Grilled tomato and spinach atop cream cheese. Topped with avocado. Served with a side of spuds – 18.99

CHIPOTLE BENNY*

Hottest benny on the block! English muffin topped with Spanish chorizo and chipotle hollandaise. Served with a side of spuds – 19.49

PRO TIP: ADD AVOCADO – 3.99

Outta Sight OMELETTES!

All omelettes contain 4 eggs with bottomless toast!
Go **Gluten-Free** when you ditch the toast.

Our unique sauces:
Tomato Pesto sauce, Mushroom sauce, and Cheese sauce

FOOD NETWORK
FEATURED ON
THROWDOWN!
with Bobby Flay

"Thank you
Bobby Flay!"

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 **mushroom sauce**, a side of spuds and sourdough toast – 19.99

RACY TRACY



Best Omelette
ON THE
PLANET!



THE SPANISH FLAY

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 **tomato pesto sauce**, a side of spuds and sourdough toast – 19.99

NEBRASKA RAE*

A Squeeze original...Premium bacon, tomatoes and cream cheese. Topped with avocado and served with **tomato pesto sauce**, a side of spuds and sourdough toast – 19.49

VERY VEGGIE* V

Goin' down to Veggie Town! Zucchini, carrots, celery, mushrooms, tomatoes, broccoli and onions, all topped with Jack and cheddar cheese. Served with **tomato pesto sauce**, a side of spuds and sourdough toast – 19.49

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 sour cream, jalapeños, our house pico de gallo, **cheese sauce**, a side of 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 **mushroom sauce**, a side of spuds and sourdough toast – 18.99

JEREMIAH* V

Was a bullfrog...Fresh mushrooms, sautéed white onions and tomatoes with Jack cheese. Topped with avocado and served with **mushroom sauce**, a side of spuds and sourdough toast – 19.49

PRO TIP: ADD YOUR CHOICE OF PROTEIN!

MY BIG FAT GREEK OMELETTE*

No Windex required! Fresh red bell pepper, spinach, black olives, sausage, pesto and feta. Served with **tomato pesto sauce**, a side of spuds and sourdough toast – 19.99

HANGOVER HELPER*

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

DOWNRIGHT DENVER*

A Colorado Classic...Sautéed white onions, tomatoes, bell peppers, ham and cheddar cheese. Served with **cheese sauce**, a side of spuds and sourdough toast – 19.49

BUST-A-MOVE*

You want it, you got it! Fresh spinach, onion, mushrooms, sausage and both Jack and cheddar cheese. Served with **tomato pesto sauce**, a side of spuds and sourdough toast – 19.49

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

GLUTEN-FREE:

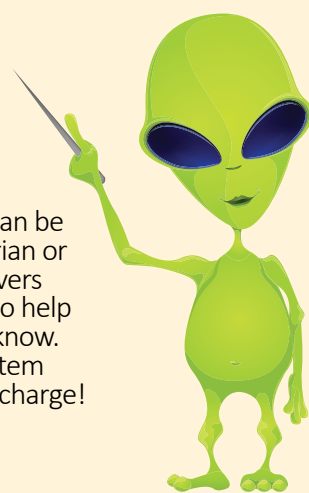
- Look for the **GF** for items that can be made gluten-free.
- Be sure to let your server know if you want it **GF** to ensure they leave off the toast or give you a **GF** corn tortilla instead.
- We never fry breaded items in our fryer! This means that all of our French fries, spuds, hashbrowns and 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/VG** symbols for items that can be modified for **V** Vegetarian or **VG** 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!
- Sub out any protein for vegan sausage.



Fabulous FRENCH TOAST

THE QUEEN*



THE QUEEN* V food

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 – 18.49

FRENCH TOAST BREAKFAST*

Our signature French toast served with your choice of 2 eggs any style and your choice of **protein** – 16.49
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.*

Always better with friends, get these for the table!



JACK JOHNSON BANANA WALNUT PANCAKES.* V

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

PANCAKE BREAKFAST*

2 fluffy buttermilk pancakes served with 2 eggs any style and your choice of **protein** – 16.49
PRO TIP: ADD STRAWBERRIES AND BANANAS – 3.99

HEALTHY Habits

SHI'S SUPERFOOD SCRAMBLE* V

Where's my superFOOD? Egg whites, spinach, broccoli, red bell peppers and zucchini, all scrambled up and served with a fruit cup and dry sourdough toast! – 18.99

PRO TIP: ADD PESTO AND TURKEY SAUSAGE – 4.99



SHI'S SUPERFOOD SCRAMBLE

SWEET POTATO BREAKFAST BOWL* V

Sweet bowl, bro! Sweet potatoes, green onions, zucchini, green bell peppers, spinach and your choice of **protein** and topped with 2 eggs any style – 18.49

SWEET POTATO BREAKFAST BOWL



VEGETARIAN V VEGAN VG GLUTEN FREE GF

CHOOSE YOUR PROTEINS

- Premium Bacon
- Premium Ham
- Carne Asada
- Grilled Plant-Based Patty
- Sausage Links
- Canadian Bacon
- Deli-Sliced Turkey Breast
- Vegan Breakfast Sausage
- Turkey Sausage
- Ground Chorizo
- Grilled Chicken Breast
- Tofu



VEGETARIAN V VEGAN VG GLUTEN FREE GF

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