

BREAKFASTY

CAP'N CRUNCH FRENCH TOAST

Battered french toast, diced and Cap'nized. Comes with crunch berry jam for dipping. 14.75

BREAKFAST BURRITO

Eggs, bacon, sausage, home fries, pico de gallo, peppers and onions, rolled into a flour tortilla, covered with queso and pico. (no modifications) Side of home fries. 15.5

CAKE AND EGGS

Light and fluffy pancakes, two eggs and your choice of meat. 14.75

SCRAPPLE FRIES

Crispy scrapple sticks with sriracha ketchup dipping sauce. 11.75



SCRAPPLE CHEESESTEAK

Fried scrapple, OMG cheese and a pair of over-easy eggs on a hoagie roll. Side of home fries. 14.5

S.O.B.

Cream chipped beef on (wait for it) biscuits. 14.75

PANCAKES W/ FRUIT COMPOTE

Mixed berry fruit compote and honey butter. 12.75

GENESIS

Where breakfast began. Two eggs, toast, your choice of meat, & home fries. 13.5

BRUNCH FLATBREAD

Bacon, egg, cheese, pico, avocado. 13.75

OFFICIAL POST GAME SPOT - LACROSSE
OFFICIAL POST GAME SPOT - FOOTBALL

CRAB TOAST BREAKFAST

Crab, cheddar jack, pico, and Old Bay melted on toasted multiGRAIN bread and topped with chives. Two eggs any style on the side with home fries. 16

JERSEY SHORE

Grilled pork roll, over-easy egg, topped with cheddar cheese on a croissant bun. Served with home fries. 14.25
swap roll with bacon, scrapple or sausage

EGGCELLENTS

All served with home fries

BANGIN' BENEDICT

Poached eggs, pork roll, hollandaise over our buttery croissant bun. 14.75

CRABBY

Eggs, crab cake, old bay hollandaise over our buttery croissant bun w/pico. 16.75

SOCAL

Egg, avocado, baby spinach, tomato, hollandaise, balsamic drizzle. 16.75 (v)

GARDEN OMELETTE

Spinach, tomato, mushrooms and onions. 13.50 (v)

BACON AND CHEDDAR OMELETTE

Swap out other meats if you ask your server nicely. 14.75

SKILLETS

BREAKFAST SKILLET

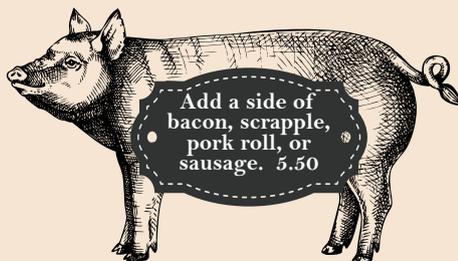
Scrambled egg, bacon, sausage, OMG cheese sauce on home fries. 13.75

CRAB SKILLET

Crab, scrambled egg, hollandaise, Old Bay, scallions on home fries. 15.25

AVOCADO SKILLET

Avocado, roasted tomatoes and red onions, scrambled eggs and hollandaise sauce on home fries. 14.50 (v)



BRUNCH COCKTAILS

THE GRAIN BLOODY MARY

Blue cheese stuffed olives, a stick of house-made jerky and rimmed with Old Bay. 11.50

SAVASANA

Fresh squeezed orange juice, wit beer and Grand Marnier. 11

 **New Item that made the cut!**

MIMOSAS PITCHERS

Grapefruit, Orange or Pomegranate 9 by the glass - or get a pitcher for 28!

IRISH COFFEE

Coffee, Jameson, whipped cream, crème de menthe drizzle 11

ZERO-PROOF

STRAWBERRY BASIL AIDE

Muddled strawberries, lemon, and basil, with lemonade, & club soda. 6.50

BERRY BLAST

Muddled raspberries, blueberries, simple syrup, & club soda. 6.50

PEACH GUAVA TEA

Brewed iced tea, peach, & guava nectar. 6.50

STARTERS

OMG CRABBY PRETZEL

A warm Bavarian style pretzel as big as your head, topped with crab dip, cheese, Old Bay and baked till yummy. 18.75
Plain OMG Pretzel with dipping sauces 13

WINGS

TRADITIONAL OR BONELESS.

Grillin-Grain, Sriracha Honey, BBQ, Buffalo, Agave Old Bay, . (gf) 13.75

FRIED PICKLES

The legendary Grain panko-breaded pickles, drizzled with cilantro aioli. Proudly made in house! 10.25 (v)

CRISPY BRUSSELS

Fried brussels sprouts tossed in a balsamic reduction and garnished with parmesan cheese. 12 (v)

NACHOS

Grilled chicken with our OMG cheese sauce, pico de gallo, jalapeños, shredded lettuce and drizzled with our avocado crema and sour cream. 16.5 (gf)
Plain-o Nachos 13 Side of Guac +1.5

SEARED TUNA

Tuna seared rare and sliced thin. Drizzled with wasabi aioli & teriyaki sauce. 13.75

CRAB NACHOS

Crispy wonton chips with chilled lump crab, OMG cheese sauce, diced cucumbers, pico de gallo and a dusting of Old Bay. 19.25



BUY THE HARDWORKING
KITCHEN STAFF A DRINK
FOR AFTER THEIR SHIFT.

\$ 10

SALADS & WRAPS

All salads can be rolled up in a flour wrap for easy handling. Just ask your server

HULA BOWL

Yellowfin seared tuna slices, brown rice, avocado, edamame, slices of carrots, scallions and cucumbers, topped with a drizzle of soy glaze and spicy aioli. 19.75

CHICKEN CAESAR

Grilled chicken, chopped romaine, house-made caesar dressing, shaved parmesan and croutons. 16.25 (gf)

CITRUS AVOCADO

Mixed greens, fried goat cheese, toasted almonds, orange segments, citrus vinaigrette. 16.25 (v)

ADD A PROTEIN: Grilled Chicken 4.50, Grilled Shrimp 6.75, Salmon 8.75, Crab Cake 12

SANDWICHES + MORE

Served with seasoned chips or add a side for \$2.5.

CRAB CAKE

House-made fresh lump crab cake, on a brioche roll with chipotle mayonnaise, lettuce and tomato. 19.75

CHEESESTEAK

Our Philly Special - shaved steak, sautéed onions, shredded cheddar, and our OMG cheese sauce. 15.5

CHICKEN CHEESESTEAK

Shredded chicken, sautéed onions, shredded cheddar, and our OMG cheese sauce. 15.5

SALMON BLT

Grilled, fresh salmon, applewood-smoked bacon, lettuce, tomato, and cilantro aioli on toasted multiGRAIN bread. 18.5

BACON AVOCADO CHICKEN WRAP

Grilled and chilled chicken breast wrapped in a flour tortilla with bacon and avocado. with a chipotle aioli 14.5

WALDORF CHICKEN SALAD

Chicken, grapes, pistachios, cranberries and apples tossed in a grain-dijon dressing with lettuce, tomato and wedged between toasted multiGRAIN bread. 14.75

Adult Chicken Tenders

Stop stealing off your kid's meal. Five breaded tenders and fries. 14

Have it tossed in Grillin-Grain, Sriracha Honey, BBQ, Buffalo or Agave Old Bay for +.50



We proudly serve locally roasted
Brazilian beans from our own
Lewes Coffee Company.

GRAIN SMASH BURGER

Beef, BBQ sauce, cheddar cheese, applewood-smoked bacon, lettuce, tomato, red onion. 16

OMG SMASH BURGER

Beef, fig jam, lettuce, tomato, red onion, OMG cheese sauce, grilled onion-poppy seed roll. 16

PJ SMASH BURGER

Your basic "Plain Jim" burger with cheddar cheese, lettuce, tomato, red onion. 14

Substitute any burger with our house made black bean burger



French fries | Tater-tots
Parm-truffle fries (+.50)
Sweet potato fries (+.50)
House Salad | Caesar Salad