

SALADS

Our dressings: Avocado-Ranch, Honey-dijon, Bleu Cheese, Lite Vinaigrette, 1000 Isle, Non-Fat Raspberry Vinaigrette

J'S BISTRO SALAD*

A mix of baby salad greens topped with goat cheese, fresh strawberries, dried cranberries and sweet and spicy pecans. 10.99
Add Chicken 2.50

THE CHICKEN COBB

Diced chicken breast, bleu cheese crumbles, fresh avocado, diced tomato, red onion and chopped bacon; on top of a mound of fresh field greens. With your choice of dressing. 12.79

WALDORF SALAD

It is kind of fancy schmancy, but, it's also really good. We take a lovely J's Bistro Salad with fresh strawberries, raisins, goat cheese and sweet & spicy pecans, and top it off with some of our wonderful chicken salad. 12.79

SIGNATURE SOUPS

Add a cup of soup or salad to any entree 2.79

SANTA FE BLACK BEAN

Tasty, healthy and served every day. Bowl: 6.99 Cup: 4.29

SIGNATURE SOUP

See if your server can guess what today's is! Bowl: 6.99
Cup: 4.29

SOUP AND SALAD COMBO

Bleu cheese, tomato, red onion and chopped bacon on top of a mound of fresh field greens; and paired with a cup of today's soup. 10.29

HOLA!

FRESH GRILLED QUESADILLAS*

Our quesadillas are grilled fresh to order with jack and cheddar cheeses, fresh jalapenos, tomatoes, red onion and cilantro. We garnish them with our home made pico de gallo, fresh avocado and sour cream. Served with a cup of black bean soup.

Choose from Grilled Chicken 11.99
or Portabella Mushroom. 11.49

LATE RISERS

STEAK & EGGS*

A flat iron steak and a couple of eggs, both cooked to your liking and served with oven-roasted potatoes and sliced tomatoes. 14.29

SAVORY CHICKEN CREPE

Diced chicken breast, mushrooms and broccoli rolled into one of our crepes with rich hollandaise. Served with roasted potatoes. 10.49

SANDWICHES

*Served with your choice of Roasted Potatoes or Zapps potato chips.
Sub fruit .99 Sub soup or salad .99*

J'S CLASSIC CLUB

It's a whale of a triple-decker club! All the classic fixin's; turkey, bacon, ham, Cheddar, Jack and Honey-dijon on wheat and a fried egg in the middle. Darn tasty! 11.99

TURKEY DIJON BLT

Sliced roasted turkey, crispy bacon and melted Swiss served with lettuce, tomato and drizzled with Honey-dijon on grilled wheat. So simple, yet so good! 10.99

CHICKEN SALAD SANDWICH

Our chicken Waldorf salad scooped on toasted raisin bread with crispy leaf lettuce and sliced tomatoes. 10.99

MALIBU CHICKEN

Grilled chicken sandwich topped with crispy bacon and melted Swiss cheese. 11.49

SOUTHWEST CHICKEN MELT

Charbroiled chicken breast with cilantro pesto, chipotle mayonnaise, and Havarti cheese on Sourdough bread 1.49

BURGERS

CLUB HOUSE BURGER*

Can't decide between breakfast or lunch, then this is the ticket. Topped with Cheddar and Jack cheese, a couple of crispy bacon strips and, you guessed it - a fried egg. 11.99

BYO BURGER*

Well, some folks like their burger plain and simple and we understand that, so this one's for you. 9.99

Add your favorite cheese, sautéed mushrooms, bacon, sautéed onions or fried egg. .99 each

PATTY MELT*

A burger grilled to order then topped with melted Swiss, caramelized onions, 1000 Isle dressing; all grilled up on rye bread. 10.99



Cool Springs
620 Frazier Rd
Franklin, TN 37067
615-778-2405

West End
2100 21st Ave South
Nashville, TN 37212
615-953-1729

RISE & SHINE

BREAKFAST PARFAIT

A tasty combo of low-fat vanilla yogurt, honey almond granola, strawberries, blueberries and whipped cream. 7.99

IRISH OATMEAL

A hearty combination of cinnamon, brown sugar and raisins; slow cooked in whole oats. Served with raisin toast. 6.99

BREAKFAST MELT*

Sliced ham, lettuce, tomato & sourdough bread with havarti cheese and pesto, & finished off with a fried egg. 8.99

STRAWBERRY CREPES

A pair of light and sweet crepes bursting with fresh strawberries, topped with whipped cream. 8.49

CINNAMON ROLL

Do we really need to explain this one? 4.29

J. 'GRITS'-OPHER'S

A bowlful of Cheddar Grits topped with bacon and jalapeño served with a biscuit. 6.49

HEALTHY STARTS

Sugar free Jelly available upon request

TURKEY SAUSAGE PLATTER

A low carb option: Delicious Turkey sausage is grilled and served with a couple of scrambled egg whites, fresh fruit and whole wheat toast. 10.99
Triple Play – extra egg and turkey sausage 12.49

TURKEY BACON PLATTER

Another low carb option: Turkey bacon is lean and low in fat; served with a couple of scrambled egg whites, fresh fruit and whole wheat toast. 10.99
Triple Play – extra egg and turkey bacon 12.49

SOUTH BEACH

Phase 2 diet with a couple of scrambled eggs*, 2 slices of Canadian bacon, fresh fruit and whole wheat toast. 10.49
Triple Play – extra egg and Canadian bacon 11.99

EGG WHITE SUB

Substitute Egg Whites in any of our Morning Star Egg dishes, Skillets or Omelettes. Add .99

ATKIN'S DIET SUBSTITUTE

Sub bacon for potatoes and bread on any entrée. Add 1.79

SUB FRUIT

Substitute fruit for potatoes on any entree. Add .99

SUB GLUTEN FREE BREAD

Substitute gluten free bread on any entree. Add. 49 per slice

MORNING STARS

Served with oven-roasted potatoes or grits.

BENNY*

The all-time brunch king! Poached eggs and Canadian bacon on an English muffin, all smothered in Hollandaise. 11.99

SAUSAGE & EGGS

Two fresh eggs* any style, two sausage links, creamy grits and a flaky biscuit. 10.49
Make it a Triple Play. 11.99

TRADITIONAL*

Two eggs with thick-sliced bacon, roasted potatoes (or grits, of course) and an English muffin. 9.99
Make it a Triple Play. 11.49

AMERICAN BREAKFAST*

Two fresh eggs* any style, J's oven-roasted potatoes (or grits, of course) and an English muffin. 7.29

PANTRY FEAST*

One Blueberry Crunchcakes partnered up with 2 fresh eggs, 2 bacon strips and J's oven-roasted potatoes (or grits). 10.99
Sub. sausage links for bacon. Add .50 Want two cakes? 12.99

JUST BUBBA

Buttermilk biscuit smothered in sausage gravy; served with cheddar scrambled eggs and roasted potatoes (or grits). 10.99

EGGS CHRISTOPHER*

Poached eggs nestled on a bed of smoked turkey, crispy bacon, sliced tomato and English muffin; all smothered in Hollandaise. 12.29

HUEVOS AVOCADO*

An English muffin topped with sour cream, avocado, pico de gallo, melted mixed cheese and a pair of poached eggs*. Served with black beans. 11.79

OMELETTES

Served with oven-roasted potatoes (or grits) and English muffin

BILLY GOAT

Spinach, portabellas, sun-dried tomato & goat cheese. 11.79

VEGGIE DELITE

Spinach, onion, mushroom, tomato & peppers. 11.49

WESTERN

Diced ham, trio bell peppers, red onion & melted cheddar. 11.79

SAN BERNARDINO

Chicken, avocado, pico de gallo, cheddar & jack cheeses. 11.99

GODDESS

Egg-white omelet with diced tomato, spinach & feta cheese. 11.99

THE SAILOR MAN

Bacon, spinach, sauteed mushrooms & Boursin cheese. 11.99

THE GRIDDLE

CHOCOLATE CHIPCAKES

Our fabulous pancakes filled with chocolate chips and topped with whipped cream. 9.799

BLUEBERRY CRUNCHCAKES

A stack of blueberry pancakes fortified with crunchy granola. 9.99

PLAIN OLE' CAKES

If you insist! 9.29

BELGIAN WAFFLE

Baked in cast iron skillets and dusted with powder sugar. 9.29

STRAWBERRY WAFFLE

Our golden Belgian waffle loaded with fresh strawberries (hence the name) and whipped cream. 10.29

MAPLE TOAST

Thick Challah bread soaked in Maple and Vanilla batter, grilled golden brown and dusted with confectionery sugar. 8.79

SKILLETS

Comes with a biscuit, J's oven-roasted potatoes with your favorite from below and topped with 2 sunny-up eggs.

COMMODORE*

With bacon, onions, peppers, mushrooms & cheddar 11.99

SPINACH & BACON*

With sun-dried tomato and bleu cheese. The overwhelming favorite! 11.99

TURKEY & AVOCADO*

Filled with pico de gallo and melted jack cheese. 11.99

HAM & MUSHROOM*

With melted Jack cheese and a pinch of red onions. 11.49

ROUTE 66*

Skillet full of corned beef hash and oven-roasted potatoes topped with sunny-up eggs* & English muffin or biscuit. Get your kicks! 11.49

BUBBA*

Buttermilk biscuit smothered with house-made sausage gravy and topped with cheddar scrambled eggs 11.99

KIDS

Children 10 and under with purchase of an adult entree; includes beverage 6.99

DINOSAUR EGGS (Bacon and Pancake or French Toast!)

PETER PAN-CAKES (Blueberry or Choc Chip)

WAFFLE

GRILLED CHEESE

CHEESE QUESADILLA