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**The BEST OMELETTES in the WEST**

### **A Bit of History...**

The Colorado Springs Omelette Parlor was originally home to Ruth Etting, a popular singing star from the late 1920's.

During her retirement she and her husband opened a restaurant at this location called the T-Bone Club, which later turned into The Hackney House as many locals remember. The Omelette Parlor was bought independently back in 1993 and has since been operated by the Quintalon Corporation. During this time The Omelette Parlor has received numerous awards by the Independent and the Gazette including Best Breakfast and Best Pancakes.

For more information on Ruth Etting please visit our website [www.omeletteparlorcs.com](http://www.omeletteparlorcs.com)



or our display case located on the North East wall of the restaurant.

**20% GRATUITY ADDED TO PARTIES OF 6 OR MORE.**

# Omelettes

Our Omelettes are made with three eggs, skillet prepared. SERVED WITH ONE OF THE FOLLOWING: O.P. potatoes, fruit (seasonal) or yogurt AND a whole wheat English muffin. Limited substitutions please.

## Custom Omelettes\*

Create your own masterpiece. Start it at 7.99 then just add on what you'd like:

### Add 1.25 for each item

Mushrooms, spinach, green peppers, onions, green chilies, tomatoes, jalapeños, pineapple, black olives, roasted red peppers, artichoke hearts, Swiss, cheddar, Monterey jack, mozzarella, feta, O.P. potatoes

### Add 1.75 for each item

Sausage, ham, bacon, chorizo, chicken, crab, avocado, Italian Sausage mixed with tomato and oregano



### W.J. Palmer, Founder\*

Bacon, cheddar cheese and O.P. potatoes stuffed inside this omelette. Served with sour cream on the side • 9.99

### The Classic Mayor\*

Sauteed fresh mushrooms, chopped tomatoes, flavored with basil and black pepper • 9.00 Add cheese • .99

### No Meadow Muffins Here\*

Diced green chilis and shredded cheddar cheese with sour cream on the side. Served with a flour or corn tortilla • 8.99

### The Denver\*

Onions and green peppers are joined with ham and cheddar cheese. *This combo will take you at least a mile high* • 9.25

### The Filmore St.\*

Diced ham with your choice of cheese • 9.50

### Manitou Springs V.F.D.\*

Tex-Mex chili (no beans) and shredded cheddar cheese. Served with salsa. *Volunteers needed* • 8.99

CONTAINS BEEF



### Pat's Thunderbird\*

Inside a fluffy three egg omelette you will find a tortilla stuffed with sausage, O.P. potatoes, green peppers, onions, tomatoes and cheddar smothered in our homemade green chili • 10.50

*This one's worth a fly-over.*

Add a choice of bread • .99

### Royal Gorge\*

Fills the gaping chasms with diced ham, shredded Swiss cheese and chopped fresh tomatoes • 9.25



### Broadmoor & More\*

A blended mix of tomatoes, Italian sausage and oregano with mozzarella cheese.

No reservations needed • 9.99

### Cadet Omelette\*

Chopped fresh spinach, shredded Swiss cheese and sautéed mushrooms. *Go Falcons!* • 9.50

### 11-Miles or Almost\*

A seafood omelette combining "almost" crab, slices of avocado and monterey jack cheese.

*We went fishin' for this one!* • 9.50



### The Great Chili Cook Off!\*

A fluffy omelette stuffed with cheddar cheese and covered with our homemade pork green chili. Served with a flour or corn tortilla • 9.25

### Farmers Market\*

Green peppers, onions, tomatoes, mushrooms and cheddar cheese • 8.99

### The Black Forest\*

A fluffy omelette stuffed with diced ham, fresh pineapple and Swiss cheese • 9.50

### The Godfather\*

A blend of Italian sausage, tomatoes and oregano, green peppers and onions. Ganged up with marinara and mozzarella cheese. *...this one's Untouchable* • 9.99

### The Greek Omelette\*

Artichokes hearts, feta cheese, roasted red peppers and black olives • 9.25



= An Omelette Parlor Favorite

\*Eggs are cooked to order, consuming raw or under cooked meats, poultry or eggs may increase your risk of foodborne illness.

# Breakfast Anytime

## **Pike's Pick\***

Two eggs, O.P. potatoes, an English muffin and choice of ham, bacon, sausage or corned beef • 10.50  
No meat • 9.25

## **The Quintalon\***

3 pieces of French toast dipped in egg batter and grilled. Topped with powdered sugar and cinnamon • 8.50

## **Colorado Breakfast\***

Two eggs any style, **BOTH** bacon and sausage and a biscuit topped with sausage gravy • 10.25 Limited substitutions



## **World Arena\***

Our butter croissant stuffed with two scrambled eggs, a blended mix of tomatoes, Italian sausage and oregano with mozzarella cheese. Served with O.P. potatoes • 10.25  
Limited substitutions



## **The "Springs" Chicken Fried Steak\***

Chicken fried steak smothered in sausage gravy served with two eggs any style, O.P. potatoes and an English muffin • 10.99

## **The Mesa Verde Skillet\***

Chorizo sausage, bell peppers and onions topped on O.P. potatoes with two eggs any style. Served with a flour or corn tortilla and salsa on the side • 9.99

*Try it Frances' way!*

Add cheese • 1.25 Add green chili • 1.99

**The Hill Climb Skillet\*** A skillet of fresh O.P. potatoes topped with red chili, cheddar cheese and two eggs any style. Served with an English muffin and salsa • 9.99 **no beans/CONTAINS BEEF**

**Mount Elbert Skillet\*** Imagine mountains of biscuits and valleys of O.P. potatoes snowcapped with sausage gravy and two eggs • 10.25



## **Eggs Benedict Our Way\***

A plain English Muffin topped with ham, two eggs water basted and covered with hollandaise sauce. Served with O.P. potatoes. *What a treat!* • 10.25 Add spinach • 1.25

## **Belgian Wonder Wa-Full**

Definitely an O.P. classic!! One waffle made from scratch the traditional Belgian way • 7.99  
Add fruit topping • .99 each  
Gluten free waffles • 8.99

## **Paddy-Cake Paddy-Cake**

The bakers men have certainly outdone themselves with two plate size pancakes dusted with powdered sugar • 6.99  
Try one pancake • 3.99 *Speciality Cake available • price varies*

## **Two, two & two\***

Two fresh eggs, two strips of bacon and two pieces of French toast • 9.50

## **CC Combos\***

Pick between one of our popular French toast, pancake or Belgian waffle...two eggs any style and **BOTH BACON AND SAUSAGE** • 10.99 *Will satisfy even the hungriest of Tigers!*  
Gluten Free Waffle Available

## **Tutti Fruity**

**Fruit Medleys (seasonal)** • 3.99 **OR**  
**Fresh fruit topping** • .99 each:  
bananas, apples, blueberries, strawberries, walnuts, chocolate chips and raisins

## **Oatmeal**

Served with brown sugar and milk • 3.99  
Raisins, walnuts and fruit toppings available • .99 each

# Our Specialties

## **Continental Divider Skillet\***

A heaping portion of our O.P. potatoes, diced grilled chicken topped with two fresh eggs, and covered with sausage gravy • 10.99 Add cheese • 1.25 **OR** your choice of bread for .99



## **Green Chili Skillet\***

A skillet of fresh O.P. potatoes smothered with our famous homemade pork green chili, cheddar cheese and two large eggs any style. Served with a flour or corn tortilla • 9.99

## **Huevos Rancheros\***

Two eggs any style served on a tortilla smothered in our homemade pork green chili and topped with cheddar cheese. Served with O.P. potatoes and a flour or corn tortilla • 9.99  
Add refried beans • .99

## **The OP Burrito\***

*Picture...* scrambled eggs, O.P. potatoes, chorizo, and onion. Topped with cheddar and smothered in both sausage gravy and homemade pork green chili • 10.99  
Add jalapenos • 1.25  
Limited substitutions

## **Cowboy Hall of Fame\***

A hearty 8 oz. New York Strip steak served with two eggs, a mound of our famous O.P. potatoes and an English muffin. *A traditional Colorado campfire breakfast* • 13.99

\*Steaks are cooked medium unless otherwise requested.

**Tamale Plate** 2 Housemade Tamales smothered in our homemade green chili, cheese, served with refried beans and garnished with tomato and avocado • 10.99

**Try our Fresh Squeezed Orange and Grapefruit Juice! 2.99 per glass**

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# Some Kinda Sandwiches

All of our sandwiches come with one side: Curly French Fries, Homemade Potato Chips, Salad, Soup, Homemade Pork Green Chili, Fruit (seasonal), O.P. Potatoes, Yogurt or Cottage Cheese

Available on Gluten Free Bread • add .99

## **A Blast of the Springs**

Bacon, lettuce, tomato, avocado and Swiss cheese, on a fresh butter croissant with mayonnaise • 10.99



## **The Avalanche**

A lean, house sliced hot pastrami and Swiss sandwich served with sauerkraut, thousand island dressing then grilled on swirl rye bread • 10.99

## **Cheyenne Mountain**

Our indestructible three decker club on your choice of bread with turkey, bacon, lettuce, tomato, mayonnaise and your choice of cheddar or Swiss cheese • 11.99  
Add avocado • 1.49



## **Will Rogers Never Liked It**

Sliced turkey, bacon, tomato and cheddar cheese grilled on sourdough • 10.99  
Add avocado • 1.49

## **Old Time Incline**

Our house quesadilla with cheddar and diced green chilies. Served with a cup of our homemade pork green chili as your side. Garnished with lettuce, guacamole, diced tomatoes and sour cream • 9.99 Add chicken • 1.99

## **The Big House**

Beef philly sirloin piled high on a grilled hoagie roll, topped with mozzarella cheese and served with au jus 10.99  
Add bell peppers & onions • 1.25

## **The Bronco**

Sliced turkey and ham with melted cheddar and Swiss, between two pieces of grilled egg-dipped Texas toast with a creamy mustard sauce. *The sandwich of Super Bowl Champs* • 10.99

## **The Timberline**

A grilled chicken sandwich topped with bacon, avocado and Swiss cheese, served on a fresh brioche bun. *This one's worth the hike* • 10.99

## **Crested Butte - Owner's Favorite!**

Our delightful tuna salad encrusted in two pieces of egg-dipped Texas toast, coated in snow covered flakes. *The only way you'll catch a tuna at this altitude!* • 9.99

## **Sky Sox**

Our fresh tuna salad served on whole wheat bread with lettuce and tomato • 9.99

## **Kissing Camel**

A grilled chicken breast sandwich topped with chopped spinach and mushrooms, smothered with melted Swiss cheese on a fresh brioche bun • 10.99

## **The Tarryall Tuna Melt**

Our fresh tuna salad grilled on sourdough bread with melted cheddar cheese and tomato. *Don't let this one get away!* • 9.99

## **The Cog Train**

Bacon, lettuce, tomato and mayo served on whole wheat bread • 9.99

## **The Mountain Post Cheeseburger\***

Our fresh chuck Angus patty topped with cheese. Garnished with lettuce, tomato, onion and pickle on a fresh brioche bun • 10.99  
Add bacon • 1.49

## **Half Sandwich Combo**

A cup of soup, homemade pork green chili or salad with half of a: Sky Sox **OR** Will Rogers only • 8.99



= An Omelette Parlor Favorite

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# Do you guys have like Salads 'n Stuff?

## San Luis Valley\*

A heaping bed of lettuce topped with bacon, bleu cheese crumbles, grilled chicken breast, hardboiled egg, fresh tomatoes and avocados. *Born and raised in Colorado* • 10.99

### The O.P. Original and Best\*

A spinach salad with fresh mushrooms, chopped bacon, sliced hardboiled egg, toasted sesame seeds and hot bacon dressing on the side • 9.99 Add chicken • 1.99

### Garden of the Gods

A fresh bed of mixed greens topped with red onions, tomatoes, cucumbers, artichoke hearts, black olives then sprinkled with feta cheese. *It's the Mount Olympus of salads, take a peak!* • 9.99 Add chicken • 1.99

### Colorado Rockies

A bed of fresh lettuce topped with tortilla chips, black olives, cheddar cheese, tomatoes, guacamole and red onions. Served with sour cream and salsa on the side. *What a Hit!* • 9.99 Add chicken **OR** chorizo • 1.99

### Prospect Lake\*

Fresh chopped lettuce, topped with ham, turkey, cheddar, carrots, cucumbers, tomatoes, red onion and a hardboiled egg • 10.50

### North Pole\*

Our fresh tuna salad served on a bed of lettuce and garnished with tomatoes, cucumber, carrots and a hardboiled egg • 9.99

### Ute Pass

A hot bowl of housemade French onion or our homemade pork green chili served with a fresh garden salad • 8.99

### A Not So Small Salad

A crisp bed of lettuce with carrots, tomatoes, cucumbers, red onions, croutons and your choice of dressing • 3.99

## Homemade Pork Green Chili or Homemade French Onion Soup

Cup • 3.50 Bowl • 4.50 Our chili is available to go. Pint • 5.25 Quart • 9.50 *Pork Green Chili is gluten free*

## Sensational Sides

O.P. Potatoes • 2.99  
(Round sliced potatoes)

Homemade Potato Chips • 2.99

Corned Beef Hash • 3.50

Shredded Hash browns • 2.99

Grits • 2.49

Thick sliced Ham • 3.50

Two Patty Sausage • 3.99

Thick sliced Bacon • 3.99

Fresh Tomatoes • 2.25

Cottage cheese • 2.99

One French Toast • 2.99

Bagel w/cream cheese • 3.50

Cinnamon roll • 3.99

Croissant • 2.50

1 Flour tortilla • .99

2 Corn tortillas • .99

Refried Beans • 1.49



Side toast/ English muffin or  
Biscuit • 1.49

Gluten Free Toast • 1.99

One egg\* • 1.49

Two eggs\* • 2.49

Up-charge for Egg beaters and  
Egg whites

Guacamole • 2.49

Gravy • 1.49

Tamale • 3.99

Marinara • 1.49

Hollandaise • 1.49

Homemade Biscuits &  
Gravy • 5.99

Half order of  
Biscuits & Gravy • 3.25

Vanilla Yogurt • 2.25

Fruit flavored yogurt • 2.25

Fruit Medley (seasonal) • 3.99

## Something to Drink?



Freshly Brewed Coffee • 2.99

Herb teas and Black Teas • 2.29

Hot Chocolate • 2.99

 Soft Drinks...Bottomless • 2.49

Iced Tea • 2.25

Lemonade • 2.25

V-8, Apple and Cranberry Juice • 2.25 Fresh

Squeezed Orange or

Grapefruit Juice • 2.99 per glass

½ liter of Orange Juice • 8.50

Milk • 2.49

Bloody Mary • 7.00

(½ price on Sundays)

Mimosa (1/2 liter) • 11.50 (fresh squeezed  
Orange Juice and Champagne)

Glass of Champagne • 4.00

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# Small Points On TABLE ETIQUETTE



Delicacy of manner at table stamps both man and woman, for one can, at a glance, discern whether a person has been well trained to eat well—*i.e.* to hold the knife and fork properly, to eat without the slightest sound of the lips, to drink quietly, to use the napkin rightly, to make no noise with any of the implements of the table, and last, but not least, to eat slower and masticate the food thoroughly. All these points should be most carefully taught to children and then they will always feel at ease at the grandest tables in the land. There is no position where the innate refinement of a person is more fully exhibited than at the table, and nowhere that those who have not been trained in table etiquette feel more keenly their deficiencies.

Drink sparingly while eating. It is far better for the digestion not to drink coffee or tea until the meal is finished. Drink gently and do not pour it down your throat like water turned out of a pitcher.

It is not considered good taste to mix food on the same plate. Salt must be left on the side of the plate and never on the tablecloth.

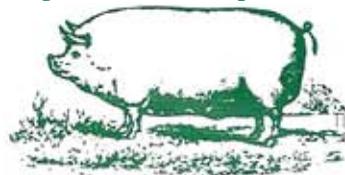


The knife should never be used to carry food to the mouth, but only to cut it up into small mouthfuls, then place it upon the plate at one side, and take the fork in the right hand, and eat all the food with it. When both have been used finally, they should be laid diagonally across the plate, with both handles toward the right hand; this is understood by well-trained waiters to be the signal for removing them together with the plate.

One's teeth are not to be picked at the table. But if it is impossible to hinder it, it should be done behind the napkin.



When seating yourself at the table, unfold your napkin and lay it across your lap in such a manner that it will not slide off upon the floor. A gentleman should place it across his right knee. Do not tuck it into your neck, like a child's bib.



Be careful to keep the mouth shut closely while masticating the food. It is the opening of the lips which cause the smacking which seems very disgusting. Chew your food well, but do it silently, and be careful to take small mouthfuls.

If, to conclude, one seats one's self properly at table and takes reason into account, one will do tolerably well. One must not pull one's chair too closely to the table, for the natural result of that is the inability to use one's fork and knife without inconveniencing one's neighbors; the elbows are to be held well in and close to one's side, which cannot be done if the chair is too near the board. One must not lie or lean along the table, nor rest one's arms upon it.



Be very careful not to clatter your knives and forks upon your place, but use them without noise.



Finally, when rising from your chair, leave it where it stands.

