A 3% menu surcharge will be added to all guest checks to help cover the increasing cost of doing business in California while maintaining portion sizes and everyday affordable specials.
Calories only reflect entrée portion. Does not include sides. 2,000 calories per day is used for general nutrition advice, but calorie needs vary.

**Cooked Fresh OMELETTES**

**MELTING POT** 800 CAL 11.99
It’s got it all! Loaded with chopped Bacon, Link Sausage, Ham, Tomato, Onion & Bell Pepper with Jack & Cheddar Cheese. Served with freshly made Salsa.

**MUSHROOM, SPINACH & SWISS OMELETTE** 490 CAL 10.79
Sautéed Mushrooms, fresh baby Spinach & melted Swiss Cheese.

**CALIFORNIA OMELETTE** 720 CAL 10.99
Fresh Avocado with a whole mild Green Chile, sautéed Onion, Bacon & melted Jack Cheese.

**THE “CLASSIC”** 550-770 CAL 9.99
Ham, Bacon, or Link Sausage with Jack & Cheddar Cheese.

**VEGGIE OMELETTE** 580 CAL 11.79
Fresh Mushrooms, Tomato, Onion & Bell Pepper with Jack & Cheddar Cheese. Topped with fresh, sliced Avocado.

**LOAD UP! ADD TO YOUR HASH BROWNS**

For Only 1.99
Bacon • Cheddar Cheese • Green Onion
Diced Tomato • Salsa & Sour Cream

**FARM-FRESH EGGS**

Each is served with 2 farm-fresh Eggs, golden Hash Browns or Fresh Fruit, and your choice of Toast, English Muffin, Biscuit & Gravy or 2 Buttermilk Hotcakes 35-590 CAL

**DEEP DISH Double Loaded HASH BROWNS & EGGS SKILLET**

A “Double Order” of golden Hash Browns topped with Cheddar Cheese, Bacon, Green Onion, diced Tomato & 2 Eggs. Served with Sour Cream & Salsa on the side, and your choice of Toast, English Muffin, Biscuit & Gravy, or 2 Buttermilk Hotcakes. 890 CAL 10.49

**LUMBERJACK BREAKFAST** 1650 CAL 11.99
3 Eggs, 3 strips of Bacon, 3 Link Sausages, golden Hash Browns plus 3 Buttermilk Hotcakes.

**Side Dishes**

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>One Egg*</td>
<td>70 CAL</td>
<td>1.99</td>
</tr>
<tr>
<td>Two Eggs*</td>
<td>150 CAL</td>
<td>2.99</td>
</tr>
<tr>
<td>Hash Browns</td>
<td>150 CAL</td>
<td>2.99</td>
</tr>
<tr>
<td>“Loaded” Hash Browns 400 CAL</td>
<td>+1.99</td>
<td></td>
</tr>
<tr>
<td>Fresh Fruit</td>
<td>35 CAL</td>
<td>2.99</td>
</tr>
<tr>
<td>Grilled Ham</td>
<td>120 CAL</td>
<td>4.29</td>
</tr>
<tr>
<td>Original Recipe Sausage Patty</td>
<td>620 CAL</td>
<td>4.79</td>
</tr>
<tr>
<td>Bacon (4) or Sausage Links (4)</td>
<td>160-360 CAL</td>
<td>3.99</td>
</tr>
<tr>
<td>Toast or English Muffin</td>
<td>35-210 CAL</td>
<td>2.49</td>
</tr>
<tr>
<td>Biscuit &amp; Gravy</td>
<td>320 CAL</td>
<td>2.99</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>480 CAL</td>
<td>4.49</td>
</tr>
</tbody>
</table>

*Menu items that are cooked to order may be served raw or undercooked. Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

SUGAR-FREE SYRUP & CHOLESTEROL-FREE EGG PRODUCT (10 CAL OR EGG WHITES 96 CAL) OFFERED ON EGG DISHES AT NO EXTRA CHARGE.

**= NORMS Signature Items**
A 3% menu surcharge will be added to all guest checks to help cover the increasing cost of doing business in California while maintaining portion sizes and everyday affordable specials.

**STEAK & EGGS**

Our Steaks are hand-cut in our kitchen and cooked to order to ensure freshness and flavor. Each is served with 2 farm-fresh Eggs, golden Hash Browns or Fresh Fruit, and your choice of Toast, English Muffin, Biscuit & Gravy or 2 Buttermilk Hotcakes.

1/2 LB. NEW YORK STEAK & EGGS* 680 CAL 11.99
A lean steakhouse classic!

COUNTRY FRIED STEAK & EGGS* 790 CAL 10.99
Large Country Beef Steak fried to a crunchy golden brown & served with creamy Country Gravy. Also available as 2 breaded Chicken Breasts 890 CAL

THE ONE POUNDER
PORTERHOUSE STEAK & EGGS* 1170 CAL
The Chef’s master cut. Limited Availability.

3/4 LB. T-BONE STEAK & EGGS* 810 CAL 14.99
Our Signature Steak is always cooked to a “T!”

ADD A FRIED JALAPEÑO 99¢ 30 CAL

**TOP THEM OFF!**

HOTCAKES, FRENCH TOAST, OR WAFFLES

For Only 1.99

**Buttermilk HOTCAKES**

Our light and fluffy Hotcakes are made from scratch with farm-fresh Eggs, dairy-fresh Buttermilk and prepared daily from our original 1949 recipe.

STACK OF 3 HOTCAKES 900 CAL 4.99
3 HOTCAKES & 2 EGGS* 1030 CAL 6.99
3 HOTCAKES, 2 EGGS & BACON (4) OR LINK SAUSAGES (4)* 1160-1410 CAL 8.99

3 HOTCAKES, 2 EGGS & HAM* 1150 CAL 9.29
3 HOTCAKES, 2 EGGS & COUNTRY SAUSAGE PATTY* 1650 CAL 9.79

**FRENCH TOAST**

French Bread dipped in our special Egg Batter & topped with a flurry of Powdered Sugar.

FRENCH TOAST 860 CAL 6.49
FRENCH TOAST & 2 EGGS* 1010 CAL 8.49
FRENCH TOAST, 2 EGGS & BACON (4) OR LINK SAUSAGES (4)* 1140-1390 CAL 10.29
FRENCH TOAST, 2 EGGS & HAM* 1130 CAL 10.59
FRENCH TOAST, 2 EGGS & COUNTRY SAUSAGE PATTY* 1630 CAL 10.99

**WAFFLES**

BELGIAN WAFFLE 470 CAL 6.99
BELGIAN WAFFLE & 2 EGGS* 620 CAL 9.29
BELGIAN WAFFLE, 2 EGGS & BACON (4) OR LINK SAUSAGES (4)* 750-1000 CAL 10.59
BELGIAN WAFFLE, 2 EGGS & COUNTRY SAUSAGE PATTY* 1240 CAL 11.39
STRAWBERRY WAFFLE 580 CAL 8.99

Topped with Strawberries & Real Whipped Cream.

*Menu items that are cooked to order may be served raw or undercooked. Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.
BUFFALO CHICKEN TENDERS 1030 CAL  8.99
6 large Chicken Tenders, breaded, fried & tossed in spicy Buffalo Sauce. Served with Bleu Cheese Dressing.

HONEY MUSTARD CHICKEN TENDERS 170 CAL  8.99
6 large Chicken Tenders, breaded, fried & served with Honey Mustard Sauce.

MOZZARELLA CHEESE STICKS 550 CAL  8.99
9 Cheese Sticks, breaded, fried & served with Marinara Sauce.

HOT MESS PASTRAMI CHEESE FRIES 730 CAL  8.99
Crispy French Fries topped with lots of Pastrami, melted Jack & Cheddar Cheese & NORMS Special Sauce.

FRIED SHRIMP 410 CAL  8.99
12 breaded, fried Shrimp. Served with NORMS Cocktail Sauce & Fresh Lemon.

BASKET OF CRISPY FRENCH FRIES 340 CAL  3.49

BASKET OF ONION RINGS 940 CAL  5.99
Breaded, fried & served with Ranch Dressing.

GARLIC PARMESAN FRIES 510 CAL  4.79
A basket full of crispy French Fries tossed in Garlic Parmesan Cheese with Parsley.

BUFFALO CHICKEN TENDERS 1030 CAL  8.99
6 large Chicken Tenders, breaded, fried & tossed in spicy Buffalo Sauce. Served with Bleu Cheese Dressing.

HONEY MUSTARD CHICKEN TENDERS 170 CAL  8.99
6 large Chicken Tenders, breaded, fried & served with Honey Mustard Sauce.

MOZZARELLA CHEESE STICKS 550 CAL  8.99
9 Cheese Sticks, breaded, fried & served with Marinara Sauce.

HOT MESS PASTRAMI CHEESE FRIES 730 CAL  8.99
Crispy French Fries topped with lots of Pastrami, melted Jack & Cheddar Cheese & NORMS Special Sauce.

FRIED SHRIMP 410 CAL  8.99
12 breaded, fried Shrimp. Served with NORMS Cocktail Sauce & Fresh Lemon.

BASKET OF CRISPY FRENCH FRIES 340 CAL  3.49

BASKET OF ONION RINGS 940 CAL  5.99
Breaded, fried & served with Ranch Dressing.

GARLIC PARMESAN FRIES 510 CAL  4.79
A basket full of crispy French Fries tossed in Garlic Parmesan Cheese with Parsley.

BUFFALO CHICKEN TENDERS 1030 CAL  8.99
6 large Chicken Tenders, breaded, fried & tossed in spicy Buffalo Sauce. Served with Bleu Cheese Dressing.

HONEY MUSTARD CHICKEN TENDERS 170 CAL  8.99
6 large Chicken Tenders, breaded, fried & served with Honey Mustard Sauce.

MOZZARELLA CHEESE STICKS 550 CAL  8.99
9 Cheese Sticks, breaded, fried & served with Marinara Sauce.

HOT MESS PASTRAMI CHEESE FRIES 730 CAL  8.99
Crispy French Fries topped with lots of Pastrami, melted Jack & Cheddar Cheese & NORMS Special Sauce.

FRIED SHRIMP 410 CAL  8.99
12 breaded, fried Shrimp. Served with NORMS Cocktail Sauce & Fresh Lemon.

BASKET OF CRISPY FRENCH FRIES 340 CAL  3.49

BASKET OF ONION RINGS 940 CAL  5.99
Breaded, fried & served with Ranch Dressing.

GARLIC PARMESAN FRIES 510 CAL  4.79
A basket full of crispy French Fries tossed in Garlic Parmesan Cheese with Parsley.

BUFFALO CHICKEN TENDERS 1030 CAL  8.99
6 large Chicken Tenders, breaded, fried & tossed in spicy Buffalo Sauce. Served with Bleu Cheese Dressing.

HONEY MUSTARD CHICKEN TENDERS 170 CAL  8.99
6 large Chicken Tenders, breaded, fried & served with Honey Mustard Sauce.

MOZZARELLA CHEESE STICKS 550 CAL  8.99
9 Cheese Sticks, breaded, fried & served with Marinara Sauce.

HOT MESS PASTRAMI CHEESE FRIES 730 CAL  8.99
Crispy French Fries topped with lots of Pastrami, melted Jack & Cheddar Cheese & NORMS Special Sauce.

FRIED SHRIMP 410 CAL  8.99
12 breaded, fried Shrimp. Served with NORMS Cocktail Sauce & Fresh Lemon.

BASKET OF CRISPY FRENCH FRIES 340 CAL  3.49

BASKET OF ONION RINGS 940 CAL  5.99
Breaded, fried & served with Ranch Dressing.

GARLIC PARMESAN FRIES 510 CAL  4.79
A basket full of crispy French Fries tossed in Garlic Parmesan Cheese with Parsley.

BUFFALO CHICKEN TENDERS 1030 CAL  8.99
6 large Chicken Tenders, breaded, fried & tossed in spicy Buffalo Sauce. Served with Bleu Cheese Dressing.

HONEY MUSTARD CHICKEN TENDERS 170 CAL  8.99
6 large Chicken Tenders, breaded, fried & served with Honey Mustard Sauce.

MOZZARELLA CHEESE STICKS 550 CAL  8.99
9 Cheese Sticks, breaded, fried & served with Marinara Sauce.

HOT MESS PASTRAMI CHEESE FRIES 730 CAL  8.99
Crispy French Fries topped with lots of Pastrami, melted Jack & Cheddar Cheese & NORMS Special Sauce.

FRIED SHRIMP 410 CAL  8.99
12 breaded, fried Shrimp. Served with NORMS Cocktail Sauce & Fresh Lemon.

BASKET OF CRISPY FRENCH FRIES 340 CAL  3.49

BASKET OF ONION RINGS 940 CAL  5.99
Breaded, fried & served with Ranch Dressing.

GARLIC PARMESAN FRIES 510 CAL  4.79
A basket full of crispy French Fries tossed in Garlic Parmesan Cheese with Parsley.
A 3% menu surcharge will be added to all guest checks to help cover the increasing cost of doing business in California while maintaining portion sizes and everyday affordable specials. 2,000 calories per day is used for general nutrition advice, but calorie needs vary.

*Menu items that are cooked to order may be served raw or undercooked. Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Our Chef’s Heartly Soup: made from scratch. 80-220 CAL
Mixed Green or Caesar Salad: with Ranch, Bleu Cheese, 1000 Island, Honey Mustard, Italian or Lite Italian dressing. 45-560 CAL

Upgrade to a Premium Side Salad for just $1 – Baja (170 CAL), Mediterranean (200 CAL), or Spinach & Bacon (80 CAL).

Your Choice of Potato: Baked Potato 230 CAL, French Fries 230 CAL, Fresh Mashed Potatoes & Gravy 230 CAL or Rice Pilaf 200 CAL.

Or Upgrade to Sweet Potato Fries for just 69¢ more 230 CAL.

Plus Daily Vegetable: 30-90 CAL

1/2 LB. FILET MIGNON & SHRIMP* 810 CAL 18.99
Filet Mignon with 6 breaded, fried Shrimp.
NORMS Cocktail Sauce & fresh Lemon on the side.

FILET MIGNON & SHRIMP SCAMPI* 850 CAL 19.49

FILET MIGNON & CHICKEN TENDERS* 1330 CAL 18.99

3/4 LB. T-BONE STEAK & SHRIMP* 910 CAL 17.49
T-Bone Steak with 6 breaded, fried Shrimp.
NORMS Cocktail Sauce & fresh Lemon on the side.

T-BONE STEAK & SHRIMP SCAMPI* 950 CAL 17.99

T-BONE STEAK & CHICKEN TENDERS* 1430 CAL 17.49

CLASSIC SIRLOIN STEAK TRIO* 1330 CAL 15.49
Sirloin Steak Trio Dinner served with 4 breaded, fried Shrimp & 3 golden brown breaded Chicken Tenders. Honey Mustard Sauce, NORMS Cocktail Sauce & fresh Lemon on the side.

New York Steak with 6 breaded, fried Shrimp.
NORMS Cocktail Sauce & fresh Lemon on the side.

New York Steak & Shrimp Scampi* 820 CAL 15.49

NEW YORK STEAK & CHICKEN TENDERS* 1300 CAL 14.99

Upgrade to Sweet Potato Fries for just 69¢ more 230 CAL.

Soup of the Day: 80-220 CAL 3.99
Our Chef’s hearty soup is made from scratch.

Mixed Green or Caesar Salad: 20-580 CAL 3.99

Hot Baked Potato: 230 CAL 2.99
“Fully Loaded” Baked Potato: 480 CAL +1.99

Rice Pilaf: 200 CAL 2.49

Fresh Vegetables: 35-50 CAL 2.99
Basket of Crispy French Fries: 340 CAL 3.49
Side of Crispy French Fries: 170 CAL 1.99

Basket of Sweet Potato Fries: 580 CAL 3.99
Side of Sweet Potato Fries: 230 CAL 2.49
Basket of Onion Rings: 340 CAL 5.99

A lean steakhouse classic.
SEAFOOD

Each entrée includes Soup, Salad, choice of Potato & daily Vegetable.

- **FISHERMAN’S WHARF COMBO** 950 CAL 15.49

- **WILD CAUGHT WHITEFISH** 760/770 CAL 12.49

- **BLACKENED TILAPIA** 480 CAL 10.99
  - Rubbed with our Cajun Spice blend, blackened & served with Tartar Sauce & fresh Lemon.

- **TILAPIA** 540/570 CAL 10.99
  - Prepared lightly breaded & grilled OR hand-battered & fried.

- **HAND-BATTERED FISH & CHIPS** 970 CAL 11.49
  - Wild Caught Whitefish fillet lightly hand-battered & fried golden brown. Served with generous portion of French Fries, Creamy Coleslaw & Tartar Sauce.

- **FRIED SHRIMP** 410 CAL 13.49

- **GRILLED SALMON FILLET** 930 CAL 15.99
  - Topped with Garlic Sauce.

- **BLACKENED SALMON FILLET** 800 CAL 15.99
  - Salmon fillet, rubbed with our Cajun Spice blend, blackened and served with Tartar Sauce & fresh Lemon.

CHICKEN

Each entrée includes Soup, Salad, choice of Potato & daily Vegetable.

- **SOUTHERN STYLE CHICKEN TENDERS** 11.79
  - 6 golden brown, breaded & fried Chicken Tenders. Served with Honey Mustard Sauce or available Buffalo Style!

- **COUNTRY FRIED CHICKEN BREASTS** 540 CAL 10.99
  - 2 all white-meat Chicken Breasts, breaded & fried golden brown, topped with creamy Country Gravy.

- **LEMON PEPPER CHICKEN BREAST** 350 CAL 10.99
  - Boneless, skinless Chicken Breast grilled with a zesty Lemon-Pepper seasoning & served with a garnish of fresh Lemon.

- **GARLIC MUSHROOM CHICKEN** 460 CAL 11.49
  - Boneless, skinless Chicken Breast topped with fresh Mushrooms sautéed in Garlic Sauce.

- **CHICKEN PARMESAN** 650 CAL 11.99
  - 2 breaded Chicken Breasts topped with Marinara Sauce & melted Jack & Parmesan Cheese.

PASTA PLATES

Each entrée includes Soup, Salad & Garlic Cheese Toast (no Potato).
Served 11AM to 11PM Daily. Made with Barilla® Pasta.

- **GARLIC MUSHROOM CHICKEN ALFREDO** 12.99
  - 1560 CAL
  - Chicken Breast and fresh, sliced Mushrooms sautéed in Garlic Sauce mixed with Fettuccine Alfredo.

- **CHICKEN PARMESAN & SPAGHETTI** 12.49
  - 1280 CAL
  - 2 breaded Chicken Breasts topped with melted Jack & Parmesan Cheese, served on Spaghetti Marinara.

- **SPAGHETTI & MEATBALLS** 1160 CAL 10.99

- **SPAGHETTI MARINARA** 680 CAL 8.99
  - 1000 CAL
  - ADD: Grilled Chicken 280 CAL • 1.99 • Blackened Shrimp 190 CAL • 1.99 • Poached Salmon 200 CAL • 1.99

*Menu items that are cooked to order may be served raw or undercooked. Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

** = NORMS Signature Items
A 3% menu surcharge will be added to all guest checks to help cover the increasing cost of doing business in California while maintaining portion sizes and everyday affordable specials. 2,000 calories per day is used for general nutrition advice, but calorie needs vary.

Substitute a Jennie-O® Turkey Burger 650 CAL, Morningstar Farms® Vegetable Patty 490 CAL or Grilled Chicken Breast 430 CAL on any burger for no charge!

**Fresh Ground, 100% Beef Chuck Hamburgers. Lettuce, Tomato, Pickles, Red Onion & NORMS Special Sauce on your choice of toasted Whole Wheat 250 CAL, Brioche 180 CAL or Sesame Seed Bun 220 CAL**

Includes your choice of FRENCH FRIES, ONION RINGS or FRESH FRUIT!

---

**BURGERS**

**NORMS CLASSIC CHEESEBURGER** 820-900 CAL
- Jack, American, Swiss, or Cheddar Cheese.

**NORMS CLASSIC HAMBURGER** 730-790 CAL

**BACON CHEESEBURGER** 810-870 CAL
- Cheeseburger with 2 strips of Bacon.

**CALIFORNIA BURGER** 900-960 CAL
- Melted Monterey Jack Cheese & fresh, sliced Avocado.

**PASTRAMI SWISS BURGER** 980-1040 CAL
- Burger Patty topped with hot Pastrami, Swiss Cheese, creamy Coleslaw, Pickles & Red Onion.

**HABANERO JALAPEÑO BACON CHEESEBURGER** 1030-1090 CAL
- Habanero Jalapeño Cheddar Cheese, 2 strips of Bacon, a crispy, batter-fried Jalapeño, Habanero Mayonnaise, Lettuce, Tomato, & thinly-shaved Red Onion, topped off with a heat-blistered Jalapeño!

**NORMS CLASSIC CHEESEBURGER** 8.99
**NORMS CLASSIC HAMBURGER** 7.99
**BACON CHEESEBURGER** 9.99
**CALIFORNIA BURGER** 9.99
**PASTRAMI SWISS BURGER** 10.49

---

**SANDWICHES & MELTS**

We proudly use Jennie-O® Turkey for our Sandwiches.

Includes your choice of FRENCH FRIES, ONION RINGS or FRESH FRUIT! 35-470 CAL

UPGRADE TO SWEET POTATO FRIES 69¢ 230 CAL

---

**THE “AVO-GOBBLE”** 730 CAL
- Sliced, roasted Jennie-O® Turkey Breast with Bacon, fresh Avocado, Lettuce & Tomato on a French Roll.

**BACON, LETTUCE & TOMATO** 580 CAL
- Classic “BLT” served on White Toast with Mayonnaise.

**CAJUN CHICKEN SANDWICH** 940 CAL
- Chicken Breast seasoned with Cajun spices and topped with Bacon & melted Jack Cheese, on Sweet Prairie Bread with Spinach Leaves & Mayonnaise.

**CRISPY CHICKEN CHEESE & BACON** 770 CAL
- Breaded Chicken Breast fried & topped with Bacon & melted Jack Cheese on a grilled Bun with Lettuce, Tomato, Pickle Chips & Mayonnaise.

**“MAMA MIA!” MEATBALL GRINDER** 1070 CAL
- 2 large Italian-style Beef & Pork Meatballs on a grilled French Roll with melted Cheese, topped with Marinara Sauce & grated Parmesan Cheese.

**ALL-TIME FAVORITES** 560-810 CAL
- Choice of Sandwich on Whole Wheat Bread with Lettuce & Mayonnaise.

**TURKEY BREAST • BLT • TUNA SALAD • PASTRAMI • HAM**

---

**THE CLUBHOUSE** 760 CAL
- A Classic! NO ONE makes this traditional triple-decker better than NORMS! Toasted White Bread with sliced, roasted Jennie-O® Turkey Breast, Bacon, Lettuce & Tomato.

**THE TUCSON TURKEY MELT** 660 CAL
- Sliced, roasted Jennie-O® Turkey Breast with a Mild Green Chile, Tomato & melted Jack Cheese on grilled Sourdough Bread.

**TUNA MELT** 700 CAL
- All white-meat Tuna Salad & melted American Cheese on grilled Rye Bread. Onions on request.

**PASTRAMI MELT** 990 CAL
- Thinly sliced lean Pastrami with melted Swiss Cheese, topped with creamy Coleslaw & NORMS Special Sauce on grilled Rye Bread.

**THREE CHEESE MELT** 630 CAL
- Melted Jack, American & Cheddar Cheese on grilled White Bread.

**HABANERO JALAPEÑO BACON CHEESEBURGER** 10.99
**NORMS ORIGINAL PATTY MELT** 9.99

---

**ADD SOUP OR SALAD**

For Only 2.79 OR ADD BOTH For Only 4.99

---

*Menu items that are cooked to order may be served raw or undercooked. Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.*
Calories only reflect entrée portion. Does not include sides.
2,000 calories per day is used for general nutrition advice, but calorie needs vary.

---

### Norms Classics

NORMS “ULTIMATE” MEATLOAF 800 CAL 10.99
Homemade Meatloaf, baked in our kitchen, topped with fresh sautéed Garlic Mushrooms, Bacon & savory Gravy.

LIVER & ONIONS 510 CAL 10.49
Topped with 2 strips of Bacon.

COUNTRY FRIED STEAK* 640 CAL 11.99
Large Beef Steak breaded & fried & served with creamy Country Gravy.

---

### SoCal LoCal Menu

Served All Day, Every Day!
These entrées and calorie counts do not include Soup, Salad or Dinner Roll.

<table>
<thead>
<tr>
<th>Entrée</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 LB. NEW YORK STEAK &amp; EGGS*</td>
<td>530-640</td>
<td>10.99</td>
</tr>
<tr>
<td>New York Steak cooked to order and served with your choice of scrambled cholesterol-free Egg Substitute or Egg Whites &amp; sliced Tomatoes.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Entrée</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>TURKEY BACON OR TURKEY SAUSAGE &amp; EGGS*</td>
<td>130-270</td>
<td>8.99</td>
</tr>
<tr>
<td>Your choice of 4 strips of Turkey Bacon or 2 Turkey Sausage Patties served with cholesterol-free Egg Substitute or Egg Whites, fresh Fruit &amp; a slice of dry Toast.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Entrée</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>JUMPING JOE SCRAMBLE</td>
<td>280-440</td>
<td>10.49</td>
</tr>
<tr>
<td>Turkey Sausage, fresh Spinach, Mushrooms, Onions &amp; Tomato sautéed and scrambled with cholesterol-free Egg Substitute or Egg Whites. Fresh Fruit served on the side.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Entrée</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>TURKEY BURGER OR VEGGIE BURGER*</td>
<td>490-650</td>
<td>8.99</td>
</tr>
<tr>
<td>Your choice of White-Meat Jennie-O® 1/3 LB. Turkey Patty or a seasoned MorningStar Farms® Vegetable Patty served with Lettuce, Tomato, Pickles &amp; Red Onion on a toasted Whole Wheat Bun. Mixed Green Salad with Lite Italian Dressing served on the side.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Entrée</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 LB. NEW YORK STEAK*</td>
<td>810</td>
<td>11.79</td>
</tr>
<tr>
<td>New York Steak cooked to order &amp; served with steamed Vegetables &amp; a plain Baked Potato.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Entrée</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>BLACKENED TILAPIA FILLET*</td>
<td>440</td>
<td>9.99</td>
</tr>
<tr>
<td>Rubbed with our Cajun Spice blend, blackened &amp; served with Rice Pilaf, steamed Vegetables &amp; fresh Lemon.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Entrée</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>LEMON PEPPER CHICKEN BREAST</td>
<td>590</td>
<td>9.79</td>
</tr>
<tr>
<td>Boneless, skinless Chicken Breast grilled with zesty Lemon-Pepper seasoning &amp; served with Rice Pilaf, steamed Vegetables &amp; fresh Lemon.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

**ADD SOUP OR SALAD**

For Only 2.79

**OR ADD BOTH**

For Only 4.99

---

*Menu items that are cooked to order may be served raw or undercooked. Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

**= NORMS Signature Items**

Calories only reflect entrée portion. Does not include sides. 2,000 calories per day is used for general nutrition advice, but calorie needs vary.
**Beverage & Dessert Menu**

## Coffee, Tea, Hot Chocolate

**Norms Freshly Brewed 100% Colombian Supremo Coffee** 0 cal
Regular or Decaf. 2.89

Flavored Hot Coffee topped with Real Whipped Cream and infused with your choice of the following:

- French Vanilla: 140 cal
- Salted Caramel Chocolate: 140 cal
- Hazelnut: 140 cal

Only 2.99

**Norms Cold Brew Coffee** 0 cal
Our special in-house brewing process starts with the best quality 100% Arabica Beans steeped in filtered cold water for 16 hours to extract the robust flavor of the coffee. Served over ice.

Flavored cold brew infused with your choice of the following:

- French Vanilla: 100 cal
- Salted Caramel Chocolate: 100 cal
- Hazelnut: 100 cal

Only 3.89

**Hot Chocolate** 20 cal
Rich, creamy & delicious, and topped with Real Whipped Cream. 2.99

**Hot Tea / Herbal Tea** 0 cal
Your choice of soothing, comforting teas. 2.89

## Lemonades & Iced Teas

**Specialty Lemonade**
Available in 4 exciting flavors! Made with all-natural 100% Cane Sugar. 3.49

- **Pomegranate**: 180 cal
- **Cotton Candy**: 180 cal
- **Very Berry**: 180 cal
- **Habanero-Lime**: 170 cal

**Regular Lemonade** 130 cal
**Strawberry Lemonade** 160 cal
**Freshly Brewed Iced Tea** 0 cal
**Arnold Palmer** 85 cal
50% Iced Tea, 50% Lemonade.

**Brisk Iced Teas**
- **Raspberry Brisk Iced Tea**: 100 cal
- **Strawberry Melon Brisk Iced Tea**: 100 cal

Each 2.99

## Juices & Milk

**POG** 120-200 cal
A mix of Passion Fruit, Orange & Guava Juice.
Regular 2.99 / Large 3.99

**Tropical Mango Vitamin Water** 80 cal
A refreshing blast of Tropical Mango flavor. 1.99

**Low-Fat Milk** 200-310 cal
**Chocolate Milk** 300-500 cal
Regular 2.79 / Large 2.99

## Fountain Drinks

**JUICE**
Pick your favorite Fruit Juice.

- **Orange**: 170-440 cal
- **Apple**: 170-440 cal
- **Tomato**: 70-180 cal

Each 2.99

2,000 calories per day is used for general nutrition advice, but calorie needs vary.

04/19
**CLASSIC TREATS**

**WAFFLE ICE CREAM SANDWICH** [270-330 CAL]
NORMS Award-Winning Premium French Vanilla Ice Cream served between two Belgian Waffle triangles. Drizzled with Caramel, Chocolate or Raspberry Sauce. Topped with Real Whipped Cream. 4.99

**SMALL ICE CREAM SUNDAE** [160 CAL]
NORMS Award-Winning Premium French Vanilla Ice Cream drizzled with a choice of Hot Fudge, Chocolate Sauce or sliced Strawberries & Sauce. Topped with Nuts, Real Whipped Cream & a Maraschino Cherry. 2.99

**SCOOP OF NORMS AWARD-WINNING PREMIUM FRENCH VANILLA ICE CREAM** [80 CAL] 1.99

**DUTCH APPLE PIE** [380 CAL]
Freshly baked, Streusel-crumb topped Apple Pie. 3.99

**DUTCH APPLE PIE A LA MODE** [500 CAL] 4.99

**SUPER SCOOPER Schooner Ice Cream Sundae** [480-880 CAL]
3 scoops of NORMS French Vanilla Ice Cream drizzled with a choice of Hot Fudge, Chocolate Sauce or sliced Strawberries & Sauce. Topped with Real Whipped Cream, Nuts & a Maraschino Cherry. 5.99

**SHAKES & FLOATS**

**HAND-DIPPED MILKSHAKE**
3 scoops of NORMS French Vanilla Ice Cream & dairy-fresh Milk. Generously served with the extra in a Shaker Can. 3.99

**YOUR CHOICE OF FLAVOR:**
- VANILLA 500 CAL
- CHOCOLATE 720 CAL
- STRAWBERRY 580 CAL

**MUG ROOT BEER FLOAT** [220 CAL]
MUG Root Beer Float with a scoop of NORMS French Vanilla Ice Cream. 3.99

**SPECIALTY DESSERTS**

**MAKE IT “A LA MODE”**
Add a generous scoop of NORMS Award-winning premium Vanilla Ice Cream. Just $1

**WHITE CHOCOLATE RASPBERRY CHEESECAKE** [620 CAL]

**CHOCOLATE FUDGE CAKE** [720 CAL]
Moist Fudge Cake with rich Chocolate Fudge icing & Chocolate Crunch on the sides. Drizzled with gooey Caramel Sauce.

**RED VELVET CAKE** [800 CAL]
Delicious layers of Red Velvet Cake with Cream Cheese icing, topped with Real Whipped Cream.

**WE NOW PROUDLY SERVE**

Two Southern California icons, together at last. Enjoy Thrifty’s Ice Cream in the iconic cylinder shape scoop.

**ASK YOUR SERVER FOR THE CURRENT LIST OF FLAVORS!**

**JUST**
- 199 PER SCOOP 38-40 CAL
- 2.99 FOR 2 SCOOPS 68-240 CAL

**SERVED IN CUP OR CONE**

2,000 calories per day is used for general nutrition advice, but calorie needs vary.

A 3% menu surcharge will be added to all guest checks to help cover the increasing cost of doing business in California while maintaining portion sizes and everyday affordable specials.