

Goody Goody

OMELET HOUSE

BREAKFAST

BREAKFAST SERVED AT ALL HOURS

LUNCH

JUICES - Orange, Apple & Tomato Small 2.25 Large 3.50
 CEREAL, with Milk—Assortment Available 4.25

* EGG PLATES

Toast or Biscuits, Jelly, Grits or Hash Browns or Diced Potatoes or Fruit Bowl
ONE EGG 6.25
TWO EGGS 6.60

BACON, SAUSAGE (REGULAR or TURKEY) or HAM ... 3.50 ½ Order 1.75
 NEESE'S LIVER PUDDING 3.50 ½ Order 1.75
 COUNTRY HAM 5.50 ½ Order 2.75

PANCAKES or WAFFLES or FRENCH TOAST 5.95
 with your choice: Blueberries or Apple & Cinnamon or Banana Nut
 or Sliced Peaches or Strawberries or Pineapple w/ Whipped Topping 8.95
 PECAN WAFFLE 6.95

Try our Breakfast Burittos - See Back

* OMELETS - the Goody-Goody way

Grits or Hash Browns or Diced Potatoes, Toast or Biscuits, Jelly
 Your Choice - Swiss, Cheddar or American Cheese

Plain 7.75	Pineapple & Cheese 9.95
Ham 9.00	Peaches & Cheese 9.95
Cheese 9.00	Mexican Chili 9.95
Ham & Cheese 9.95	Mushroom & Cheese 9.95
Bacon & Cheese 9.95	Sausage & Cheese 9.95
Veggie, with Mushroom, Onions, Bell Pepper, Tomato & Cheese 9.95	
Western, with Ham, Onion, Bell Pepper & Tomato 9.95	
Spanish, with Salsa, Ham, Onion, Bell Pepper & Tomato 10.45	
Steak & Cheese, with Mushroom, Onion, Bell Pepper & Swiss Cheese 14.95	

* FRIED EGG, served on Toasted Bun 4.45
 COUNTRY HAM BISCUIT 3.75 SAUSAGE or BACON BISCUIT 3.15
 *with EGG 5.25 *with EGG 3.95
 * HAM, SAUSAGE or BACON & EGG on Toast or Bun 5.25
 with Lettuce, Tomato, Mayonaise 6.25
 * COUNTRY HAM & EGG SANDWICH 5.50
 HASH BROWNS or DICED POTATOES 2.25
 add Jalapeno or Cheese 1.00 each

* STEAK AND EGGS

Served with Grits or Hash Browns or Diced Potatoes, w/Toasted, Buttered Bun
RIBEYE STEAK, 4 oz., 2 Eggs 13.95
HAM STEAK, 6 oz., 2 Eggs 10.95
HAMBURGER STEAK, 8 oz. Steak, 2 Eggs 12.50

GOODY GOODY BURGERS

* HAMBURGER, 4 oz. with Pickle & Onions 5.25
 DELUXE — Lettuce, Tomatoes, Mayonnaise 6.75
 * CHEESEBURGER, 4 oz. with Pickle & Onions 5.60
 DELUXE — Lettuce, Tomatoes, Mayonnaise 7.10
 * SUPER CHEESEBURGER, 6 oz. — **DELUXE** 8.75
 * DOUBLE CHEESEBURGER, 8 oz. — **DELUXE** 9.95
 ADD BACON 1.75

CHICKEN

CHICKEN BREAST SANDWICH w/Pickles on a Buttered Bun 7.45
 CHICKEN BREAST SANDWICH **DELUXE** w/Lettuce, Tomato
 and Mayonnaise on a Buttered Bun 8.95
 ADD BACON to Sandwich 1.75
 FILET OF CHICKEN BREAST PLATE w/French Fries & Slaw or
 Tossed Salad & Toasted, Buttered Bun 13.95

LUNCHEON PLATES

* RIBEYE STEAK, 4 oz. w/French Fries & Tossed Salad or Slaw 13.95
 * HAMBURGER STEAK, 8 oz. w/French Fries & Tossed Salad or Slaw 12.50
 * BARBEQUE, w/French Fries and Tossed Salad or Slaw 10.95
 HAM STEAK, 6 oz. w/French Fries and Tossed Salad or Slaw 10.95
Served with a Toasted, Buttered Bun

* RIBEYE STEAK SANDWICH, with Cheese, Peppers and Onions 10.95
 BACON, LETTUCE & TOMATO, and Mayonnaise on Toast 6.25
 CHICKEN SALAD with Lettuce, Tomato and Mayonnaise on Toast 6.95
 HOT DOG or SAUSAGE DOG with Mustard, Onions and Chili 4.50
 FRENCH FRIES or HASH BROWN POTATOES or SLAW 2.25
 BAR-B-Q on a Toasted Bun, Slaw 6.95
 BAKED HAM on a Bun, with Lettuce, Tomato, Mayonnaise 6.95
 BAKED HAM & CHEESE, Grilled 6.95
 ROAST TURKEY on a Bun with Lettuce, Tomato, Mayonnaise 6.95
 GRILLED CHEESE, with Pickle slices 4.50

DOUBLE DECKERS

BAKED HAM w/American Cheese, Lettuce, Tomato, Mayo 10.45
 SLICED TURKEY w/Bacon, Lettuce, Tomato, Mayo 10.45
Served with French Fries

Chicken Salad Plate 8.95 Soup 6.95
 Chef's Salad 8.95 Tossed Salad 4.95

Coffee • Iced Tea • Hot Tea • Sanka 2.15 Pepsi • 7-Up • Mountain Dew • Dr. Pepper 2.15 Milk • Hot Chocolate 2.25 Grilled Biscuit w/any fruit & toppings 3.50

* Consuming raw or undercooked meats, poultry, seafood shellfish or eggs may increase your risks of foodborne illness.

TRY OUR NEWEST ADDITION

BREAKFAST BURRITOS

Served with Salsa & Sour Cream on the side

BUILD YOUR OWN	10.45
*SPANISH	10.45
with Ham, Eggs, Cheddar, Onion, Bell Peppers, Tomato	
*STEAK, EGG & CHEESE	13.95
with Ribeye Steak, Swiss, Eggs, Mushroom, Onion, Bell Peppers	



R. B. Mayhew, along with his beloved wife Jean, created the Goody Goody Omelet House in November 1977.

Goody Goody featured the Fluffy Style Omelets, cooked to order with the freshest ingredients, as it still does today.

R. B. used family recipes handed down, along with recipes learned while serving as a cook in the U.S. Navy. Special recipes such as our homemade Spanish Sauce and delicious Waffle and Pancake mix.

Other appetizing featured items are our homemade Cole Slaw, homemade Chicken Salad, homemade Chili and Mrs. Mayhew's Famous Vegetable Beef Soup served in winter months.

Everything is still made the same way to this day. Hard to improve on perfection!

Sit back, relax, eat well and enjoy Just Good Food!

Thank You for letting us serve you.

Just Good Food

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Wilmington, North Carolina

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