

Goody Goody

OMELET HOUSE

BREAKFAST

BREAKFAST SERVED AT ALL HOURS

JUICES - Orange, Apple & Tomato Small 2.25 Large 3.95
 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 5.25
TWO EGGS 5.60

BACON, SAUSAGE (REGULAR or TURKEY) or HAM ... 3.20 ½ Order 1.60
 NEESE'S LIVER PUDDING 3.20 ½ Order 1.60
 COUNTRY HAM 4.95 ½ Order 2.50

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 NEW 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 6.75	Pineapple & Cheese 8.95
Ham 8.50	Peaches & Cheese 8.95
Cheese 8.50	Mexican Chili 8.95
Ham & Cheese 8.95	Mushroom & Cheese 8.95
Bacon & Cheese 8.95	Sausage & Cheese 8.95
Veggie, with Mushroom, Onions, Pepper, Tomato & Cheese 8.95	
Western, with Ham, Onion, Bell Pepper & Tomato 9.45	
Spanish, with Salsa, Ham, Onion, Bell Pepper & Tomato 9.95	
Steak & Cheese, with Mushroom, Onion, Green Pepper & Swiss Cheese 11.95	

* FRIED EGG, served on Toasted Bun 4.25
 COUNTRY HAM BISCUIT 3.65 SAUSAGE or BACON BISCUIT . 2.95
 *with EGG 3.95 *with EGG 3.35
 * HAM, SAUSAGE or BACON & EGG on Toast or Bun 4.85
 with Lettuce, Tomato, Mayo 5.95
 * COUNTRY HAM & EGG SANDWICH 4.55
 HASH BROWNS or DICED POTATOES 1.95
 add Jalapeno or Cheese90 each

* STEAK AND EGGS

Served with Grits or Hash Browns or Diced Potatoes, w/Toasted, Buttered Bun
RIBEYE STEAK, 4 oz., 2 Eggs 11.95
HAM STEAK, 6 oz., 2 Eggs 9.95
HAMBURGER STEAK, 8 oz. Steak, 2 Eggs 9.95

LUNCH

GOODY GOODY BURGERS

* HAMBURGER, 4 oz. with Pickle & Onions 4.25
 DELUXE — Lettuce, Tomatoes, Mayonnaise 5.75
 * CHEESEBURGER, 4 oz. with Pickle & Onions 4.60
 DELUXE — Lettuce, Tomatoes, Mayonnaise 6.10
 * SUPER CHEESEBURGER, 6 oz. — **DELUXE** 7.25
 * DOUBLE CHEESEBURGER, 8 oz. — **DELUXE** 8.45

CHICKEN

FILET OF CHICKEN BREAST w/Pickles on a Buttered Bun 6.45
FILET OF CHICKEN BREAST DELUXE w/Lettuce, Tomato
 and Mayonnaise on a Buttered Bun 7.95
FILET OF CHICKEN BREAST PLATE w/French Fries & Slaw or
 Tossed Salad & Toasted, Buttered Bun 11.95

LUNCHEON PLATES

* RIBEYE STEAK, 4 oz. w/French Fries & Tossed Salad or Slaw 11.95
 * HAMBURGER STEAK, 8 oz. w/French Fries & Tossed Salad or Slaw .. 9.95
 * BARBEQUE, w/French Fries and Tossed Salad or Slaw 9.95
HAM STEAK, 6 oz. w/French Fries and Tossed Salad or Slaw 9.95

Served with a Toasted, Buttered Bun

* RIBEYE STEAK SANDWICH, with Cheese, Peppers and Onions 9.95
BACON, LETTUCE & TOMATO, and Mayonnaise on Toast 5.95
CHICKEN SALAD with Lettuce, Tomato and Mayonnaise on Toast 6.45
HOT DOG or **SAUSAGE DOG** with Mustard, Onions and Chili 4.25
FRENCH FRIES or **HASH BROWN POTATOES** or **SLAW** 1.95
BAR-B-Q on a Toasted Bun, Slaw 5.95
BAKED HAM on a Bun, with Lettuce, Tomato, Mayonnaise 5.95
BAKED HAM & CHEESE, Grilled 5.95
 * **ROAST BEEF** on a Bun, with Lettuce, Tomato, Mayonnaise 7.85
ROAST TURKEY on a Bun with Lettuce, Tomato, Mayonnaise 6.45
GRILLED CHEESE, with Pickle slices 4.25

DOUBLE DECKERS

* **ROAST BEEF** w/American Cheese, Lettuce, Tomato, Mayo 10.95
BAKED HAM w/American Cheese, Lettuce, Tomato, Mayo 9.45
SLICED TURKEY w/Bacon, Lettuce, Tomato, Mayo 9.45

Served with French Fries

Chicken Salad Plate 7.95 **Soup** 5.95
Chef's Salad 7.95 **Tossed Salad** 4.95

Coffee • Iced Tea • Hot Tea • Sanka 1.95

Pepsi • 7-Up • Mountain Dew • Dr. Pepper 1.95

Milk • Hot Chocolate 2.10

Grilled Biscuit w/any fruit & toppings 3.25

* 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	9.45
*SPANISH	9.45
with Ham, Eggs, Cheddar, Onion, Green Peppers, Tomato	
*STEAK, EGG & CHEESE	11.95
with Ribeye Steak, Swiss, Eggs, Mushroom, Onion, Green 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

3817 Market Street
Wilmington, North Carolina

Phone 762-0444