



**Just Good Food**

3817 Market Street  
Wilmington, North Carolina

Phone 762-0444



## BREAKFAST

JUICES, 10 oz. - Orange, Grapefruit, Apple .....	2.40		
CEREAL, with Milk—Assortment Available .....	3.45		
ONE EGG, Toast or Biscuits, Jelly, Grits or Hash Browns or Diced Potatoes.....	4.15		
TWO EGGS, Toast or Biscuits, Jelly, Grits or Hash Browns or Diced Potatoes ...	4.60		
EGG BEATERS, Toast or Biscuits, Jelly, Grits or Hash Browns or Diced Potatoes ..	6.75		
BACON, SAUSAGE or HAM .....	1.75	½ Order .....	1.05
COUNTRY HAM .....	3.25	½ Order .....	1.75

<b>PANCAKES OR WAFFLES</b> .....	4.20
with Blueberries w/Whipped Topping .....	4.95
with Apple & Cinnamon w/Whipped Topping .....	4.95
with Banana Nut w/Whipped Topping .....	4.95
with Sliced Peaches w/Whipped Topping .....	4.95
with Strawberries w/Whipped Topping .....	4.95
with Pineapple w/Whipped Topping .....	4.95
<b>PECAN WAFFLE</b> .....	4.65

<b>FRENCH TOAST</b> .....	4.20
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### OMELETS - the Goody-Goody way

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

Plain .....	5.95	Pineapple & Cheese .....	6.75
Ham .....	6.45	Peaches & Cheese .....	6.75
Cheese .....	6.45	Mexican Chili .....	6.75
Ham & Cheese .....	6.75	Mushroom & Cheese .....	6.75
Bacon & Cheese .....	6.75	Sausage & Cheese .....	6.75
Western or Spanish, with Ham, Onion, Bell Pepper & Tomato .....	7.25		

TOAST, RAISIN TOAST, or ENGLISH MUFFIN with Butter and Jelly .....	1.80		
FRIED EGG, served on Toasted Bun .....	2.75		
COUNTRY HAM BISCUIT .....	3.75	SAUSAGE BISCUIT .....	2.05
HAM, SAUSAGE or BACON & EGG on Toasted Bun .....	3.65		
with Lettuce, Tomato, Mayonaise .....	4.55		
GRITS: Small .....	1.30	Large .....	1.90
EXTRA CHEESE SLICE .....	.35		

### STEAK AND EGGS

Served with Grits or Hash Browns or Diced Potatoes, w/Toasted, Buttered Bun

SIRLOIN STEAK, 6 oz., 2 Eggs .....	14.95
HAM STEAK, 6 oz., 2 Eggs .....	7.95
HAMBURGER STEAK, 8 oz. Steak, 2 Eggs .....	7.95



## LUNCH

### GOODY GOODY BURGERS

<b>HAMBURGER</b> , 4 oz. with Pickle & Onions .....	2.75
<b>DELUXE</b> — Lettuce, Tomatoes, Mayonnaise .....	3.65
<b>CHEESEBURGER</b> , 4 oz. with Pickle & Onions .....	3.15
<b>DELUXE</b> — Lettuce, Tomatoes, Mayonnaise .....	4.05
<b>SUPER CHEESEBURGER</b> , 6 oz. — <b>DELUXE</b> .....	4.65
<b>DOUBLE CHEESEBURGER</b> , 8 oz. — <b>DELUXE</b> .....	4.85

### CHICKEN

<b>FILET OF CHICKEN BREAST</b> w/Pickles on a Buttered Bun .....	3.90
<b>FILET OF CHICKEN BREAST DELUXE</b> w/Lettuce, Tomato and Mayonnaise on a Buttered Bun .....	4.80
<b>FILET OF CHICKEN BREAST PLATE</b> w/French Fries, Slaw or Tossed Salad and Toasted, Buttered Bun .....	7.95

### LUNCHEON PLATES

<b>SIRLOIN STEAK</b> , 6 oz. w/French Fries & Tossed Salad or Slaw .....	14.95
<b>HAMBURGER STEAK</b> , 8 oz. w/French Fries & Tossed Salad or Slaw .	7.95
<b>BARBEQUE</b> , w/French Fries and Tossed Salad or Slaw .....	7.95
<b>HAM STEAK</b> , 6 oz. w/French Fries and Tossed Salad or Slaw .....	7.95

*Served with a Toasted, Buttered Bun*

<b>BACON, LETTUCE &amp; TOMATO</b> , and Mayonnaise on Toast .....	3.65
<b>CHICKEN SALAD</b> with Lettuce, Tomato and Mayonnaise on Toast .....	4.20
<b>HOT DOG</b> or <b>SAUSAGE DOG</b> with Mustard, Onions and Chili .....	2.85
<b>FRENCH FRIES</b> .....	1.65
<b>HASH BROWN POTATOES</b> .....	1.65
<b>BAR-B-Q</b> on a Toasted Bun, Slaw .....	4.20
<b>BAKED HAM</b> on a Bun, with Lettuce, Tomato, Mayonnaise .....	3.65
<b>BAKED HAM &amp; CHEESE</b> , Grilled .....	3.65
<b>ROAST BEEF</b> on a Bun, with Lettuce, Tomato, Mayonnaise .....	4.65
<b>ROAST TURKEY</b> on a Bun with Lettuce, Tomato, Mayonnaise .....	3.65
<b>GRILLED CHEESE</b> , with Pickle slices .....	2.85

### DOUBLE DECKERS

<b>ROAST BEEF</b> w/American Cheese, Lettuce, Tomato, Mayo .....	7.45
<b>BAKED HAM</b> w/American Cheese, Lettuce, Tomato, Mayo .....	6.45
<b>SLICED TURKEY</b> w/Bacon, Lettuce, Tomato, Mayo .....	6.45

*Served with French Fries*

<b>Chicken Salad Plate</b> .....	5.95	<b>Soup</b> .....	4.95
<b>Chef's Salad</b> .....	5.95	<b>Tossed Salad</b> .....	4.95