

# Goody Goody

## OMELET HOUSE

### BREAKFAST

BREAKFAST SERVED AT ALL HOURS

### LUNCH

JUICES - Orange, Apple & Tomato ..... Small 1.75 Large 3.35  
 CEREAL, with Milk—Assortment Available ..... 3.75

#### \* EGG PLATES

Toast or Biscuits, Jelly, Grits or Hash Browns or Diced Potatoes or Fruit Bowl  
**ONE EGG** ..... 4.85  
**TWO EGGS** ..... 5.25  
**EGG BEATERS** ..... 5.95

BACON, SAUSAGE or HAM ..... 2.55    ½ Order ..... 1.25  
 NEESE'S LIVER PUDDING ..... 2.55    ½ Order ..... 1.25  
 COUNTRY HAM ..... 4.35    ½ Order ..... 2.20

**PANCAKES or WAFFLES or FRENCH TOAST** ..... 5.45  
 with your choice: Blueberries or Apple & Cinnamon or Banana Nut  
 or Sliced Peaches or Strawberries or Pineapple w/ Whipped Topping ..... 6.95  
**PECAN WAFFLE** ..... 6.45

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 ..... 8.35
Ham ..... 7.95	Peaches & Cheese ..... 8.35
Cheese ..... 7.95	Mexican Chili ..... 8.35
Ham & Cheese ..... 8.35	Mushroom & Cheese ..... 8.35
Bacon & Cheese ..... 8.35	Sausage & Cheese ..... 8.35
Western or Spanish, with Ham, Onion, Bell Pepper & Tomato ..... 8.55	
Steak & Cheese, with Mushroom, Onion, Green Pepper & Swiss Cheese ..... 10.85	

\* FRIED EGG, served on Toasted Bun ..... 3.85  
 COUNTRY HAM BISCUIT ..... 3.25    SAUSAGE or BACON BISCUIT ..... 2.95  
     \*with EGG ..... 3.60    \*with EGG ..... 3.30  
 \* HAM, SAUSAGE or BACON & EGG on Toast or Bun ..... 4.55  
     with Lettuce, Tomato, Mayo ..... 5.55  
 \* COUNTRY HAM & EGG SANDWICH ..... 4.25  
 HASH BROWNS or DICED POTATOES ..... 1.85  
 add Jalapeno or Cheese ..... .90 each

#### \* STEAK AND EGGS

Served with Grits or Hash Browns or Diced Potatoes, w/Toasted, Buttered Bun  
**RIBEYE STEAK**, 4 oz., 2 Eggs ..... 10.95  
**HAM STEAK**, 6 oz., 2 Eggs ..... 9.45  
**HAMBURGER STEAK**, 8 oz. Steak, 2 Eggs ..... 9.45

#### GOODY GOODY BURGERS

\* **HAMBURGER**, 4 oz. with Pickle & Onions ..... 3.95  
     **DELUXE** — Lettuce, Tomatoes, Mayonnaise ..... 4.95  
 \* **CHEESEBURGER**, 4 oz. with Pickle & Onions ..... 4.45  
     **DELUXE** — Lettuce, Tomatoes, Mayonnaise ..... 5.45  
 \* **SUPER CHEESEBURGER**, 6 oz. — **DELUXE** ..... 6.55  
 \* **DOUBLE CHEESEBURGER**, 8 oz. — **DELUXE** ..... 7.55

#### CHICKEN

**FILET OF CHICKEN BREAST** w/Pickles on a Buttered Bun ..... 5.45  
**FILET OF CHICKEN BREAST DELUXE** w/Lettuce, Tomato  
 and Mayonnaise on a Buttered Bun ..... 6.75  
**FILET OF CHICKEN BREAST PLATE** w/French Fries & Slaw or  
 Tossed Salad & Toasted, Buttered Bun ..... 10.95

#### LUNCHEON PLATES

\* **RIBEYE STEAK**, 4 oz. w/French Fries & Tossed Salad or Slaw ..... 10.95  
 \* **HAMBURGER STEAK**, 8 oz. w/French Fries & Tossed Salad or Slaw .. 9.45  
 \* **BARBEQUE**, w/French Fries and Tossed Salad or Slaw ..... 9.45  
**HAM STEAK**, 6 oz. w/French Fries and Tossed Salad or Slaw ..... 9.45  
*Served with a Toasted, Buttered Bun*

\* **RIBEYE STEAK SANDWICH**, with Cheese, Peppers and Onions ..... 7.85  
**BACON, LETTUCE & TOMATO**, and Mayonnaise on Toast ..... 5.45  
**CHICKEN SALAD** with Lettuce, Tomato and Mayonnaise on Toast ..... 5.45  
**HOT DOG** or **SAUSAGE DOG** with Mustard, Onions and Chili ..... 3.95  
**FRENCH FRIES** or **HASH BROWN POTATOES** or **SLAW** ..... 1.85  
**BAR-B-Q** on a Toasted Bun, Slaw ..... 5.45  
**BAKED HAM** on a Bun, with Lettuce, Tomato, Mayonnaise ..... 5.45  
**BAKED HAM & CHEESE**, Grilled ..... 5.45  
 \* **ROAST BEEF** on a Bun, with Lettuce, Tomato, Mayonnaise ..... 7.25  
**ROAST TURKEY** on a Bun with Lettuce, Tomato, Mayonnaise ..... 5.45  
**GRILLED CHEESE**, with Pickle slices ..... 4.25

#### DOUBLE DECKERS

\* **ROAST BEEF** w/American Cheese, Lettuce, Tomato, Mayo ..... 9.45  
**BAKED HAM** w/American Cheese, Lettuce, Tomato, Mayo ..... 7.95  
**SLICED TURKEY** w/Bacon, Lettuce, Tomato, Mayo ..... 7.95  
*Served with French Fries*

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

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 ..... 1.95

\* 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** ..... 8.55
- \*SPANISH** ..... 8.55  
with Ham, Eggs, Cheddar, Onion, Green Peppers, Tomato
- \*STEAK, EGG & CHEESE** ..... 10.85  
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