

# HEALTHY

Every gourmet dish at The Original Pancake House is cooked in the highest quality clarified butter. We do not have any Pam, Vegetable oil, or imitation butter - flavored cooking oil. We take 55 pound blocks of 93 score butter and melt it down at a very low temperature. When completely melted the butter separates into three layers: a layer of fat on the bottom, a layer of oil in the center, and a layer of fat on the top. The top layer of fat is expertly skimmed off and discarded, then the oil is dipped out of the middle and the remaining layer of fat is discarded. The layer of oil in the center is the clarified butter. It is a type of oil used in cooking that has many benefits. Clarified butter does not turn brown when cooked, it maintains the flavor of butter, and it is much healthier than butter that is not clarified.

Many of our batters have peanut oil in them, and our home fries are cooked in peanut oil. Peanut oil is about 50% Mono-unsaturated oil. Monounsaturated fats are known to help reduce the levels of LDL (the bad) cholesterol. Peanut oil is also about 30% Polyunsaturated which is also considered relatively healthy. Polyunsaturated oils have been found to be particularly beneficial to coronary health (purportedly lowering the bad LDL cholesterol and elevating the good HDL) as well as to brain growth and development.

# PROTEIN & LOW FAT

You just can't get a much higher protein and low carb meal than one of our omelettes. We will even make it egg whites only for you. Of course, we only use real eggs and separate the whites from the yolks to order.

Our buttermilk pancakes are low fat. We make them from scratch using a low fat powdered buttermilk, and a low fat powdered skim milk. We also only use hardwheat unbleached flour.

# QUALITY

We only use the highest quality ingredients on the market. For example we only use **Arm & Hammer** baking soda, and **Calumet** baking powder.

We don't have grape jelly. You have come to the wrong restaurant if grape jelly is what you are looking for. We only buy the finest quality (**Dickenson**) preserves on the market. We have strawberry, blackberry, and orange marmalade.

We serve **White House** apple juice and apple sauce. We only buy **Ocean Spray** cranberry juice. Our tomato juice is **Sacramento**. And we are serving **Bob's Red Mill** thick rolled oat meal.

All of our meats are **Hormel** brand and black label.

# ALL NATURAL

Everything we do at The Original Pancake House is done with all natural ingredients. Even the toast we serve you is bread that a local baker bakes just for us with no preservatives added to it. We have it delivered almost everyday so that it is fresh, and when it is served to you we lather it with a thin layer of real 96 score whipped butter that we whipped.

We slice fresh ripe melon, strawberries, and bananas everyday. We make whipped cream with real heavy cream every morning.

Orange Juice at The Original Pancake House is freshly squeezed each morning in - house. On average it takes Between 5 and 8 oranges to make a single glass of juice. We never purchase bottled or pre-squeezed juice that is labeled "fresh squeezed"; we only purchase cases of fresh oranges. In the winter season the juice may not taste as sweet as the summer juice, but this is because we never add sweeteners or other products to our juice. Everyday it is simply crisp, freshly squeezed juice right from the oranges.

At The Original Pancake House we serve our eggs fresh from the farm. This means that the eggs we serve are laid and supplied by a local farmer. We then crack each egg by hand right before we serve it to you because we feel that it is important that even your scrambled eggs do not come out of the shell too long before they are served. Unlike some restaurants that buy eggs pre-cracked and packaged in large plastic bags, we crack over 600 dozen eggs per week. That leaves us with a lot of empty shells and you with the freshest breakfast possible.

# PANCAKES

Pancakes from The Original Pancake House are an exceptional treat. Like all of our creations, the buttermilk pancakes are made 100% from scratch.

Pancakes this delicious have to be started days in advance. The process begins with sour starter, a key ingredient in many baking recipes. We make our own sour starter in-house using potatoes, water, flour, sugar and yeast. With the exact amounts of these ingredients, and the exact temperatures we create our sour starter that has to sit for days and days, to work its magic, before we use it.

The buttermilk batter is mixed by hand in an extra large bowl with an extra large whip. Then, we activate the batter with our own sour starter, fresh whipped eggs, and yeast. This activation creates a chemical reaction that causes the batter to bubble and fester all day long.

The batter rises on the grill and makes the lightest, fluffiest, melt in your mouth pancakes you have ever tasted. There is no such thing as an Original Pancake House pancake mix - you simply can't get pancakes this delicious from a box!

# APPLE PANCAKE

The Apple Pancake is a dish very unique to The Original Pancake House that takes over an hour to cook.

We peel and slice fresh, tart and tangy Granny Smith apples. The apples are placed in an eight inch skillet and lightly sautéed in clarified butter. Next, the egg based German batter is added from a batch that was made fresh that morning. The skillet is then placed in a 200 degree oven for approximately 45 minutes. At this temperature the German batter will solidify, but will not bake. Then the skillet is removed from the oven and sprinkled with cinnamon sugar, the pancake is flipped over and baked in a 450 degree oven.

At this point the German batter will rise in the skillet as it bakes and the cinnamon sugar mixture on the bottom begins to caramelize. After approximately 15 minutes of bake time the Apple Pancake is flipped back over onto a plate, and served.

The Apple Pancake is very large when it comes out of the oven, but after it is served, it will shrink on your plate right before your eyes as it cools. Even though it takes over an hour to prepare one of these pancakes, we are always baking one; so it should not be much more than 10 to 15 minutes before you can enjoy your fresh Apple Pancake after it is ordered.

# DUTCH BABY

The Dutch Baby is another Original Pancake House exclusive. Like the Apple Pancake it is made from fresh German batter, but there are no apples or cinnamon sugar. This delicacy bakes up into a large puff in the oven and is served to you immediately. It will deflate right before your eyes just like the Apple Pancake. The Dutch Baby is topped with powdered sugar, and it is served with more powdered sugar, lemon wedges, and whipped butter. Squeeze the lemon wedges over your Dutch Baby and add the sugar and butter to make a delicious lemon syrup.

# OUR COFFEE

The coffee at The Original Pancake House is our own rich blend ground just for our customers. This distinctive taste can only be found at Original Pancake House restaurants. We serve our coffee with pure, heavy whipping cream. There are times when the cream is so thick that it must be stirred with a spoon to get it to mix with the coffee, or times that a thin layer of oil appears on the surface of the coffee. This is due to the luxurious nature of the heavy cream. If you do not have a taste for the heavy cream, you may enjoy your coffee with milk.

# OMELETTES

An Original Pancake House Omelette is made with six farm fresh large eggs. We stiff whip the eggs and place them in a pan with clarified butter. At The Original Pancake House we do not fold our Omelettes, instead we roll the Omelette in the pan so the cooked egg is forced off of the bottom of the pan and raw egg goes in its place. Once the Omelette is completely rolled it is placed in an oven to bake. Our Omelettes are quite a masterpiece when complete, so please allow extra cook time when ordering one.

# FRENCH TOAST

Another quality dish served at The Original Pancake House is the French Toast. We use real French bread cut into thick slices and dipped (not saturated) in a batter of egg and cream that has just a touch of Amaretto in it to accentuate the flavor. It is grilled to perfection, in clarified butter, then lightly dusted with powdered sugar and served with warm maple syrup.

Try our Cinnamon Nut French Toast also. It is our famous French Toast coated with sliced almonds, dusted with cinnamon sugar, and served with our home - made apple syrup.

# CORNERED BEEF HASH

Ever had fresh corned beef hash, not from a can? It may be hard to find anywhere other than The Original Pancake House. We make our Corned Beef Hash fresh right here in the restaurant. We grind up Hormel Corned Beef with fresh cooked potatoes and onion. We then fry a healthy 9oz portion in a skillet with clarified butter until it is crispy on both sides. It is then topped with three poached eggs and served with rye toast and preserves.

# PRIVATE ROOM

We have a 30 seat private room that is available to reserve Monday through Friday only. We provide wireless internet and electricity for projection equipment.

This room is perfect for anything from a pre-work motivational breakfast, to a team celebration breakfast or lunch, to an actual working breakfast or lunch, or even a family gathering.

You have a place for your gathering or meeting, and you can compliment it with the quality food that can only be found at The Original Pancake House.

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