



Any of our Egg Dishes can be prepared with Egg Whites or EggBeaters for \$1.5 extra

Biscuits & Gravy
6

Farm-Fresh AA Eggs

Served with Hash Browns or Fruit and Toast or Pancakes. (Substitute Specialty Pancakes for \$1.5) • Egg Whites add \$1.5

- One Egg, Any Style** 5.5
- With Bacon, Canadian Bacon, Sausage Patties or Links or Ham** 8
- With Corned Beef Hash** 9
- With (2) Homemade Biscuits & Gravy** 7
- Two Eggs, Any Style** 6.5
- With Bacon, Canadian Bacon, Sausage Patties or Links or Ham** 9
- With Corned Beef Hash** 10
- With (2) Homemade Biscuits & Gravy** 8.5
- Minced Ham & Eggs**
(3) Eggs scrambled, Sharp Cheddar and Ham off the bone 9

Sizzling Skillets



Served on a bed of Hash Browns with 2 Eggs & Toast or Pancakes

- South of the Border**
Cheddar and Chihuahua Cheese, Chorizo Sausage, Jalapeños, Avocado, Cilantro, Onions and Salsa 11
- Texas Skillet**
Skirt Steak, Onions, Green Peppers, Mushrooms and Cheese 12.5
- Meat Lover's Skillet**
Ham, Bacon, Sausage, Onions and Cheese 11.5
- Garden Skillet**
Cheddar and Jack Cheeses, Mushrooms, Asparagus, Spinach, Onions, Tomatoes and Broccoli 9.5
- Denver Skillet**
Ham, Cheddar and Jack Cheeses, Bell Peppers and Onions 10.5
- Lumberjack Skillet**
Corned Beef Hash topped with melted Cheddar Cheese 11
- Butcher Block Skillet**
Cheddar and Jack Cheeses, Ham, Turkey Sausage and Bacon 11.5
- Country Skillet**
Smoked Sausage, Onions, Peppers and melted blended Cheese 10.5

Awesome Omelettes

All our Omelettes are made with Farm-Fresh Eggs and Selected Ingredients only.

Served with Hash Browns or Fruit and choice of (2) Buttermilk Pancakes or Toast.

- Greek Omelette**
Spinach, Tomatoes, Mushrooms, Feta Cheese and Onion 10.5
- Goat Cheese Omelette**
Sun-dried Tomatoes, Goat Cheese and Arugula 10
- Española Omelette**
Spicy Chorizo, Jalapeños, Avocados, Onions, Cilantro, Mushrooms and Chihuahua Cheese, with Salsa on the side 11.5
- Latino Chicken Omelette**
Grilled Chicken, Peppers, Chihuahua Cheese, Sour Cream and Salsa 11.5
- California Omelette**
Avocado, Tomatoes, Zucchini, Crisp Bacon and Swiss Cheese 11
- Iron Man Omelette**
Egg-whites, Mushrooms, Tomato, Onion and Spinach topped with melted Monterey Jack Cheese 11.5
- Garden Omelette**
Broccoli, Mushrooms, Onions, Tomatoes, Bell Peppers and Asparagus 10.5
- Butcher Shop Omelette**
Bacon, Sausage and Ham off the bone, topped with melted Jack Cheese 11
- Denver Omelette**
Ham, Onion and Green Pepper 10
- Choose-Your-Cheese Omelette**
(Choice of one cheese) American, Cheddar, Swiss, Pepper Jack, Monterey Jack, Cream Cheese 9
For Feta, Goat or Chihuahua Cheeses, add \$1

Rainbow's All-Star Combo

(2) Eggs Any Style, (2) Sausage Links or (2) Bacon, Coffee & your choice of (2) Crepes or (2) Pancakes or (2) French Toast or (2) Potato Pancakes
11.5

Fresh AA Egg Specialties

- Breakfast Panini**
(2) Eggs scrambled, Bacon, Tomato, Swiss Cheese and Basil, with Hash Browns on the Side 10
- Breakfast Burrito**
Flour Tortilla, Scrambled Eggs, Chorizo, Chihuahua Cheese, Avocado, Cilantro, Salsa and Hash Browns on the Side 10
- Morning Glory**
Sausage Patty, Cheddar Cheese, sunny side up Egg, Arugula and English Muffin 10
- Breakfast Quesadilla**
Filled with Eggs, grilled Chicken, Black Beans, Cilantro, Chihuahua Cheese, Sour Cream, Salsa and Hash Browns 10
- Croque Madame**
Ham, Swiss Cheese, Onion, Sauce and sunny side up Egg on toasted Sourdough Bread 10

Specialty Benedicts

~Indulge yourself in a Benedict~

All Benedicts served on toasted English Muffin and Hash Browns on the side.

Classic Egg Benedict

Poached Eggs, Canadian Bacon and Hollandaise Sauce 10

Corned Beef Hash Benedict

Corned Beef Hash, Poached Eggs, Green Pepper and Onion topped with Hollandaise Sauce 11

Southern Benedict

Oven Baked Biscuits, Sausage Patties, Poached Eggs and topped with homemade Sausage Gravy 11

Ham Benedict

Poached Eggs and Ham off the bone topped with Hollandaise Sauce 10

Ranchero Benedict

Poached Eggs, Chorizo and Bell Peppers topped with Chipotle Hollandaise Sauce 11

Florentine Benedict

Poached Eggs, Chopped Bacon, Sautéed Spinach and Hollandaise Sauce 11



Create your own Signature Scrambler, Omelette or Skillet

Choice of Three Ingredients 11

Meats

Bacon, Ham, Sausage, Turkey Bacon, Chicken, Sausage, Chorizo, Canadian Bacon \$1.5

Veggies

Tomatoes, Mushrooms, Spinach, Artichokes, Zucchini, Red Peppers, Green Peppers, Onions, Japapeño, Avocado, Basil, Broccoli, Asparagus \$1

Cheeses

Feta, Goat Cheese, Cheddar, Pepper Jack, Bleu Cheese, Swiss, Cream Cheese, Mozzarella, Chihuahua \$1

Egg Scramblers

Kale Scrambler

Sautéed baby Kale, sautéed Onion, Tomato and Feta Cheese 10

Acapulco Scrambler

Chorizo, Avocado, Chihuahua Cheese, Tomatoes and Jalapeños served with Salsa and Sour Cream 10

Egg White Scrambler

Egg Whites, Turkey Sausage, Goat Cheese, fresh Basil and Tomatoes 11.5

Canadian Scrambler

Egg Beaters or Egg Whites, Canadian Bacon, Spinach and Tomatoes served with Fruit and English Muffin 10.5

Steak Combos

Served with Hash Browns or Fruit and Toast or Pancakes.

Skirt Steak & (2) Eggs, Any Style 17.5

Chopped Steak & (2) Eggs, Any Style 11

Ribeye Steak & (2) Eggs, Any Style 16.5

(2) Pork Chops & (2) Eggs, Any Style 13

Country Fried Steak

& (2) Eggs, Any Style 10

Healthy Selections

Old Fashioned Oatmeal

Made with 2% Milk and Brown Sugar
Bowl 3.5 Cup 2.5

Add Fresh Strawberries or Bananas or Cinnamon Apples or Raisins and Pecans for \$1.5

Pam's Healthy Scrambler

Delicious pieces of Chicken Sausage, fresh leaf Spinach, Mushrooms and Tomatoes scrambled into (4) No-Cholesterol Egg Beaters, topped with Swiss Cheese, served with fresh Fruit and Toast or English Muffin 11

Slim & Trim Omelette

Egg White Omelette with sliced Mushrooms, Avocado, Tomatoes and Onions, served with fresh Fruit and Dry English Muffin 10

Fantastic Fritattas

Rainbow Frittata

Bacon, Tomatoes and Spinach topped with Jack and Cheddar Cheeses and Sour Cream 11.5

Pancho Frittata

Chorizo, Avocado, Jalapeño, Cilantro, Onions and Chihuahua Cheese, with a side of Salsa 11.5

Side Orders

Kellogg's® Dry Cereal served with Milk 2.5

Add Choice of Banana or Raisins 3.5

Side Order of Fresh Fruit (in season) 3

Cottage Cheese 3

Cottage Cheese & Peaches 4

Toast 2.5

Muffin 2.5

Bagel 2.5

Bagel with Cream Cheese 3.5

Hash Browns 3

Pecan Roll 3.5

(1) Egg, Any Style 1.5

Potato Pancakes (2) 4

Ham off the Bone 4

Bacon 4

Turkey Bacon 4

Turkey Sausage Patties 4

Sausage Links or Patties 4

Canadian Bacon 4.5

Corned Beef Hash 5.5



Specialty Pancakes

Dusted with Powdered Sugar.

Buttermilk Pancakes

House-made Batter 7

Multi-grain Pancakes

A healthier twist made with our Whole Grain Batter 8

Dark Cherry Pancakes 9.5

Fresh Glazed Blueberry Pancakes 9.5

Fresh Glazed Strawberry Pancakes 9.5

Chocolate Chip Pancakes 8

Granola Cakes

Granola infused Mutli-grain Batter, topped with Berries, Granola and Honey 9.5

Banana Pecan Cakes 8

Fresh Berry Pancakes

Pancakes topped with fresh Strawberries, Blueberries and Raspberries 10

Caramelized

Apple-Cinnamon Pancakes 10

Homemade Potato Pancakes

With Applesauce and Sour Cream 8.5

Add Bacon, Sausage Links or Ham, \$3 extra

Crepes

Plain Crepes 7

Nutella Crepes

Stuffed with Nutella and Bananas with Whipped Cream 9

Rainbow Crepes

With Sour Cream, Cherries and Pecans 9

Fresh Berry Crepes

Crepes topped with fresh Strawberries, Blueberries and Raspberries 10

Savory Crepes

Ham, Peppers, Onions, Scrambled Eggs and Cheddar with Sour Cream, 11



French Toast

Dusted with Powdered Sugar.

Traditional French Toast 8

Multi-grain French Toast

Fresh Multi-grain Bread battered and grilled golden brown 8.5

Granola French Toast

Texas Toast dipped in fluffy Egg Batter and crusted with Granola 9

Cinnamon Swirl French Toast

Cinnamon Swirl Bread lightly dipped in our fluffy Egg Batter and cooked to perfection 9

Fresh Berry French Toast

French Toast topped with fresh Strawberries, Blueberries and Raspberries 10

New Orleans French Toast

Fresh Bananas and crunchy Pecans piled on our thick golden brown French Toast 9

Add Bacon, Sausage Links or Ham, \$3 extra

With Choice of Fruit:

Strawberries or Blueberries or Cherries or Cinnamon Apples or Bananas, \$2



Gourmet Waffles

Dusted with Powdered Sugar.

Belgium Waffle 7

Fresh Glazed Dark Cherry Waffle 9

Fresh Glazed Blueberry Waffle 9

Fresh Glazed Strawberry Waffle 9

Fresh Apple Cinnamon Waffle 9

Chocolate Chip Golden Waffle 8

Strawberry Nutella Waffle

Classic Belgian Waffle topped with Nutella and fresh Strawberries 10

Pecan Waffle 9

Fresh Berry Waffle

Waffle topped with fresh Strawberries, Blueberries and Raspberries 10

Waffle & Chicken

Topped with fried Chicken Tenders 10.5

Add Bacon, Sausage Links or Ham, \$3 extra



Appetizers

Chicken Tenders

With Barbeque Sauce 8

Onion Rings 7

Mozzarella Cheese Sticks 8.5

Greek Fries

With Feta Cheese, Oregano and Lemon 7

Spicy Buffalo Wings

With Celery, Carrots and
Bleu Cheese Dressing 9

Combo Appetizer

Onion Rings, Mozzarella Sticks, Chicken Strips
and Buffalo Wings 10

Soup of the Day

Bowl 4.5 Cup 3.5

Paninis & Wraps

Served with a complimentary Cup of Soup.

*Add French Fries, Fruit or
homemade Coleslaw for \$1*

Grilled Chicken Breast Panini

With Tomato, Spinach and Swiss Cheese 11

Veggie Panini

Fresh Spinach, Tomatoes, Mushrooms
and low fat Mozzarella Cheese 9

Chicken Caesar Wrap

Sliced Chicken, Romaine Lettuce, Parmesan
Cheese and Caesar Dressing stuffed in a Wrap 11

Turkey B.L.T. Wrap

Turkey, Bacon, Lettuce, Tomato and
Cheddar Cheese with a side of
Thousand Island Dressing, in a thin Flatbread 11

Mediterranean Wrap

Tender marinated Chicken tossed with Feta
Cheese, Lettuce, Tomato and Onions, with
our Greek House Dressing, in a thin Flatbread 11

Salads

Crispy Chicken Salad

Mixed Greens, fresh Tomato, Bacon Bits,
sliced Egg and shredded Cheddar Cheese,
topped with crispy Chicken Strips,
with your choice of Dressing 12

Greek Salad

Fresh Romaine and Iceberg Lettuce, imported
Feta Cheese, Tomatoes, Onions, Cucumbers,
Kalamata Olives, Pepperoncini and Oregano
tossed in our special Greek Dressing 11.5

Add Chicken Breast, \$4

Goat Cheese Salad

Arugula, Pecans, Goat Cheese
and Balsamic Vinaigrette 11.5

Kale Cobb Salad

Kale, Chicken, Avocado, Bacon, Bleu Cheese
Crumbles and Hard Boiled Eggs, with creamy
Bleu Cheese Dressing 13

Chef's Salad

Tuna or Chicken Salad, crisp mixed Greens,
Tomato Wedges, Egg Slices and sliced American
Cheese topped with your favorite Dressing 11

Julienne Salad

Tomatoes, Peppers, Onions, Boiled Eggs, Turkey,
Ham and Cheese, over Fresh Salad 11

Steak Salad

Mixed Greens, grilled Skirt Steak, Onion,
Feta, Cucumber and Tomato with
Balsamic Vinaigrette 14

Stuffed Avocado

With homemade fresh Tuna or Chicken Salad,
Served with Cottage Cheese and fresh Fruit 11

Tri Salad

One Scoop of Chicken, Tuna and Egg Salad
on a bed of Lettuce, Tomato, Cucumber
and Garnish 11

Caesar Salad

Chopped fresh Romaine Lettuce mixed with
homemade Caesar Dressing, Croutons and
Parmesan Cheese 9

Add Chicken Breast, \$4

Diet Specialties

Lo-Calorie Plate

Full 1/2 lb. broiled Patty of Pure Black Angus
Beef with a mountain of dairy fresh Cottage
Cheese, Chef's Garnish and Jello 12

Trim & Slim

Boneless Breast of Chicken on a Mountain of dairy
fresh Cottage Cheese and Chef's Garnish 12.5

Moonglow Salad

A scoop of Cottage Cheese with Peach Slices,
served with Raisin Toast 8



Hearty & Tasty Sandwiches

Served with a complimentary Cup of Soup and Pickle.

Add French Fries, Fruit or homemade Coleslaw for \$1

Turkey Club

Fresh Turkey sliced, with Bacon, Lettuce, Tomato and Mayonnaise, on White toasted Bread 11

B.L.T. Club

Bacon, Lettuce and Tomato 10

Junior Club

Turkey, Bacon, Lettuce and Tomato 11

Chicken or Tuna Salad Sandwich

All white meat Chicken Salad with Arugula and Tomato, on Multi-grain Bread 11

Blackened Chicken Sandwich

Cajun Spices, Mozzarella Cheese, Bacon, Tomato and Signature Sauce, on a Sesame Brioche Bun 12

Hot Turkey Sandwich

All fresh white meat Turkey Breast on White Bread, served with Mashed Potatoes and Gravy 11

Monte Cristo

French Toast with Ham and Swiss Cheese, grilled to a golden brown 11

Grilled Cheese

American Cheese 7.5

Add Ham or Bacon, \$1

Philly Steak or Chicken Sandwich

Grilled Steak or Chicken, Mushrooms, Onions, Green Peppers and Mozzarella Cheese, on French Bread 12

Gyro Pita Sandwich

Gyro Meat, Onions, Tomatoes, Pita Bread and served with a side of Tzatziki Sauce 11

Fried Chicken Sandwich

Buttermilk Fried Chicken, Cheddar Cheese, Lettuce, Pickles & Mayonnaise, on Brioche Bun 12

Skirt Steak Sandwich

With grilled Onions and Peppers, on French Roll 15

Pork Chop (1) Sandwich

With Au Jus, on White Toast 11

Chicken 'n Pita

Chicken Breast with Lettuce, Tomato, Bacon and Cheddar Cheese, served on a Pita Bread 12

French Dip

With Au Jus on the side 11

Sliced Turkey

Served with Cranberry Sauce and your choice of Bread 10



Burgers

All of our featured Burgers are 1/2 lb. fresh ground Black Angus Beef. Served with Lettuce, Tomato, Pickle and a complimentary Cup of Soup. Add French Fries, Fruit or homemade Coleslaw for \$1

Beef Burger

Served on Brioche Bun 9.5

Cheeseburger 10

Bomb Burger

Bacon, Fried Egg and Cheddar Cheese, on Brioche Bun 12

Rainbow Burger

Pickles, American Cheese, Bacon, grilled Onions and our Signature Sauce, on Brioche Bun 12

California Dreamin' Burger

Fresh sliced Avocado, topped with Mozzarella, on Brioche Bun 11

Alpine Burger

All the tastes America loves! Grilled Onions, Mushrooms, crisp Bacon and American Cheese, on a Brioche Bun 11

Belt Buster

With Onion Rings, Coleslaw and Cheddar Cheese, on Brioche Bun 11

Turkey Burger

Topped with Lettuce and Tomato, on a Brioche Bun 11

Create you own Burger

Add Bacon, \$1.5

Add Grilled Mushrooms, Jalapeños, Green Peppers, Onions, 50¢

Add Fried Egg, Swiss, Cheddar, PepperJack, Feta, Bleu, Goat or Mozzarella Cheese, \$1

Melt Shop

Served with a complimentary Cup of Soup and Pickle. Add French Fries, Fruit or homemade Coleslaw for \$1

Patty Melt

Hand-patty'd with Sautéed Onions and melted American Cheese, on grilled Rye 10.5

Rainbow Pita Melt

Chicken Breast topped with Cheddar Cheese, Bacon and grilled Onions on Pita Bread 11.5

Avalon Chicken Melt

Tender Chicken Breast, Bacon, Tomato and Swiss on toasted Sourdough Bread 11.5

Tuna Melt

Tuna Salad and American Cheese, on Rye 10.5

Rueben Sandwich

Corned Beef, Swiss Cheese and Sauerkraut on Dark Rye with Thousand Island Dressing, served Open Face 11.5



We only use healthy, natural and fresh ingredients!

Dinner Selections

Served with Soup or Salad, Choice of Potato, Bread and Butter.

Steaks & Chops

(Not Responsible for Steaks Ordered Well Done)

Broiled Skirt Steak

Au Jus, with Onion Rings 18

Rib Eye Steak

Au Jus, with Onion Rings 18

Broiled Chopped Sirloin Steak

Au Jus and grilled Onions 13

Broiled Center-Cut Pork Chops (2)

Au Jus and Applesauce 13



*"The Illinois Department of Public Health advises that eating raw or under-cooked meat, poultry, eggs or seafood poses a health risk to everyone, but especially to the elderly, young children under age 4, pregnant women, and other highly susceptible individuals with compromised immune systems. Thorough cooking of such animal foods reduces the risk of illness."
(Section 750.110)*



Athenian Delights

Served with Small Greek Salad.

Greek Chicken

Spiced with Oregano, Olive Oil and Lemon, served with Oven-brown Potatoes 13.5

Greek Style Skirt Steak

Served with Oven-brown Potatoes 19.5

Chicken Souvlaki

(2) Greek-style Chicken skewers with Lettuce, Tomato and Onion served on a Pita Bread with Tzatziki Sauce, with choice of French Fries or Rice 11.5

Shrimp or Chicken Mediterranean

Fresh Green Peppers, Onions, Tomatoes, Olives, Garlic, Sherry Wine, Feta Cheese and fresh Basil, served with Rice 13.5

Athenian Chicken or Beef Kabob

Marinated Chicken Breast in Olive Oil, Oregano and Lemon served with Vegetables and Rice 14

Broiled Center-Cut Pork Chops (2)

Athenian Style, served with Oven-brown Potatoes 15

Favorites

Baby Beef Liver

With Onions or Bacon 10.5

For Both \$1 extra

Homemade Meat Loaf

With Brown Gravy 10.5

Breaded Veal Cutlet

With Brown Gravy 13

Breaded Pork Tenderloin

With Brown Gravy 12

Fried or Broiled 1/2 Spring Chicken 11.5

Broiled Chicken Breast

With Rice Pilaf 11.5

Roast Turkey

With Dressing and Cranberry Sauce 11.5

Chicken Fingers

With B.B.Q. Sauce 11

Seafood

Broiled Salmon

With Lemon Butter Sauce 17.5

Broiled Tilapia

With Lemon Butter Sauce 12

Broiled Catfish

With Lemon Butter Sauce 13

Broiled or Fried Perch

With Tartar Sauce and Lemon Butter Sauce 12

International Favorites

Sorry, No Potato

Spaghetti

With Meat Sauce 10

Mostaccioli

With Meat Sauce 10

Veal Parmesan

Served with Spaghetti or Mostaccioli 14

Chicken Parmesan

Served with Spaghetti or Mostaccioli 14

Stir-Fry Chicken

Served with Fresh Oriental Vegetables and Rice 14

Stir-Fry Shrimp 16



Desserts

- Homemade Rice Pudding 3.5
Assorted Pies 4
Dish of Ice Cream 3
Ice Cream Sundaes 5
STRAWBERRY BUTTERSCOTCH
CHOCOLATE HOT FUDGE
Old Fashion Banana Split 6
Served with Chocolate, Vanilla and Strawberry
Ice Cream and topped with Whipped Cream,
Nuts and a Cherry

Ice Cream Sodas

*Fun in a glass means smooth Rainbow's
Ice Cream dunked in Soda and topped
with Whipped Cream Nuts and a Cherry.*

- Root Beer 5
Chocolate 5
Strawberry 5
Cherry 5
Vanilla 5

Milk Shakes

- Chocolate 5
Vanilla 5
Strawberry 5



Smoothies

Ask your server for our delicious variety!

- Strawberry Smoothie 3.5
Strawberry-Banana Smoothie 3.5
Mango Smoothie 3.5
Peach Smoothie 3.5

Taste the Difference

- We Use the Highest Quality of Fresh Fruits, Vegetables and Dairy Products.
- We Serve the World's Finest Coffee.
- We Aim to Please at all Times.

The Management

Beverages

- Handcrafted Freshly Brewed
100% Arabica Beans Coffee
Regular or decaffeinated 2.5
Hot Tea
Regular or decaffeinated 2.5
Hot Chocolate 2.5
Milk 2% 3
Chocolate Milk 3.5
Soft Drinks 2.5
Ice Tea 2.5
Raspberry Ice Tea 2.5

Juices

- Fresh Squeezed Orange Juice 3.5
Strawberry Orange Juice 4.5
Cranberry Juice 3.5
Apple Juice 3.5
Tomato Juice 2.5
Lemonade 2.5

*You are always specially welcome when
you join us for a pause in your day -
- whether it's breakfast, lunch, or dinner.
Your time with us is given the utmost in
quality care with all of our menu selections.
Here, we use only the finest quality
ingredients in preparing our food. We do not
believe in taking shortcuts. Our goal is to
achieve customer satisfaction through
our highest quality food service.
You, our customer, are the most important
ingredient in our restaurant. Please let us
hear your comments or suggestions.
If you feel we have done wrong, let us know
right away; and if you especially enjoyed
your visit with us, please tell your friends.
Thank you for choosing us.
We look forward to serving you.*

Gift Certificates Available

*Any Item Can be Prepared for Carry-Out
Carry-Out Charge, 50¢*

*MINIMUM CHARGE \$4.00 PER PERSON AT BOOTHS OR TABLES
SHARING A PLATE \$3.50*

SORRY, WE'RE NOT RESPONSIBLE FOR LOST ITEMS
SUBSTITUTIONS CHEERFULLY MADE AT AN ADDITIONAL CHARGE