



WELCOME TO NASHVILLE'S TRADITION

Pancake Pantry



We are so glad you took a break from your busy day to come and be our guest. Please take time to look over our menu. Everything you see is prepared from the finest ingredients and is available for order at any time during our day. We have so many good things to enjoy here for breakfast or lunch...the food, the people, so we hope you will become one of our cherished regulars.

PANCAKES

Sweet Potato Pancakes

Real Sweet Potatoes in a fluffy batter make this our most unusual pancake. Sprinkled with powdered sugar, and cinnamon we also recommend cinnamon cream syrup as accent.

8.65

Wild Blueberry Pancakes

5 delicious buttermilk pancakes topped with a thick and rich, wild Maine Blueberry compote. Sprinkled with powdered sugar.

7.75

Parisienne

Think of 3 thin pancakes brimming with Strawberry compote. Top it all of with powdered sugar & real whipped cream.

Served cool

7.75

Caribbean Pancakes

A Natural Delight! 5 buttermilk pancakes surrounded by slices of banana, a handful of choice pecans and topped with shredded coconut and powdered sugar. Served with butter and syrup.

7.75

Raspberry Delight

Begin with Red Raspberry compote tucked into three thin pancakes, top them with Raspberry compote, powdered sugar and real whipped cream.

8.65

Silver-Dollar Pancakes

These tender and tasty buttermilk pancake miniatures are everybody's favorite. Served with butter and syrup.

8@6.15

15@7.75

Smokey Mountain Buckwheat Cakes

A dark flavored grain, which produces a fluffy, light pancake. Served 5 cakes high with butter and honey.

7.75

Swiss Chocolate Chip Pancakes

For Chocolate Lovers! Old Fashioned buttermilk pancakes covered with rich chocolate chips. Sprinkled with powdered sugar. Served with butter and syrup.

7.75

Georgia Peach Pancakes

3 Tender, rolled pancakes each hold a dollop of sweet Georgia peach compote. Add more delicious compote and top with powdered sugar & whipped cream.

7.75

Village Smithy COLO Sante Fe Cornmeal

3 Stone Ground Cornmeal Pancakes with chunks of bacon, cheddar cheese and roasted green chiles cooked inside.

Recommended with maple syrup, hot picante and sour cream.

7.75

Blintzes

A Perennial favorite! 3 super thin, egg batter pancakes are first filled with a sweet and cinnamon spiced cottage cheese, then dusted with powdered sugar and more cinnamon.

Delicious with sour cream and honey.

8.65



Cherry Supreme

Start with a tart red cherry compote rolled into 3 thin pancakes. Follow with more cherry compote and top with whipped cream and powdered sugar.

7.75

Old Fashioned Buttermilk Pancakes

Made from a secret recipe with flour milled in the Great Smokey Mountains.

Served with "Honest to Goodness", real whipped butter and hot homemade syrup. We highly recommend 'em.

6.15

Sugar and Spice Pancakes

Light and tender pancakes made from a special cinnamon and spice batter. Sprinkled with powdered sugar and cinnamon. Served with applesauce and butter.

Hot Maple or Cinnamon syrup.

7.75

WAFFLES	5.30
Raspberry	6.85
Blueberry	6.60
Pecan	6.60
Chocolate Chip	6.60
Ham	6.60
Bacon	6.60

Apricot-Lemon Delight

Diced apricots blended with pecans and enhanced by the flavor of fresh lemons. This one has the zip that tired old taste buds appreciate.

Powdered sugar & whipped cream.

7.75

Potato Pancakes

A creamy potato pancake batter made with special spices and minced onion, with your choice of tangy applesauce or bacon. Served with butter, sour cream and syrup.

7.75

Orange- Walnut Pancakes

5 light buttermilk pancakes covered with tasty walnuts and a zesty orange compote.

Sprinkled with powdered sugar. Topped with whipped butter.

7.75

Pecan Pancakes

A handful of sweet southern pecans makes the batter better. Top with powdered sugar and cover with maple-pecan syrup and butter. Enjoy!

7.75

Swedish Pancakes

3 tender, crepe pancakes rolled with tangy, imported Lingonberry preserves inside. Topped with Lingonberry butter, powdered sugar and lemon wedges.

Absolutely delicious-

7.75

Chocolate Sin

Three of our light crepes filled with a chocolate ganache then topped with raspberry compote, powdered sugar, more chocolate ganache and fresh whipped creme

8.65

Water Ground Cornmeal Pancakes

The classic Old South moist corn cake made with traditional coarse ground yellow meal. Served with butter and honey.

6.15

Pigs In A Blanket

3 tasty link sausages, each tucked inside a light and tender pancake, served with syrup and butter. A hearty meal!

7.75

BREAKFAST FOR THE REGULARS

EGGS

Ham & Eggs	9.35
A thick slice of ham, two eggs your style and three buttermilk pancakes	
Bacon & Eggs	8.45
Hickory smoked bacon, two eggs your style and three buttermilk pancakes	
Sausage & Eggs	8.45
Country style sausage (link or patty), two eggs your style and three buttermilk pancakes	
Chopped Ham in Scrambled Eggs	8.05
with three buttermilk pancakes	
Small Appetite Plate	7.25
Four silver dollar pancakes, one egg & bacon and small drink	
Tennessee Country Ham	12.75
Cured in true Southern tradition & 2 fresh eggs with 3 buttermilk pancakes	
Steak & Eggs	14.25
A sizzling 8 ounce rib steak served with two eggs; also buttermilk pancakes or fresh hash browns and grilled french bread	
Chopped Sirloin Steak	10.90
A sizzling 8 ounce sirloin steak served with 2 eggs, also buttermilk pancakes or fresh hash browns and grilled french bread	
Egg & Cakes	7.35
Two eggs your style with 3 buttermilk pancakes	

SIDES

Three Buttermilk Pancakes	5.05
Grits	1.80
Toast	1.90
(wheat, rye, white, raisin, sourdough or english muffin)	
Danish	2.55
Croissant	2.85
Bagel w/fruit & cream cheese	5.00

GRILL COOK'S MEDLEY

One of our best sellers...put together mounds of hash browns, with onions, green peppers, tomatoes, and ham all grilled up crisp. Add to that two kinds of melted cheese and topped with two fried eggs. Just break the yolks and spread picante sauce all over.

Wheat toast as mop up **10.00**
add two buttermilk pancakes **12.30**

FRENCH TOAST

Our french toast is special, and the best. We use thick french bread, grilled just right then served sprinkled with powdered sugar and cinnamon. Add whipped butter and our homemade hot maple syrup or cinnamon cream syrup and life is good. **9.00**

LOW FAT BREAKFAST

Farm fresh eggs, yolks hand separated; grilled as omelet or scrambled. Served with three buttermilk pancakes, the pancakes have a minimum of cholesterol or fat. Our syrup is also fat free. Try our stuffers below.

With scrambled **7.45**
With Omelet **7.45**

Create your own...Tell us what else to add from the "Omelet Stuffers" below **1.30 each**
The more stuffers the more egg...

American Cheese	Tangy Onion
Cheddar Cheese	Green Peppers
Swiss Cheese	Ripe Tomatoes
Crispy Bacon	Mushrooms
Sugar Cured Ham	Jalapenos
Honey Smoked Turkey	

OMELETTES

Plain or Fancy... farm fresh eggs light and fluffy, and served up golden and delicious... All orders served with three buttermilk pancakes

Sausage & Cheese Omelet	8.65
Ham & Cheese Omelet	8.65
Bacon & Cheese Omelet	8.65
Cheese Omelet	7.35
Bacon Omelet	7.35

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Cheddar Cheese	Tangy Onion
Swiss Cheese	Green Peppers
Crispy Bacon	Ripe Tomatoes
Jalapenos	Mushrooms

ALA CARTE ITEMS

Tennessee Country Ham end slices	5.00
Sugar cured ham	3.85
Country bacon	3.20
Country Sausage (links or patties)	3.20
One egg	2.10
Two eggs	3.15
Cold Breakfast cereals (w/fruit)	5.00
Grapefruit, fresh	3.05
Yogurt w/ Granola	4.90

Hash Browns	3.00
Our hash browns are the best around, made fresh here each day; because of their popularity usually two or three times a day. Try some	

WELCOME TO NASHVILLE'S TRADITION

Granted, we are well known for "the best breakfast" items, but we are also a **very popular lunchtime** restaurant. Just like our breakfast foods, the lunch items are all made with fresh daily products, homemade ingenuity and served with our southern hospitality...

SOUPS, SALADS, SANDWICHES

VILLAGE MIX

Select a sandwich from the choices below and add a bowl of soup or tossed salad with choice of dressing

Turkey & Cheese	Fried Egg	Bacon & Egg
Ham & Cheese	Grilled Cheese	Sausage & Egg
BLT	Country Ham	

Choice of bread: white, wheat, rye, raisin, sour-dough, croissant, bagel, or bun

Choice of meat: hickory smoked bacon, sausage, ham, honey baked turkey or Tennessee country ham

Whole Sandwich 8.60
Half Sandwich 7.30

CREATED BY YOU

BIG SANDWICHES

To satisfy your (artistic) side, make up your own sandwich. Served with homemade hash browns

Choice of meat: Country thick bacon, ham, honey baked turkey, Tennessee country ham, sausage patties, or eggs fried or scrambled

Choice of cheese: American, Swiss or Cheddar

Bread: white, wheat, rye, raisin, sourdough, croissant, bagel, or bun

Special touches: lettuce, tomato, onion, mushrooms (grilled or fresh) or jalapenos

Choice of bread and garnishes included

Bread, lettuce, tomato plus two items 7.85
Additional Meats or Cheeses 1.30

Visit our website:
www.thepancakepantry.com

SANDWICHES

Baldwin's Dipper 8.70
Choice ground chuck, layered with melted cheeses on grilled rye bread. Served with tangy sour cream and horseradish dip

American Deluxe Hamburger 7.30
The beef is choice cut on your choice of Sesame or Kaiser bun with lettuce, tomato, pickle. Add cheese if you want for .70 more

The Big Combo 8.45
A different kind of sandwich. Shaved ham, American and Cheddar cheese on a special bun or grilled rye bread. Served with David's spicy honey mustard sauce and spiced apples

Old Fashioned BLT 6.20
Fresh everything, bacon, lettuce, tomato served open face with a dab of our incredible hash browns or chips

Old Fashioned Club (your choice of bread)
Ham, cheese, lettuce & tomato 8.60
Turkey, bacon, lettuce & tomato 8.60

Old Fashioned Double Grilled Cheese 6.15



SALADS

Chef Salad 8.25
Crisp, fresh greens with your choice of bacon, julienne strips of ham or turkey, and choice of american, cheddar or swiss cheese

Tossed Salad 4.10
Tossed fresh greens with your choice of dressing

Fruit Salad 8.10
Your choice of fruit served with cottage cheese on a bed of lettuce

Dressings: Catalina, 1000 Island, Hidden Valley Ranch, Low fat Italian, Blue Cheese, Honey Mustard

MADE BY US SOUPS

Each day our cooks prepare three or four homemade soups. Each soup is made from delivered fresh ingredients and lots of culinary imagination. Check our board or ask your server for the choices available today from our list of tasty and diverse possibilities



Bowl w/ Bread or Crackers 4.35
Large Bowl w/ Bread or Crackers 5.65

Stews and Gumbo 7.20

A NASHVILLE TRADITION
Pancake Pantry

Coffee	1.75	Cranberry Juice	10(oz) 2.25	20(oz) 3.05
Iced or Hot Tea	1.50	Reg. Orange Juice	2.25	3.05
Coke, Diet Coke,		Grapefruit Juice	2.25	3.05
Sprite, Dr. Pepper	1.80	Tomato Juice	2.25	3.05
Plain or Chocolate Milk	1.60	Apple Juice	2.25	3.05
Hot Chocolate	1.80	Fresh squeezed	3.50	6.50
Bottled Water	1.50	Orange Juice		

Hours

Mon thru Fri 6 - 3 / Sat and Sun 6 - 4

The Nashville tradition of the Pancake Pantry began in 1961 when my father Robert Baldwin opened the Pantry. The idea was to build a reputation and menu around a variety of uncommonly good pancakes, equally important was to develop a friendly atmosphere that would keep our customers coming back. I became partners with my dad in 1978 and bought the restaurant from him in 1988. His father, Lee Baldwin, owned a diner in Titusville, FL. Lee's mom, my great grandmother, owned a boarding house (now referred to as a bed & breakfast) that fed the railroad business.

While it's true that most people can't get enough of our fabulous pancakes, over the years we have expanded our menu to include great sandwiches, outstanding omelettes, extra fresh salads and made-by-us-soups. We try very hard to serve not only the best food, but to serve it in the tradition of the Pantry ... like visiting with us at our home ... And in a way this is my home.

I started working at the Pantry when I was 10 and both my brother Dick and sister Anne have worked here at one time or another. Now I have two daughters, Taylor and Lisa, who I hope will carry on the tradition here at their Pantry home. My nieces and nephews have worked for Pancake Pantry over the past years and (I hope) they continue to crave a wholesome family food service connection.

I'm often asked about our ingredients ... the answer is our flours are really a secret recipe. I make several runs a year to the hills of East Tennessee to pick up our specially ground flours. Each and everyday we mix fresh batter with buttermilk and eggs. "Our syrups are made right here at the Pantry ... warm and sweet. Our soups and sandwiches are made here each day. We are often teased about our tiny freezer, smaller than many in some of our customers homes. That's what we're all about here at the Pantry ... fresh food delivered and prepared daily.

Many of our employees have been a part of the Pantry since I was a kid, their invaluable experience and professionalism is a major contributor to what makes us work. In the truest sense, we are a "mom & pop" store, a rarity these days. We try hard to keep the best of what has been before while at the same time taking in the best of today. We feel the same way about our customers ... we cherish our existing customers and look forward to meeting our new ones.

Like my father, I am involved daily in the operations of the Pantry, guaranteeing that you'll always find the best food, friendliest service and hopefully some good times at the Pancake Pantry. So please, relax and enjoy our hospitality, and of course come often ... you are always welcome at our home.

EAT MORE PANCAKES

David M. Baldwin

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