

Meals for
Low Calorie
Dieters, Low
Carbs and
Weight
Watchers

Dieter's Choice

The Workout:

3 Egg Whites plus one egg
or 1/2 cup Egg Substitute prepared in a
Scramble or an Omelet with your choice of 2
toppings: Comes with your choice of
Pineapple or Tomato Slices on a bed of Leaf
Lettuce. 9.99

~Mushrooms ~Onions ~Baja Peppers ~Broccoli
~Spinach ~Diced Tomato ~Green Onion

The Trainer

3 Egg Whites plus one egg or 1/2 cup Egg
Substitute prepared poached or scrambled.
Comes with your choice of Pineapple or
Tomato Slices on a bed of Leaf Lettuce. 8.99

Fruit Platter

Fresh Watermelon, Cantalope, Honeydew,
Grapes, or Oranges displayed on a bed of
Leaf Lettuce. 9.99
Comes with 1/2 cup of Vanilla Yogurt.



Drinks



Hot Drinks: Douwe Egbert Gourmet
Coffee, Hot Cocoa 2.50
Hot Tea: Black, Green, or Herbal Blends
1.50
Milk, Orange, Cranberry and Apple Juice.
Chocolate Milk lg. 2.50

Plate Lickin' Breakfast

Our "Plate Lickin' Breakfast" is one
that you will appreciate...

We at Buckets take pride in what
we have to offer for breakfast.

Come on in and have a
warm cup of coffee or just
pick up your favorite breakfast
on your way to work.

"12 Tips for Fishing"

1. "Combat Fishing" is an experience.
Don't leave Alaska without it.
2. Grab a "Lucky Fishing Hat" before you go catch the Big One.
3. Don't get caught fishing without an "Angler Reel".
4. If your hungry, Eat like "Captain Nick".
5. Never step into a boat with any Unlucky Unlucky Bananas.
6. If you get in an arm wrestling fight over a SALMON make sure you get "Over the Top".
7. Be prepared to dip if you are a "Dipnetter".
8. If you don't have any fish to share with the hungry Bear, Find the nearest "Alaskan Spruce" and start climbing.
9. "Flat Top Mountain" is really flat.
10. To keep Fishin' Lines from crossing, YELL, "Fish On" to your neighbors.
11. Enjoy catchin' your "Daily Limit"...
12. "Good Luck Benny" to you and all your Friends!

Oh, by the way, Make sure your
Little Fishin' Buddy finds a "Keeper" and
only smiles at a "Happy Bear".



Located across from the
Stanley Ford Dealership:
43960 Sterling Hwy.
Soldotna, Alaska 99669

Breakfast

Take Out Menu

(907)262-7220

Breakfast is served daily

7 a.m. - 11 a.m.



Buckets Over the Top Three Eggs made to your liking. Choose a Scramble, or an Omelet. Comes with Buckets own Bear Country Potatoes, and Toast 11.99
 ~American ~Cheddar Cheese ~Swiss Cheese
 ~Pepper Jack ~Saute'ed Mushrooms
 ~Saute'ed Onions ~Saute'ed Baja Peppers
 ~Broccoli ~Spinach ~Tomato ~Green Onion
 ~Black Olives ~Jalapenos
 ~Bacon ~Sausage ~Smoked Salmon
 ~Ham ~Canadian Bacon
 ~Reindeer Sausage

**Additional toppings available for .50 each

**Eggs Substitute 2.00

**Extra Meat 2.00

"Choose 3 toppings for free."



Alaskan Spruce

French Toast stacked in the shape of an Alaskan Spruce. Your choice of Bacon, Sausage, or Ham. Comes with Butter and Maple Syrup. 9.99



Angler Reels

Three large, light, and fluffy Buttermilk Pancakes. Comes with Butter and Maple Syrup 6.99
 ...with Blueberries 9.99

Dipnetter's Breakfast

Bacon, Sausage, or Ham with two eggs any style and your choice of Toast or a Fluffy Biscuit on the side. Comes with Bear Country Potatoes. 8.99

Captain Nick's

Hungry Man's Platter

Bacon, Sausage, or Ham with three eggs any style, Biscuits and Gravy. Comes with your choice of Silver Pancakes or Toast. 12.99



Flat-Top Mt.

Chicken Fried Steak covered with sausage gravy and two eggs any style. Comes with Bear Country Potatoes. 12.99

"Good Luck Benny"

Our version of an Eggs Benedict. Grilled Canadian Bacon, Bacon, or a Sausage Patty, two poached eggs on a toasted English Muffin, smothered in Hollandaise. Comes with Bear Country Potatoes. 10.99



Lucky Fishin' Hat Sandwich

Bacon, Sausage, or Ham with 2 eggs any style and Cheddar Cheese on your choice of Toast, Toasted Bagel, or a Fluffy Biscuit. Comes with our Bear Country Potatoes. 9.99

"Daily Limit"

Breakfast Burrito

Bacon, Sausage, Potatoes, and Cheddar Cheese with scrambled eggs in a Large Tortilla. Sour Cream and Salsa on the side. 9.99

Combat Fishing Platter

8 oz. New York Steak with three eggs any style. Comes with Bear Country Potatoes and your choice of Toast, or a Fluffy Biscuit. 15.99



"Fish On"

Smoked Alaskan Salmon topped with our own Dill Cream Cheese spread over a Toasted Bagel. Served with tomato slices, pineapple chunks, or our Bear Country Potatoes. 13.99



"Little Fishin' Buddies"

For Children 10 and under. Each meal comes with a drink. Choice of Milk, Orange or Apple Juice.



Buckets Bear

Happy Bear pancake with maple syrup. 5.99

The Keeper

Comes with two eggs any style, a piece of bacon and cinnamon toast. 5.99