



Now 3 Locations in Reno to serve you:

South Reno:  
720 S. Meadows Pkwy.  
Reno, NV 89521  
775-851-7200

Northwest Reno:  
6300 Mae Anne Ave.  
Reno, NV 89523  
775-624-2700

Downtown Reno:  
420 S. Sierra St.  
Reno, NV. 89501  
775-329-2600

Check out our website at:  
[www.eatatpegs.com](http://www.eatatpegs.com)

Email us at:  
[eatatpegs@gmail.com](mailto:eatatpegs@gmail.com)

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(By location) @

"Peg's Glorified Ham N Eggs"  
(South Meadows Location)

"Peg's Glorified Ham & Eggs"  
(Downtown Location)

"Peg's Glorified Eggs"  
(North West Mae Anne Location)



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Channel: EatAtPegs

# Peg's Healthy Picks

Volume 2, issue 2

July 2012

## Please Vote Peg's "Best Breakfast" in 2012!

It's that time of the year again! Voting for Reno's annual "Best of the Best" has already begun on June 18 and will end on August 3.



We would greatly appreciate you taking the time to vote online for Peg's as "Best Breakfast" in Reno for 2012.

We really appreciate all your support in the past as we have been voted "Best Breakfast" for the last 10 years running. We hope to earn your support to continue this tradition. The website for voting is located online at:

[www.newsreview.com/reno/ballot/bestofreno12](http://www.newsreview.com/reno/ballot/bestofreno12)

Peg's is family owned and operated and we take great pride in providing our "glorified" food and service to the community since 1999.

Ask your host or server to bring a laptop to your table and we can show you how to vote. Thanks again for your support!

- Fred Jr., Cady, and the Peg's Team

## Ask Your Server About These Great Peg's Healthy Picks

### Vegan Skillet—\$8.99



- Our traditional "skillet" (hash browns, pico de gallo, cabbage slaw, pinto beans) served with a fruit cup and tortillas

### Derrick's Ranchero—\$11.50

- Corn tortilla topped with turkey patty (5.33oz.), scrambled egg whites, and ranchero sauce
- Beans, pico, cabbage slaw, and fruit cup

### Deli Turkey Omelette—\$9.99

- Deli turkey meat, bell peppers and onions in egg white omelette and topped with pico de gallo
- Side fruit cup, dry wheat toast

### Sierra Lo-Carb Omelette—\$9.99

- Egg white omelette stuffed with sierra chicken
- Side of sliced tomatoes
- Dry wheat toast

### Fred P90x Lo-Carb Power Meal—\$8.99

- Turkey Patty (5.33oz)
- Egg white scramble
- Side of pico de gallo and cottage cheese

### Alex & Allie Scramble—\$9.99

- Mixed veggies in egg white scramble
- Side of sliced tomatoes, dry wheat toast

To learn how Fred Jr. lost 100 lbs. eating two of his meals everyday at Peg's, and other health tips, visit his website at:  
[www.teamdragonfit.com](http://www.teamdragonfit.com)