



BREAKFAST

828-433-5400

**2115 S. Sterling St.
Morganton, NC 28655**

www.AbelesFamilyRestaurant.com

ADVERTISE ON THIS MENU. CALL MENU GRAPHICS AT 1-877-545-0777 ext. 701



Steel That's
Built To Last

- BARNDOMINIUMS
- GARAGES & COMMERCIAL BUILDINGS
- MANUFACTURED / ENGINEERED STEEL TRUSSES
- WHOLESALE LUMBER & INSULATION
- STANDING ROOF PACKAGES
- 40YR. WARRANTY ROOFING



828-334-3507 | RRIRONWORKS.COM

BREAKFAST BAR

Monday - Friday Mornings	\$10.69
Saturday, Sunday, Holidays, and Weekends	\$11.29
Children 3 and under with adult meal purchase	FREE
Children 4 - 8.	\$6.99
Children 9 - 12.	\$8.99

Breakfast Bar served Monday-Friday until 10:45 AM; Saturday, Sunday, and Holidays until 11:45 AM
(PLEASE NO SHARING ON ALL YOU CAN EAT BARS)

BREAKFAST MADE TO ORDER

- **#1 Two Fresh Eggs** \$8.99
Choice of Bacon, Sausage, or Livermush, Southern Style Grits or Home Fries, Toast or Biscuit.
- **#2 Two Fresh Eggs** \$7.99
Choice of Bacon, Sausage, or Livermush, Toast or Biscuit.
- **#3 One Fresh Eggs** \$7.99
Choice of Bacon, Sausage, or Livermush, Southern Style Grits or Home Fries, Toast or Biscuit.
- **#4 Choice of** \$8.99
GOLDEN BROWN PANCAKES, BELGIAN WAFFLE, OR FRENCH TOAST
and One Fresh Egg, Bacon, Sausage or Livermush served with hot syrup and butter.
- **#5 Biscuits and Gravy** 1/2 \$3.59 Full Order \$4.99
Buttermilk Biscuits smothered in our own homemade Smokey Mountain Gravy. (Toast may be substituted)
- **#6 NC Country Ham** \$11.29
A whole slice of Country Ham with Two Fresh Eggs, Southern Grits or Home Fries, Toast or Biscuit.
- **#7 NC Country Ham** \$9.99
A half slice of Country Ham with Two Fresh Eggs, Southern Grits or Home Fries, Toast or Biscuit.
- **#8 Two Pork Chops or 9 Oz. Steak** 9 oz. Steak \$15.99 Two Chops \$11.99
Served with Two Fresh Eggs, Southern Grits or Home Fries, Toast or Biscuit.
- **#9 Breakfast Ham (city ham)** \$7.99
Two Fresh Eggs, Southern Grits or Home Fries, Toast or Biscuit.
- **#10 Country Fried Steak** \$11.29
Smothered in White Gravy, Two Fresh Eggs, Southern Grits or Home Fries, Toast or Biscuit.
- **Fried Egg Sandwich (2 eggs)** \$4.99
- **Fried Egg Sandwich with Meat** \$6.99
Served with your choice of City Ham, Bacon, or Sausage Patties, lettuce, tomato, and a pickle spear.
(You may add Country Ham for a \$1.50 more)
- **Scrambler** \$5.59
Bacon, Ham, Sausage or Livermush, scrambled egg and cheese on a grilled English Muffin.
(Add Country Ham for \$1.50)

• These menu items are cooked to order. Notice: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.

Stidham's Axe Throwing & Lounge



Open 7 Days
a Week

Billiards • Arcade Games • Mechanical Bull
Alcoholic & Non-Alcoholic Beverages
Live Music • Private Events Available

Family Friendly Venue • 420 W. Fleming Dr., Ste E Morganton, NC • 828-608-0872

**DIESEL PERFORMANCE
AND REPAIR**

828-291-5126

**Jensen Lawn Care
Landscaping &
Tree Service**

Matt Jensen
828-413-4999
mattjensen50@yahoo.com
JensenLawnandLandscaping.com

COUNTRY TOWN

TIRE & AUTO SERVICE CENTERS
1141 NORTH GREEN ST. (Hwy 181 N)
MORGANTON, NC 28655

MARTY HERZIG
MANAGER

COMPLETE AUTO SERVICE
(828) 430-3505

**Paws
and
Claws**

Pet Village

Doggie Daycare • Professional Grooming Services
Luxury & Special Needs Boarding • Basic Training

828-391-9880
www.pawsandclawspetvillage.com
107 CRAFTSMAN DRIVE - MORGANTON, NC 28655



Tommy Sain
& Staff
(828) 437-0664

Downtown Morganton
Mon-Fri: 6:00-5:30
Sat: 6:00-4:00



Expert Guidance with a Personal Touch

- Financial Cleanup
- Tax Preparation
- Accounting
- Bookkeeping
- Website Design
- Logo Creation
- Payroll

(828)-403-5249
PandMBusiness.com
1485 US Hwy 70
Valdese NC



Local ish is an amazing little retail store that offers a wide variety of new retail items and locally sourced handmade goods. Both Local ish and P&M Business Solutions are located side by side at 1485 US Hwy 70 Valdese NC, 28690.

So, shop at local ish and then head over to P&M to have a website built for your business or for bookkeeping and accounting services. P&M offers an extensive range of business services from financial services and graphic design to commercial product photography and photo editing. Stop by today!

BELGIUM WAFFLES

Plain Belgian Waffle.....	\$5.09
Strawberry or Blueberry Waffle.....	\$6.59

SIDES

French Toast or French Toast Sticks.....	\$5.49
Smokey Mountain Gravy.....	\$1.99
2 Biscuits with Meat.....	\$2.99
Your choice of Sausage, Bacon, Ham, or Livermush	
2 Country Ham Biscuits.....	\$3.99
2 Steak Biscuits.....	\$4.09
Two Biscuits.....	\$2.29
Grits.....	\$1.79
Buttered Toast.....	\$1.79
Topping on Pancakes (Blueberry or Fresh Strawberry).....	\$1.59
Golden Brown Pancakes (Whole stack).....	\$4.99
Golden Brown Pancakes (Half stack).....	\$3.99
Side Meats (Sausage, Bacon, Livermush, City Ham or Bologna)	\$2.59
Galley Fries or Potato Bucks.....	\$2.99



BEVERAGES



PEPSI PRODUCTS	\$2.99
COFFEE ALL YOU CAN DRINK (Regular or Decaffeinated)	\$2.99
HOT CHOCOLATE.....	\$2.69
ICED TEA - BREWED FRESH HOURLY (Sweetened or Unsweetened)	\$2.89
JUICE (Apple, Orange, Tomato, Pineapple)	LG 16oz \$2.99 SM 8oz \$1.99
MILK	LG 16oz \$2.99 SM 8oz \$1.99
CARAFE OF ORANGE JUICE	\$6.59
KIDS DRINK (Soda & Tea only; 12 & under only no exceptions)	\$2.39
LEMONADE.....	\$2.89
5 LEMON SLICES FOR LEMONADE.....	\$1.49

Need Help? Social Security or Medicare Part B

Senior Insurance Brokers
Ron M Hughes
Nikki Walker, Agent
Jennifer Cranford, Agent
ron.hughes@yahoo.com

\$0 Premium Dental and Vision
828-368-0270
580 Malcom Blvd. Connelly Springs, NC

Trulicity • Ozempic • Tresiba
Farxiga • Victoza • Levemir • Lantus
Vrayler • Humalog • 100's more
Dexcom • Freestyle Libre



Garden Center
Shrubs, Flowers, Trees

Settlemyre Nursery
Since 1973
Family Owned Since 1973

(828) 874-0679
I-40 Exit 107
1387 Drexel Road
Valdese, NC 28690
www.settlemyrenursery.com

PARTS • ACCESSORIES
SERVICE • SALES
828-874-4680
www.funcycles.biz
I-40 Exit 111 - Valdese, NC 28690

QUALITY FIRST
199 COAL CHUTE RD.
MORGANTON, NC 28655
LOCATED JUST 2 MILES FROM ABLE'S
828-433-7361

Jacob Fork
Lawn Care

- Lawn Maintenance
- Lawn Fertilizing
- Hedging
- Grass Seeding
- Mulching
- Gutter Cleaning

FREE ESTIMATES
828-334-4599
Where Service is Always in Season

OLD FASHIONED ICE CREAM SHOP

2 SCOOP SUNDAES \$5.99

Classic Sundaes Vanilla Ice cream with your choice of hot fudge and Caramel. Topped with nuts, whip cream and a cherry.

Classic Fruit Sundae Vanilla Ice cream with your choice of strawberry, cherries, blueberries, or pineapple

Oreo Madness Vanilla Ice cream, hot fudge, and crushed oreos topped with whip cream and a cherry. Nothing beats this for Oreo lovers

Mocha Nut Cappucino Crunch Ice cream with hot fudge, Caramel, nuts and a cherry

Mint Oreo A scoop of cookies and cream and a scoop minty mint chip topped with oreos, waffle cone pieces, Caramel and fudge

M&M Sundae One scoop of Vanilla & one scoop of chocolate, hot fudge, crushed M&M's, peanuts and whip cream.

3 SCOOP SUNDAES \$7.29

Old Fashioned Banana Split 3 scoops of ice cream, one vanilla, one chocolate & one strawberry with bananas, strawberry and Caramel, hot fudge, whipped cream, nuts and a cherry

Oreo Decadence 3 scoops of your choice of ice cream, devils food cake, Oreos. Topped with Caramel and hot fudge, whipped cream, nuts and a cherry

Monkey Madness Hersheys® Peanut Butter Cup ice cream topped with waffle cone pieces, chopped banana pieces, fudge, peanut butter sauce, whip cream and a cherry

Banana Royale A split banana Vanilla & Chocolate ice cream topped with hot fudge, nuts, whip cream and a cherry

The 57 Three scoops of yummy butter pecan ice cream beneath a lode of hot caramel and fresh bananas and whipped cream.

ICE CREAM FLAVORS

Bowl 2 scoops \$2.99 Regular cone \$2.99 Waffle cone \$3.59
Vanilla, Superman, Chocolate, Strawberry, Birthday Cake, Salty Caramel, Green Mint Chip, Moose Tracks®, Cookie Monster, Butter Pecan, Peanut Butter Cup, Muddy Sneakers (Snicker flavored), Cappucino Crunch, Chocolate Chip Cookie Dough

OLD FASHION MILKSHAKES

Served with whip cream and a cherry 16oz \$4.89
Vanilla, Oreo, Chocolate, Strawberry, Birthday Cake, Peanut Butter, Chocolate Peanut Butter, Snickers, Green Mint Chip, Butter Pecan, Cookie Monster, Black Cherry, Peanut Butter Cup, Cappuccino Crunch, Chocolate Chip, Cookie Dough.

DESSERTS

Resses Peanut Butter Pie..... \$4.99

Apple Pie..... \$4.29
Add ice cream for \$1.00

Hot Walnut Brownie A chocolate brownie with nuts. **\$4.99** topped with 2 scoops of ice cream and hot fudge. Try it butter pecan style with caramel and fudge.

Hot Fudge Cake Vanilla ice cream between two **\$4.99** pieces of devil's food fudge cake served with our hot fudge topping, whipped cream and a cherry.

IBC Root Beer Float \$4.29

Carrot Cake Two layers of moist delicious **\$5.79** ingredients with a cream cheese frosting.

Whipped Cheesecake \$3.79
Our own made in-house fresh daily

Whipped Cheesecake with Topping \$4.99
(try it with strawberry or blueberry topping).

Ellie's Coconut Cream Pie Mrs. Ellie prepares ... **\$4.99** this pie fresh everyday. Coconut cream filling and fresh whip cream.

Fresh Strawberry Pie Plumb strawberries, **\$4.99** our own glaze and a thick cream topping.

Pecan Pie Fresh Baked (Seasonal Sep. - Dec.) **\$4.29**

Pumpkin Pie (Seasonal Sep. - Dec.) **\$4.29**

THE DUMP TRUCK!!!

HOME OF THE ORIGINAL DUMP TRUCK

\$32.99

For those with an appetite for something different - Abele's "soda jerks" unleash the "DUMP TRUCK". A giant Ice cream sundae served in the bed of a dump truck. 23 scoops of Hershey's® premium Ice cream (you may pick up to 10 different flavors) your choice of 2 toppings, nuts, whip cream, and cherries. (Suggested serving size for 4 or more people. (Eat at your own risk))

All parties, 8 or more, a gratuity of 18% will be automatically be added to the bill
Prices on menu and website subject to change without notice

Interested in Advertising on This Menu? Call Menu Graphics: 1-877-545-0777 ext. 701

NEEDING YOUR SUPPORT

Building Faith Equestrian Center
501(c)3 Non Profit
Providing quality therapy services for the disabled and disadvantaged population through the use of horses.
New Location! More Services!

For More Info

WASTE & HAULING SERVICE, LLC
828-925-2270

McCormick Motorsports

Tel [828]659-7196 or [828]442-7445
Towing & Recovery
Tires & Service
24/7

10632 NC 226 S
Nebo, NC 28761
mccms67@yahoo.com

City Muffler
828-437-5060
If it's too loud, we'll make it quieter.
If it's too quiet, we'll make it louder.
600 Lenoir Street Morganton, NC 28655

#AUG-2023