

SMALL PLATES

toast - sourdough, rye, 7-grain, or GF bread

Avocado Toast

avocado, tomatoes, microgreens, 9

Mushroom Toast

mushrooms, garlic ranch sauce, thyme, 10

Eggplant Bacon Toast






almond butter, cinnamon, banana and eggplant bacon, 12






Waffles or Pancakes




maple syrup, powdered sugar, choice of two toppings: blueberries, strawberries, bananas or chocolate chips, 10


SIDES



grits, 4    




mixed fruit, 4     






sweet potatoes, 4     





biscuit, 2   

turkey sausage, 5  

turkey bacon, 4  

plant-based sausage, 4     

eggplant bacon, 4     

tofu scramble, 4    

eggs, 4   

toast, 2    

ENTREES

Sweet Potato Hash

sweet potatoes, peppers, onions, spinach, eggs cooked to order or tofu scramble, 14

Comfort Bowl

turkey sausage, grits, eggs cooked to order, melted cheeses, with toast, 12

Breakfast Sandwich

scrambled egg, choice of turkey sausage or bacon, melted cheese on sourdough, 12

Tofu Breakfast Sandwich

tofu scramble, choice of sausage or eggplant bacon on sourdough, 12

Southwest Omelette

eggs, diced turkey sausage, peppers, onions, pepper-jack, pico, avocado, 12

Spinach Feta Omelette

eggs, sautéed spinach, tomatoes, feta cheese, 12

Sausage Biscuit & Gravy

warm biscuit, gravy, plant based-sausage, 10

gluten-free alternatives may be available upon request