



SMOOTHIES & JUICES

BERRY PARFAIT VG, GF | \$15
VANILLA BEAN GREEK YOGURT, FRESH MIXED BERRIES
HOUSE GRANOLA

FRESHLY SQUEEZED GRAPEFRUIT JUICE V, GF | \$11

MIGHTY GREEN V, GF | \$11
COLD PRESSED APPLE, CELERY, CUCUMBER, KALE
COLLARD GREENS

CHEF'S SIGNATURE JUICE V, GF | \$11

TROPICAL SMOOTHIE V, GF | \$12
MANGO, PINEAPPLE, PASSION FRUIT

BERRY SMOOTHIE V, GF | \$12
STRAWBERRY, BLACKBERRY, RASPBERRY

VITALITY SMOOTHIE V, GF | \$12
MANGO, SPINACH, BROCCOLI, AVOCADO, COCONUT, GINGER, LIME

HEALTHY START

BERRY PARFAIT VG, GF | \$15
VANILLA BEAN GREEK YOGURT, FRESH MIXED BERRIES
HOUSE GRANOLA

WARM STEEL-CUT OATS VG, GF | \$13
CINNAMON APPLES, BROWN SUGAR, HOUSE GRANOLA

BURRATA SALAD VG | \$19
PUMPKIN ROMESCO, RADICCHIO, SHAVED PEAR, ARUGULA
CRANBERRIES, TOASTED HAZELNUT VINAIGRETTE

AVOCADO TOAST VG | \$16
WHIPPED FETA, SALSA MATCHA, LOCAL SPROUTS, ZA'TAR

ADD TWO EGGS ANY STYLE | \$6*

APPETIZERS

SHRIMP COCKTAIL VG, GF | \$16
TRADITIONAL COCKTAIL SAUCE, LEMON

SALUMI FLATBREAD \$16
SOPPRESSATA, MOZZARELLA, POMODORO, HOT HONEY
FRESH BASIL

WHIPPED FETA VG | \$14
ZA'TAR PITA CHIPS, POMEGRANATE, MINT

CACIO e PEPE ARANCINI \$16
CALABRIAN CHILE AIOLI, MARINARA

BUTTERNUT SQUASH BISQUE VG, GF | \$12
ADD BRIE & PEAR TOASTIE | \$8

NASHVILLE HOT CHICKEN WINGS GF, DF | \$21
HEIRLOOM CRUDITE, BUTTERMILK RANCH DRESSING

MAINS

BANANA PUDDIN' PANCAKES VG | \$19
BROWN BUTTER MAPLE SYRUP, BANANA CREAM, VANILLA
WAFFER STREUSAL, CANDIED WALNUT

BIG STOMP BURGER \$19
TWO 4 OZ AMERICAN WAGYU PATTIES, CHEESE, LETTUCE
SMASHVILLE SAUCE, HOUSE SESAME BUN, FRENCH FRIES
ADD CAGE-FREE FRIED EGG | \$3 ADD BACON | \$3

CHICKEN & WAFFLE \$20
BUTTERMILK FRIED CHICKEN BREAST, BROWN BUTTER
MAPLE SYRUP *AVAILABLE IN "NASHVILLE HOT"*

LOWCOUNTRY SHRIMP & GRITS GF | \$26
APPLEWOOD SMOKED CHEDDAR, TRINITY, NDUJA, CRISPY OKRA
PRESERVED TOMATO

EGGS BENEDICT* \$22
TWO POACHED EGGS, COUNTRY SMOKED HAM, ENGLISH MUFFIN
HOLLANDAISE SAUCE | \$22

COUNTRY BISCUITS & GRAVY \$19
HOUSE MADE BISCUITS, BLACK PEPPER SAUSAGE GRAVY
EGGS ANY STYLE

FRENCH DIP \$24
SLOW COOKED ROAST BEEF, SWISS, CHOPPED PICKLED PEPPERS,
AU JUS, CRUSTY FRENCH ROLL, FRENCH FRIES

CRISPY CHICKEN SANDWICH \$22
LOUIE SAUCE, PICKLES, HOUSE SESAME BUN, FRENCH FRIES
(AVAILABLE IN "NASHVILLE HOT")

MARKET QUINOA BOWL V, GF | \$18
ROASTED CORN, SHAVED CARROTS, TOMATO, CUCUMBER
PICKLED RED ONIONS, HERB DRESING
*ADD AVOCADO | \$4 ADD GRILLED OR CRISPY CHICKEN | \$6
ADD SALMON | \$8*

MEZZE PLATTER \$34

BETROOT HUMMUS, WARM PITA, TABBOULEH,
BLACK HAWK FARMS BEEF KOFTA, TZATZIKI,
MARINATED MIXED VEGETABLES, HOUSE FALAFEL

FROM THE BAKERY

CROISSANT 5	GLAZED DOUGHNUT 6
CHOCOLATE CROISSANT 6	CHOCOLATE DOUGHNUT 6
BLUEBERRY MUFFIN 5	

