

BRUNCH

SMALL PLATES

AVOCADO TOAST.....VG | \$16
GREEN GODDESS, SPROUTS, FRESH RICOTTA, AVOCADO
POMEGRANATE SEEDS, DUKKA SPICE

FRIED GREEN TOMATOES.....\$16
PORK CARNITAS, AVOCADO SOUR CREAM, PICKLE FRESNO, CILANTRO
ROMESCO SAUCE

SPINACH ARTICHOKE DIP.....VG, GF | \$14
PARMESAN, SMOKED PAPRIKA, TORTILLA CHIPS

PETITE SHRIMP TOAST.....\$16
CHILLED TARRAGON SHRIMP SALAD, CHILLI AIOLI, TOBIKO, BUTTERED TOAST

MINDFUL JUICES & SATISFYING SMOOTHIES

FRESH SQUEEZED GRAPEFRUIT JUICE.....V, DF, GF | \$11

IMMUNITY.....V, GF, DF | \$11
COLD PRESSED BLOOD ORANGE, ELDERBERRY, TURMERIC, GINGER, BLACK PEPPER

ENERGIZED.....V, GF, DF | \$11
COLD PRESSED CARROT, PINEAPPLE ORANGE, APPLE, LEMON

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

BLUE MACHINE.....V, GF | \$11
BLUEBERRY, BLACKBERRY, APPLE, BANANA

STRAWBERRY BANANA.....V, GF | \$11
STRAWBERRY, APPLE, BANANA, WITH A HINT OF ORANGE

BREAKFAST LIBATIONS

BOTTOMLESS BLOODY MARY.....\$32

BOTTOMLESS MIMOSAS.....\$32

Bottomless alcohol service is offered for a maximum of 2.5 hours, not to exceed more than 5 alcoholic beverages per guest. Bottomless alcohol service is in compliance with all TN Alcohol Beverage Commission Rules & Laws. It is illegal in the state of TN to consume bottomless alcohol without the individual purchase & consumption of food. We reserve the right to refuse service to any guest.

LARGE PLATES

MUSIC CITY OMELET.....GF | \$21
CAGE-FREE EGGS WITH TURKEY, SPINACH, MUSHROOM, MOZZARELLA. SERVED
WITH COTTAGE POTATOES

BELGIAN CHURRO WAFFLE.....\$20
CINNAMON SUGAR, SALTED DULCE DE LECHE, VANILLA BEAN WHIP CREAM

EGGS BENEDICT.....\$20
COUNTRY HAM, ENGLISH MUFFIN, TWO POACHED EGGS, HOLLANDAISE SAUCE

BIG STOMP BURGER.....\$22
TWO 4OZ AMERICAN WAGYU PATTIES, CHEESE SAUCE, BACON, LETTUCE
SMASHVILLE SAUCE, HOUSE-MADE SESAME BUN, FRENCH FRIES

SHRIMP & GRITS.....\$23
CAJUN GARLIC SHRIMP, SMOKED BACON, PEPPERS, ROASTED TOMATOES
SWEET CORN, CREAMY CHEDDAR GRITS

CRISPY FRIED CHICKEN SANDWICH.....\$20
BUTTERMILK FRIED CHICKEN BREAST, LOUIE SAUCE, ROMAINE, HOUSE-MADE
SESAME BUN, FRENCH FRIES

BLT WEDGE.....GF | \$17
ICEBERG LETTUCE, TOMATO, APPLE WOOD-SMOKED BACON, HARD BOILED EGGS,
SHARP CHEDDAR, PICKLED RED ONION, HOUSE BUTTERMILK RANCH

MARKET QUINOA BOWL.....V, DF, GF | \$17
BABY CARROTS, CHERRY TOMATO, CORN, CUCUMBER, ROMAINE, PICKLED RED
ONIONS, HERB DRESSING

THE SWEET PLATE

SEASONAL SELECTION OF SWEET BITES.....\$14
SERVES 2-3 GUESTS

