


BRUNCH

 — Dish made with local pasture-raised eggs from Vital Farms

MINDFUL JUICES

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

STARTERS


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

HEIRLOOM BEET SALAD.....VG | \$17
ROASTED BABY BEETS, NOBLE SPRINGS GOAT CHEESE, SPICED WALNUTS
ARUGULA, BLOOD ORANGE, BANYULS VINAIGRETTE

MAINS

FARMHOUSE BREAKFAST BURRITO..... \$18
 VITAL FARMS SOFT SCRAMBLED EGGS, GREEN CHILE, CRISPY POTATOES
SHARP CHEDDAR, SMOKED BACON, TOPPED WITH SALSA ROJA
CHEESE SAUCE, AVOCADO, CILANTRO

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

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

FROM THE BAKERY

CHEDDAR BACON BISCUITS\$9

CHOCOLATE AVALANCHE CROISSANT\$9

RAISIN SWIRL DANISH\$9

BREAKFAST LIBATIONS

BOTTOMLESS BLOODY MARYS

\$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.