

BREAKFAST

MON-FRI UNTIL 11:30AM

THE SUNRISE SANDWICH: \$5.75*Housemade Turkey Sausage, Egg Whites, Gruyere, "Everything" Spiced Kale Pesto, Toasted Ciabatta***SMOKED SALMON BAGEL: \$5.50***Spread of Hot-Smoked Salmon-Caper-Dill-Cream Cheese, Tomato, Cucumber (Choice of Bagel)***RICOTTA TOAST: \$5.75***Housemade Ricotta, Apricot-Rosemary Marmalade, Pistachios, Toasted Multigrain Bread***BREAKFAST BURRITO: \$5.75***Egg Whites, Black Beans, Cheddar Cheese, Avocado, Pico de Gallo, Whole Wheat Tortilla***DYO BREAKFAST SANDWICH: \$5.75**

- Egg or Egg White
- Bacon or Ham
- Cheddar or Swiss
- Bagel or Ciabatta

Turkey Sausage +\$.75 or Croissant +\$1

BRUNCH

SATURDAY & SUNDAY UNTIL 1PM

CRISPY CHICKEN BUTTERMILK BISCUIT: \$10.00*Southern Fried Chicken Breast, Scrambled Egg, Aged Cheddar, Tasso Gravy, Buttermilk Biscuit, CHOICE OF A SIDE***B.E.L.T.: \$10.00***Bacon Duo, Scrambled Egg, Arugula, Tomato, Black Pepper Aioli, Grilled Sourdough Bread, CHOICE OF A SIDE***PROSCIUTTO & FRIED EGG SANDWICH: \$10.00***Fried Egg, Seared Prosciutto, Wilted Spinach, Roasted Tomato Marmalade, Whole Wheat English Muffin, CHOICE OF A SIDE***BRUNCH BURRITO: \$10.00***Scrambled Egg, Pork Green Chili, Gouda, Cheddar, Black Beans, Pico de Gallo, Smashed Avocado, Lemon Crème, Whole Wheat Tortilla, CHOICE OF A SIDE***LEMON OATMEAL PANCAKES: \$9.00***Warm Cherry Compote*

ON THE SIDE:

FRESH FRUIT SALAD: \$3.50**JALAPEÑO BACON & CHEDDAR GRITS: \$3.50****PARMESAN FRIED POTATOES: \$3.50****MATCHA CHIA PUDDING: \$6.00***Shaved Coconut, Toasted Cashews, Ginger-Infused Honey***TURMERIC MILK OVERNIGHT OATS: \$6.00***Raspberries, Chia Seeds, Pistachios, Served Cold***HOUSEMADE OATMEAL: \$5.25***Roasted Granny Smith Apples, Cinnamon, Caramel, Served Hot***YOGURT PARFAIT: \$5.50***Fresh Seasonal Fruit, Low-Fat Vanilla Yogurt, Granola***TOASTED BAGEL: \$2.50***Add Cream Cheese +\$.75 Butter +\$.50 Jam +\$.50***FRUIT SALAD: \$3.50***Seasonal Fruit and Berries***QUINOA & ROASTED VEGGIE BOWL: \$9.50***Fried Egg, Quinoa, Beets, Sweet Potato, Radish, Celeriac, Lemon, Herbs***SWEET POTATO & KALE HASH: \$9.50***Sautéed Sweet Potatoes, Kale, Red Onion with Poached Eggs***AVOCADO TOAST: \$8.00***Smashed Avocado, Cotija Cheese, Pickled Red Onion, Radish, Fresh Cilantro, Grilled Sour Dough Bread (Add Egg \$1.75 each) (Add Citrus Grilled Shrimp + \$4)***OMELET FLORENTINE: \$9.50***Goat Cheese, Spinach, Roasted Tomatoes, Whole Eggs or Egg Whites, CHOICE OF A SIDE***DYO PLATE: \$10.00***Two Eggs Any Style, Choice of Bacon, Buttermilk Biscuit, CHOICE OF A SIDE*

À LA CARTE:

BUTTERMILK BISCUIT AND TASSO GRAVY: \$4.25**EGGS (Any Style): \$1.75 each****BUTTERMILK BISCUIT: \$2.75****SMOKED BACON: \$3.50***(Applewood, Jalapeño, or Turkey)*

ARTISANAL COFFEE & TEA SELECTIONS

COFFEE	SMALL	LARGE
Cappuccino	\$3.55	\$4.55
Café Latte (Hot/Iced)	\$3.55	\$4.55
Caramel Latte (Hot/Iced)	\$4.30	\$5.05
Chai Latte (Hot/Iced)	\$4.30	\$5.05
Mocha Latte (Hot/Iced)	\$4.30	\$5.05
Café Americano (Hot/Iced)	\$2.80	\$3.80
Café Au Lait	\$3.05	\$3.80
House Blend Coffee	\$2.25	\$2.75
Iced Coffee	\$2.55	\$3.05
Nitro Cold Brew (On Tap)	\$4.25	\$5.50
Frappe	\$4.55	\$5.05
Hot Chocolate	\$3.55	\$4.05
Espresso	\$2.25	\$2.75
Espresso Macchiato	\$2.55	\$3.05
French Press		\$5.25

TRADITIONAL ADD-ONS

Espresso Shot	\$1.00
Flavor Shot	\$0.75
Soy Milk or Almond Milk	\$0.75
Agave Nectar <i>Sweetener</i>	\$0.75

HOT TEA	SMALL	LARGE
Blueberry Hibiscus	\$2.60	\$2.90
Chamomile	\$2.60	\$2.90
Earl Grey	\$2.60	\$2.90
English Breakfast	\$2.60	\$2.90
Green Tea Mint	\$2.60	\$2.90
Jasmine Green	\$2.60	\$2.90
Peach Nectar	\$2.60	\$2.90
Matcha Super Green	\$2.60	\$2.90
Turmeric Ginger Detox	\$2.60	\$2.90

ICED TEA	SMALL	LARGE
Blueberry Hibiscus	\$2.60	\$2.90
Summer Lemon	\$2.60	\$2.90

FEATURE DRINKS	SMALL	LARGE
Kombucha (On Tap)	\$4.75	\$6.50
Organic Fruit Smoothie	MARKET	\$

BAKERY SELECTIONS

BUTTER CROISSANT: \$3.00

CHOCOLATE CHIP COOKIE: \$3.00

CHOCOLATE CROISSANT: \$4.00

FEATURED COOKIE (ASSORTED FLAVORS): \$3.00

SAVORY CROISSANT (CHEF SELECTION): \$4.00

COCONUT MACAROON: \$3.00 GF

ALMOND CROISSANT: \$4.25

BLACK AND WHITE BROWNIE: \$3.00

ASSORTED MUFFINS: \$3.25

BUTTERSCOTCH BLONDIE: \$3.00

HOMEMADE TWIX BAR: \$2.00

MUFFIN: \$3.25 GF

CHOCOLATE CAKE: \$3.00 GF

RASPBERRY LEMON BAR: \$3.25

SCONE (CHEF'S SELECTION): \$2.50

HOUSEMADE GRANOLA BAR: \$4.50 GF/DF

HOUSEMADE RAW BAR: \$5.00 GF/V/DF

RASPBERRY OATMEAL BAR: \$3.00

FEATURE CUPCAKE: \$3.00

MONKEY BREAD: \$3.25

OFFERING DAILY DESSERT SELECTIONS IN OUR COLD CASE.

GF = Gluten Free | VEG = Vegetarian | V = Vegan | DF = Dairy Free

SANDWICHES

TENNESSEE TRIO: \$10.50

House Cured Porchetta, Crispy Confit Pork Belly, Sweetwater Valley Buttermilk Cheddar, TN Whiskey Bacon Jam, Pickled Sunchokes, Arugula, Ciabatta

DUCK CONFIT: \$11.50

Duck Confit, Pickled Red Onions, Fig Preserves, Black Pepper Mayo, Sourdough

FRENCH DIP: \$10.00

Housemade Roast Beef, Aged Provolone, Smoked Cremini Mushrooms, Roasted Shallots, Toasted Baguette, Au Jus

ITALIANA: \$11.50

Genoa Salami, Black Forest Ham, Mortadella, Aged Provolone, Shaved Red Onion, Arugula, Tomato, Cherry Pepper Vinaigrette, Baguette

CUBAN: \$9.75

Slow-Roasted Pork, Black Forest Ham, Baby Swiss, Housemade Bread & Butter Pickles, Roasted Poblano Dijon Mustard, Ciabatta

CAPRESE: \$8.75

Housemade Mozzarella, Tomato, Fresh Herbs, Balsamic Vinaigrette, Ciabatta (add Prosciutto di San Daniele +\$4.75)

THE USUAL: \$9.50

Roasted Turkey, Brie, Arugula, Shaved Red Onion, Apricot-Rosemary Marmalade, Toasted Multigrain

MEDITERRANEAN CHICKEN: \$9.00

Herb Grilled Chicken, Housemade Mozzarella, Roasted Tomato, Shaved Red Onion, Mixed Greens, Artichoke Tapenade, Whole Wheat Wrap, Served Cold

'BAMA SALMON: \$9.50

House Hot-Smoked Salmon, Jalapeño Slaw, Alabama White Sauce, Sourdough

ZUCCHINI TOASTIE: \$8.75

Sautéed Zucchini, Onion and Garlic, Housemade Ricotta, Aged Parmesan, Multigrain

PIMENTO CHEESE BLT: \$8.75

Housemade Pimento Cheese, Applewood Smoked Bacon, Pickled Green Tomato, Bibb Lettuce, Toasted Sourdough

DESIGN YOUR OWN: \$9.75 (hot or cold)**BREADS:**

Baguette	Sourdough
Ciabatta	Whole Wheat Baguette
Gluten-Free Bread* (+ \$1)	Whole Wheat Wrap
Multigrain	

PROTEINS (select 1):

Applewood Smoked Bacon	Italian Meat Trio (+ \$2) (Ham/Salami/Mortadella)
Black Forest Ham	Salami/Mortadella
Crispy Confit Pork Belly	Pecan Chicken Salad
Dill Tuna Salad	Roasted Turkey
Herb Grilled Chicken	Sautéed Zucchini
Hot-Smoked Salmon	Slow-Roasted Pork
House Cured Porchetta	
Housemade Roast Beef	

CONDIMENTS:

Aioli, Alabama White Sauce, Apricot-Rosemary Marmalade, Artichoke Tapenade, Balsamic Vinaigrette, Black Pepper Mayo, Cherry Pepper Vinaigrette, Dijon Mustard, Fig Preserves, Pesto, Roasted Poblano Dijon, TN Whiskey Bacon Onion Jam, Whole Grain Mustard

*gluten-free sandwiches are prepared on same surface as those containing gluten

CHEESES (select 1):

Aged Parmesan	Cheddar
Aged Provolone	Housemade Mozzarella
Baby Swiss	Housemade Pimento Cheese
Brie	Housemade Ricotta
Buttermilk Cheddar	

TOPPINGS:

(select up to 3 + \$.50 for each additional item):

Arugula	Jalapeño Slaw	Roasted Tomatoes
Avocado	Mixed Greens	Shaved Red Onions
Baby Spinach	Pickled Green Tomatoes	Smoked Cremini Mushrooms
Bibb Lettuce	Pickled Red Onions	Tomatoes
B&B Pickles	Pickled Sunchokes	
Fresh Herbs	Roasted Shallots	

SALADS

THE GRAMERCY: \$10.95

Arugula, Roasted Chicken, Aged Gouda, Red & Black Quinoa, Toasted Almonds, Dried Cherries, Thai Basil, Balsamic Vinaigrette

SEATTLE CAESAR: \$10.95

Kale, Hot-Smoked Salmon, Shaved Parmesan, Tomato, Cucumber, Pumpernickel Croutons, Dill Caesar Dressing

THE TOSCANA: \$9.95

Mixed Greens, Crispy Prosciutto, Shaved Parmesan, Vanilla Poached Pears, Shaved Fennel, Roasted Walnuts, Chianti Vinaigrette

DESIGN YOUR OWN: \$7.50

GREENS:

Arugula Romaine
Kale Spinach
Mixed Greens

TOPPINGS:

(select up to 4 + \$.50 for each additional item):

Avocado +\$.50	Hard Boiled Egg	Roasted Peanuts
Brown Rice	Hazelnuts	Roasted Walnuts
Carrots	Jicama	Shaved Fennel
Corn	Pickled Red Onions	Strawberries
Croutons	Pumpkin Seeds	Toasted Almonds
Cucumbers	Red & Black Quinoa	Tomatoes
Dried Cherries	Red Bell Peppers	Vanilla Poached Pears
Dried Cranberries	Red Cabbage	
Edamame	Red Onions	

DRESSINGS:

Apple Cider Bacon Vinaigrette - GF	Chipotle Lime Vinaigrette - GF/VEG/V	Pimento Ranch - GF/VEG
Balsamic Vinaigrette - GF/VEG	Dill Caesar - GF	Sesame Ginger Vinaigrette - VEG
Blue Cheese	Fresh Lemon - GF/VEG/V	Truffled Champagne Vinaigrette - GF/VEG
Chianti Vinaigrette - GF/VEG/V	Lemon Vinaigrette - GF/VEG	

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THE FAR EAST: \$9.50

Spinach, Soy Roasted Tofu, Edamame, Red Bell Pepper, Fresh Carrots, Red Cabbage, Roasted Peanuts, Brown Rice, Sesame Ginger Vinaigrette

THE BUENA VISTA COBB: \$10.50

Spinach and Romaine, Roasted Chicken, Hard Boiled Egg, Avocado, Tomato, Red Onion, Candied Bacon, Corn, Blue Cheese Dressing

THE BAJA: \$9.50

Romaine, Cotija Cheese, Avocado, Corn, Tomato, Cucumber, Jicama, Pickled Red Onions, Pumpkin Seeds, Chipotle Lime Vinaigrette (add Citrus Grilled Shrimp +\$4)

PROTEINS:

Candied Bacon +\$1	Roasted Chicken +\$3
Citrus Grilled Shrimp +\$4	Seared Butcher Steak +\$4
Crispy Prosciutto +\$2	Soy Roasted Tofu +\$1
Hot-Smoked Salmon +\$5	Turkey Bacon +\$1

CHEESE:

Aged Gouda +\$1
Blue Cheese +\$1
Cotija Cheese +\$1
Feta Cheese +\$1
Goat Cheese +\$1
Shaved Parmesan +\$1

SOUPS

SELECTION CHANGES DAILY

SMALL (cup): \$4.00

LARGE (bowl): \$6.00

PREPARED FOOD SELECTIONS

DAILY FEATURES

Our Chef prepares feature items daily, sample menu items listed below.

PLEASE NOTE THIS IS A ROTATING MENU AND NOT ALL ITEMS ARE OFFERED DAILY-PLEASE CALL FOR SELECTIONS OF THE DAY.

MAIN

CRISPY CHICKEN TENDERS

Hand-Cut & Breaded Chicken Breast

CHOICE OF SAUCE: Barbecue, Honey Mustard, Pimento Ranch, Ketchup

MARYLAND STYLE BAKED CRAB CAKES

Lump Crab Meat, Lemon, Mustard, Shallot, and Bell Pepper,

*Served with a Celery Aioli - **DF***

GRILLED CHICKEN BREASTS

Marinated Chef's Selection

(Call for Preparation of the Day)

GRILLED EGGPLANT STACKS

Grilled Eggplant, Roasted Red Peppers, Fresh Mozzarella,

*Basil, Balsamic-Fig Reduction - **GF/VEG***

GRILLED HERB TURKEY BURGERS

Ground Turkey, Fresh Herbs, Bread Crumbs

BAKED THREE CHEESE MAC & CHEESE

Orecchiette Pasta, Swiss, Cheddar, and Fontal Cheese

*Cream Sauce - **VEG***

MEATBALLS

Chef's Selection

(Call for Preparation of the Day)

EGGPLANT PARMESAN

Layered Crispy Eggplant, Tomato Sauce, Ricotta,

*Mozzarella, and Romano Cheese - **VEG***

CLASSIC ITALIAN LASAGNA

Housemade Italian Sausage & Ground Beef,

Layered with Ricotta, Mozzarella and Romano Cheeses,

with Housemade Tomato Sauce

SAGE RUBBED PORK TENDERLOIN

*With Apricot Glaze - **GF/DF***

SESAME GLAZED BEEF

*With Grilled Scallions - **DF***

SEARED SALMON FILETS

Chef's Selection

*(Call for Preparation of the Day) - **GF***

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ON THE SIDE

DAILY FEATURES

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SMALL (*half-pint*)
1 SERVING

MEDIUM (*pint*)
2 SERVINGS

LARGE (*quart*)
4-5 SERVINGS

ROASTED RATATOUILLE PASTA

Fusilli Pasta, Eggplant, Zucchini, Squash, Red Bell Pepper, Red Onion, Fresh Herbs, Tomato Vinaigrette **V**

ASIAN TOFU

Scallions, Sesame Seeds, Sweet Chili Sauce - **VEG**

CAPRESE PASTA SALAD

Penne Pasta, Housemade Mozzarella, Grape Tomatoes, Red Onion, Basil, Balsamic Vinaigrette - **VEG**

MEDITERRANEAN SHRIMP SALAD

Poached Shrimp, Red Onion, Celery, Capers, Fresh Herbs, Preserved Lemon, Aioli - **DF/GF**

FALAFEL SALAD

Bulgar Wheat, Garbanzo Beans, Red Onion, Tomato, Cucumber, Parsley, Cilantro, Lemon Tahini Vinaigrette - **V**

GREEN BEAN AND FARRO ALMANDINE

Green Beans, Toasted Almonds, Red Onion, Fresh Herbs, Almond Aioli - **V**

"NAKED" KALE SALAD

Kale, Toasted Almonds, Dried Cranberries, Dried Blueberries, Aged Gouda, Grape Tomatoes, Lemon Vinaigrette - **GF/VEG**

ROASTED ASPARAGUS

Extra Virgin Olive Oil, Cracked Black Pepper, Sea Salt - **GF/V**

ROASTED CHICKEN & PECAN SALAD

Roasted Chicken Breast, Candied Pecans, Celery, Onion, Maple-Honey Mustard - **GF/DF**

ROASTED VEGETABLES

Chef's Selection - **GF/V**

TOASTED QUINOA & CAULIFLOWER

Roasted Cauliflower, Toasted Hazelnuts, Chickpeas, Arugula, Red Chili Cumin Vinaigrette - **GF/V**

LEMON TARRAGON PEA SALAD

Peas, Red Onion, Toasted Walnuts, Aged Provolone, Tarragon Aioli - **GF/VEG**

POTATO SALAD

Chef's Selection

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CHEF'S BOARDS

CHEESE BOARD: \$13.50

Chef's Selection of Four Cheeses and Accompaniments. Served with Crostini.

PROSCIUTTO BOARD: \$14.50

Prosciutto di San Daniele and Accompaniments. Served with Crostini.

CHEESE & PROSCIUTTO BOARD: \$16.50

Prosciutto di San Daniele and Chef's Selection of Two Cheese and Accompaniments. Served with Crostini.

PIMENTO CHEESE PLATE: \$7.00

Housemade Pimento Cheese and Pickled Vegetables. Served with Crostini.