

SALADS

**** TABLE CHICKEN SALAD** | 9.5
Chicken, celery, scallions, dried cranberries, toasted almonds, & lemon, served over mixed greens with avocado & sourdough toast

**** BIG BABY GREENS GF, V** | 8
Mixed greens, goat cheese, toasted almonds, & dried cranberries with a balsamic vinaigrette
Add chicken or pork belly | 5 Add shrimp | 8

COBB GF | 10
Mixed greens, corn, avocado, tomato, hard-boiled egg, & crispy pork belly with herb buttermilk dressing
Add chicken | 5 Add shrimp | 8

LOCAL KALE GF, V | 8
Served with house made garlic herb dressing, roasted winter squash, cranberries topped with pecans

SANDWICHES (your choice of side)

*** SHORT RIB** | 13
Messiah Nut Brown Ale braised short ribs, caramelized onions, havarti cheese, house pickled jalapeños on ciabatta bread

F.G.T.B.L.A. | 12
Battered and seared green tomatoes, smoked bacon, romaine lettuce, cucumbers, red onion, avocado aioli, served on a buttered brioche bun

*** CHICKEN CHORIZO** | 13
Seared chicken, monterey jack cheese, chorizo, lettuce, tomato, on a toasted brioche bun

HERB ROASTED PORK | 12
Served on a local 7" roll with sriracha, cranberry compote, Ashe County sharp cheddar, & caramelized onions

TRIPLE BEAN BURGER V | 13
Black beans, crimson lentils, and small red beans seasoned with fresh oregano & saffron with an avocado pico de gallo
Add fresh jalapeños | 2

ENTRÉES

TABLE SOUP OF THE DAY 3.5 | 6
Cup or bowl

RISOTTO OF THE DAY | 11
Ask your server about today's options

N.C. PAN FRIED CATFISH | 13
Lightly seasoned catfish over our house potato salad, creole shrimp sauce, garnished with lemon

*** CHICKEN PARMESAN** | 14
Hand breaded chicken breast coated with parmesan, local tomato sauce, served over angel hair pasta & vegetable du jour

SHRIMP & GRITS | 13
Wild-caught N.C. shrimp in a bacon tomato cream sauce, served over cheesy stone-ground grits with scallions & baguette

SHRIMP | MAHI TACO GF | 11
Your choice of shrimp or mahi, grilled or blackened, with cabbage cilantro slaw & salsa verde on house-made corn tortillas (ask for vegetarian options)

PAN SEARED NC CRABCAKES | 15
Served over roasted brussel sprouts, red potato hash, with roasted garlic dressing & pickled red onion

VEGAN BOWL GF, V, VG | 14
Sautéed local oven-dried tomatoes, butternut squash, black beans, spinach, & local oyster mushrooms over caramelized potatoes

SIDES

****balsamic vinaigrette pesto pasta • sour cream & parsley potato salad • mixed greens salad • stone-ground grits** | 4

Organic Coffee, Soft Drinks, Tea | 2 • San Pellegrino | 4.5

GF gluten free | **V** vegetarian | **VG** vegan | 18% gratuity added to parties of 6+

** consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness, especially if you have a medical condition.*

*** contains nuts*