

SALADS

- ** BIG BABY GREENS **GF, V** | 8
Mixed greens, goat cheese, toasted almonds,
& dried cranberries with a balsamic vinaigrette
Add Chicken or Pork Belly | 5 • Shrimp | 8 • Avocado | 2.5
- ** LOCAL KALE **GF, V** | 8
Served with house made garlic herb dressing, roasted
winter squash, cranberries topped with pecans
- COBB **GF** | 12
Mixed greens, corn, avocado, tomato, hard-boiled egg,
& crispy pork belly with herb buttermilk dressing
Add chicken | 5 • Add shrimp | 8
- ** TABLE CHICKEN SALAD | 9.5
Chicken, celery, scallions, dried cranberries, toasted
almonds, red pepper flake, & lemon, served over mixed
greens with avocado & sourdough toast

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
- HERB ROASTED PORK | 12
Served on a local 7" roll with sriracha, cranberry compote,
Ashe County sharp cheddar, & caramelized onions
- * LOCAL FRIED EGG | 12
Latta's Farm eggs, choice of bacon or sausage,
monterey jack or cheddar cheese, sourdough or
wheat bread, & local heirloom tomatoes
- * CHICKEN CHORIZO | 13
Seared chicken, monterey jack cheese, chorizo,
lettuce, tomato, on a toasted brioche bun
- 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

- OMELETTE | 10.5
Ask your server about today's options. Your choice of side
- * AVOCADO TOAST **OVO-V** | 13
A whole avocado smashed on top of toasted baguette,
breakfast potatoes, eggs your way & your choice of side
- * BISCUITS & GRAVY | 12
Cooper-Lasley Farms sausage gravy, served over two biscuits
topped with eggs your way & your choice of side
- * N.C. CRAB CAKE EGGS BENEDICT | 17
Crab cakes, poached egg & hollandaise, served with
breakfast potatoes, local vegetables & a fresh biscuit
- * DOWNTOWN BREAKFAST | 12
Two eggs any style, served with sourdough toast or croissant,
applewood bacon or local sausage, breakfast potatoes
- SHRIMP & GRITS | 13
Wild-caught N.C. shrimp in a bacon tomato cream
sauce, served over cheesy stone-ground grits with
scallions & baguette
- VEGAN BREAKFAST BOWL **GF, V, VG** | 14
Sautéed local oven-dried tomatoes, butternut squash,
black beans, black-eyed peas, & spinach over our
breakfast potatoes
- CINNAMON ROLL FRENCH TOAST **V** | 12
Butter griddled cinnamon rolls from Reed's bakery topped
with house made whipped cream with your choice of side
- * BREAKFAST BURRITO | 13
Flour tortilla stuffed with scrambled eggs, black beans, local
tomatoes, chorizo sausage or avocado & your choice of side
- SIDES**
stone-ground cheese grits • breakfast potatoes • fresh fruits | 3
applewood bacon • local sausage • mixed greens salad | 4

- HOUSEMADE JAMS & PRESERVES -

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