

THE  
MEBANE  
DOWNTOWN

# Table

RESTAURANT

## SALADS

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- \*\* 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
- \*\* DOWNTOWN FRUIT PLATE GF, V** | 11  
Locally grown fruits, toasted nuts, lime honey greek yogurt garnished with local mint
- 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 GF** | 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)

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

## BRUNCH ENTRÉES

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- 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 tomatoes, Silver Queen corn, 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

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- 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*