



Breakfast

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| steel cut oats | \$4 |
| slow cooked steel cut oats choose one topping: butter & brown sugar, granola w/dried fruit & nuts, or fresh fruit & honey | |
| fruit & yogurt parfait | \$5 |
| housemade yogurt and granola, fresh fruit, honey | |
| housemade granola | \$5 |
| served w/ milk and fresh fruit. | |
| egg & avocado toast | \$5 |
| wheat toast, avocado smash, sprouts, feta, soft or hard boiled egg, housemade dukkah seasoning {*soft boiled eggs take at least 12 minutes to prepare} | |
| veggie grits bowl | \$7.5 |
| house made cheese grits, sauteed kale, mushroom, red bell pepper, soft boiled egg {*soft boiled eggs take at least 12 minutes to prepare} | |
| quiche of the day | \$5.5 |
| housemade quiche, citrus greens | |
| paleo breakfast | \$6 |
| dijon shallot tossed kale, bacon, avocado, tomato, pumpkin seed, soft or hard boiled egg, dukkah {*soft boiled eggs take at least 12 minutes to prepare} | |
| buttermilk biscuit or croissant | \$2.5 |
| buttermilk biscuit or fresh baked croissant, whipped butter, housemade preserves or honey | |
| breakfast biscuit | \$4.5 |
| buttermilk biscuit, egg scramble, bacon or sausage, American cheese | |
| prosciutto biscuit | \$5 |
| buttermilk biscuit, prosciutto, provolone, tomato, avocado smash | |
| breakfast plate | \$7.5 |
| 2 scrambled eggs, cheese grits, bacon or sausage, toast or buttermilk biscuit, housemade preserves | |

Nibbles

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| pear salad | \$6 |
| arugula, pear, berries, spiced pecans, citrus vinaigrette | |
| roasted chickpea & sweet potato salad | \$7 |
| curry roasted chickpeas, sweet potato & onion, dijon shallot tossed kale, feta & pumpkin seed | |
| southwest salad | \$6 |
| spring mix, corn & black bean salsa, tomato, cilantro, avocado smash, corn tortilla strips, chili vinaigrette | |
| soup du jour | \$2 cup/ \$3.50 bowl |
| soba noodle bowl | \$6 |
| soy sesame soba, edamame, carrot, red cabbage, sprouts {+ soft boiled egg .75} | |

Extras

+ turkey \$3 / + prosciutto \$3 / + egg .75 / + bacon \$1.5

Sandwiches

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| denny | \$6 |
| scrambled egg, American cheese, applewood smoked bacon, tomato, flour tortilla | |
| sundried tomato & egg croissant | \$6 |
| scrambled egg, sundried tomato & feta spread, arugula, fresh baked croissant | |
| bat | \$5.5 |
| applewood smoked bacon, avocado smash, tomato, wheat bread {+ brie \$1 } | |
| nuevo pane in chattanooga | \$6 |
| prosciutto, fig jam, brie, field greens, wheat bread | |
| hoff and vegan | \$6 |
| housemade vegan chickpea salad, locally made Hoff Sauce, spring mix, carrot, red cabbage, sprouts, wheat bread | |
| trap | \$6.5 |
| grilled sliced turkey, sauteed red peppers, avocado smash, provolone, herb focaccia | |

A la carte Sides

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|------------------------------|------------|-----------------------------|------------|
| seasonal fruit | \$3 | cheese grits | \$2 |
| cup of soup | \$2 | citrus arugula salad | \$3 |
| sea salt kettle chips | | \$2 | |

* We happily cook proper soft boiled eggs for your enjoyment.
That said- the man makes us tell you that consuming raw or
undercooked eggs may increase your risk of foodborne illness.