



BREAKFAST

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| steel cut oats | \$5 |
| choose one topping: butter & brown sugar; granola w/dried fruit & nuts; fresh fruit & honey; or peanut butter & cacao nibs {additional toppings + \$1} | |
| fruit & yogurt parfait | \$5 |
| housemade yogurt and granola, fresh fruit, honey | |
| housemade granola | \$5 |
| served w/ milk and fresh fruit | |
| egg & avocado toast | \$5.5 |
| wheat toast, avocado smash, sprouts, feta, soft or hard boiled egg, housemade dukkah seasoning | |
| peanut butter toast | \$5 |
| wheat toast, peanut butter, fresh fruit, chia seed | |
| veggie grits bowl | \$7.5 |
| house made cheese grits, sauteed kale, roasted veggies, soft or hard boiled egg | |
| quiche of the day | \$6 |
| housemade quiche, citrus vinaigrette greens (Ask about our gluten free option made with a spaghetti squash crust!) | |
| paleo breakfast | \$6.5 |
| dijon vinaigrette tossed kale, bacon, avocado, tomato, pumpkin seed, soft or hard boiled egg, dukkah | |
| buttermilk waffles | \$6 |
| choose two toppings: butter, maple syrup, peanut butter, cacao nibs, honey, nutella, fruit + \$1 {additional toppings + \$1} | |
| breakfast biscuit | \$4.5 |
| buttermilk biscuit, scrambled egg, 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 | |

◀◀◀ A LA CARTE ▶▶▶

2 eggs \$2 / bacon or sausage \$3 / croissant \$3
buttermilk biscuit \$2.5 / seasonal fruit \$3
cheese grits \$2.5 / red quinoa & roasted veggies \$3
citrus arugula salad \$3.5 / sea salt kettle chips \$2

NIBBLES

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|---|------------------------------|
| almond berry salad | \$6 |
| spring mix, berries, almonds, balsamic vinaigrette | |
| roasted chickpea & sweet potato salad | \$7 |
| curry roasted chickpeas, sweet potato, onion, dijon shallot tossed kale, feta, pumpkin seed | |
| red quinoa power bowl | \$7 |
| arugula, cherry tomato, corn, hard boiled egg, avocado, red quinoa, green onion, cilantro lime vinaigrette | |
| i can't believe it's not pasta | \$7 |
| spaghetti squash, pesto, arugula, roasted cherry tomatoes, roasted veggies, feta {+ soft boiled egg \$1} | |
| sesame peanut noodle salad | \$6.5 |
| chilled soba noodles, thai peanut sauce, red bell pepper, carrots, sesame seed, green onion | |
| soup du jour | \$2 cup / \$3.50 bowl |

EXTRAS:

+ turkey \$3 / + prosciutto \$3 / + egg \$1 / + bacon \$1.5
 + chickpea salad \$3

SANDWICHES

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| denny | \$6 |
| scrambled egg, American cheese, bacon, tomato, flour tortilla {+ avo smash \$1} | |
| sophia | \$6.5 |
| scrambled egg, arugula, roasted cherry tomato, pesto, whipped feta spread, fresh baked croissant {+ bacon \$1.5} | |
| bat | \$6 |
| bacon, avocado smash, tomato, wheat bread {+ brie \$1, + egg \$1} | |
| nuevo pane in chattanooga | \$6.5 |
| prosciutto, fig jam, brie, arugula, wheat bread | |
| chickpea of the sea salad sandwich | \$6.5 |
| chickpea salad, spring mix, tomato, sprouts, green onion, housemade herb focaccia | |
| trap | \$6.5 |
| sliced turkey, sauteed red peppers, avocado smash, provolone, housemade herb focaccia | |

*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.