



SERVING BREAKFAST AND LUNCH ALL DAY Y'ALL

CATERING AVAILABLE!

Welcome & thank you joining us on this

- ∇ vegan
- ⊗ gluten free
- 🥗 healthy choices
- ☆ house favorite

...AND WE DELIVER

BREAKFAST

ALL-AMERICAN BREAKFAST PLATTERS AND MORE Serving Maple and Sriracha Syrup

- STATELY BREAKFAST** 17
Three eggs cooked to your liking, skillet potatoes, choice of ham, bacon or Italian sausage. Served with your choice of toast, bagel, or biscuit.
- ☆ **HOUSE FAVORITE QUICHE** 19
Five cheeses, tomato, asparagus, mushrooms; served with our house salad.
- BREAKFAST QUICHE** 19
Bacon, ham, three cheeses; served with our house salad.
- WAFFLE 'N EGGS** 17
Belgian waffle with two eggs cooked to your liking.
- BELGIAN WAFFLE** 14
Topped with berries, fresh fruit, and warm maple syrup.
- SOUTHERN OATMEAL** 15
Served with fresh fruit, brown sugar, honey and steamed or cold milk. (Raisins and pecans available upon request).
Kids size available..... 12
- NOLA BRIOCHE FRENCH TOAST** 15
Cinnamon French toast, topped with berries.

- PEANUT BUTTER FRENCH TOAST** 15
A creamy peanut butter French toast sandwich sprinkled with confectioner's sugar and served with butter and maple syrup.
- ☆ **CHICKEN AND WAFFLES** 21
Georgia style double-dipped buttermilk fried chicken and Belgian waffles with maple syrup.
- ∇ **JUST EGG PLATTER** 15
Two vegan eggs with plant-based sausage and toast
- ☆ **HAM STEAK HASH** 15
Thick slab country ham steak hash tossed with potatoes, onions, peppers and balsamic glaze, topped with a fried egg and served with toast.
- ☆ **LOW COUNTRY JUMBO SHRIMP AND GRITS** . 16
Creamy, cheesy grits, sautéed shrimp, plant based chorizo, tomato ragout, mushrooms, and crispy onions.
- BAGEL AND SMOKED SALMON PLATTER** 23
Cream cheese, smoked salmon, capers, pickled red onions, tomatoes.

- ONE OF A KIND OMELETTE** 16
Choice of 3 mix-ins: spinach, tomato, onion, mushroom, bell pepper, scallion. Your choice of cheese: American, Cheddar, Gruyère, Havarti or Swiss. Served with skillet potatoes or your choice of toast, bagel, or biscuit.
- COUNTRY OMELETTE** 19
Black forest honey ham, applewood smoked bacon, crispy onions, and cheddar cheese. Choice of toast, bagel, or biscuit, or skillet potatoes.

OMELETTE ADD INS:

Ham..... 3	Bacon 3
Italian sausage..... 3	Smoked Salmon..... 13
Cheese 1	Veggie..... 1

MORNIN' SAMMIES

🥗 Try it keto friendly: replace your bread with a crunchy lettuce wrap.

- ☆ **BREAKFAST SLAMMER**..... 17
Fried green tomato, applewood smoked bacon, avocado mash, cheddar cheese and a fried egg on brioche with your choice of stone ground grits with diced bacon or skillet potatoes.
- ☆ **AVOCADO TOAST** 15
Mashed avocado with grape tomatoes, and arugula with house balsamic vinaigrette served on a toasted baguette.
- ☆ **A SWIFT KICK IN THE PANTS**..... 16
All natural eggs, Italian sausage, pepper jack, and scallions. Served on a ciabatta.

- EGG AND CHEESE SAMMIE** 8
Fluffy fresh eggs scrambled or fried with your choice of cheese on a croissant, bread, or a bagel.
Add bacon, ham, or Italian sausage 3
- ∇ **VEGAN BREAKFAST SANDWICH** 16
A vegan egg patty with Beyond sausage and optional vegan cheddar cheese.
- ☆ **THE DEVIL ROLL**..... 14
Spicy breakfast wrap with scrambled eggs, black beans, Pico de Gallo, chipotle aoli, roasted potatoes rolled in a warm tortilla wrap. ∇ Vegan option available.
- BAGEL AND CREAM CHEESE**..... 4
See bagel and cream cheese choices below.

CREAMY EGG SCRAMBLERS

- Three large, eggs, scrambled with dairy cream and fried with sweet creamy butter. Served with choice of bagel, croissant, or toast and choice of breakfast potatoes, falafel hush puppies, or roasted vegetables.*
- ☆ **YA BACON ME CRAZY** 17
Applewood honey smoked bacon, diced tomatoes, sweet onions, Vermont cheddar, Gruyère.
- 🥗 **A TRIBUTE TO CHEESES** 15
Keto Friendly! With fresh mozzarella, cheddar, Gruyère, tomatoes, mushrooms and bell peppers.
- ∇ **JUST EGG SCRAMBLE** 16
Vegan egg, vegetables, and black beans served over quinoa.

BISCUIT BAR

House made delicious Southern Biscuits.

- ☆ **BISCUITS AND GRAVY** 12
Homemade biscuit with spicy plant-based sausage gravy.
- BUTTER AND JAM BISCUITS (2)** 8
- EGG AND CHEESE BISCUIT** 8
- EGG, CHEESE AND MEAT BISCUIT** 12
- ITALIAN SAUSAGE BISCUIT** 12
Served with gravy.
- HAM AND CHEESE BISCUIT**..... 10
Served with cheddar cheese and honey mustard.
- SOUTHERN FRIED CHICKEN BISCUIT** 12
Served with gravy.
- AVOCADO BISCUIT** 15
- CRAB CAKE BISCUIT** 25

🥗 AÇAÍ BOWLS

All Açaí bowls are house blended with organic açaí and fresh fruits.

- ENERGY BOWL**..... 15
Organic Açaí, banana, mango, strawberries, and orange juice topped with granola, fresh cut strawberries, blueberries, bananas, shredded coconut, chia seed and honey.
- NUTRI-BOWL**..... 15
Organic Açaí, blueberries, banana and almond milk topped with granola, fresh cut strawberries, blueberries, bananas, shredded coconut, flax seed and honey.
- CLASSIC BOWL**..... 15
Organic Açaí, banana and apples juice topped with granola, fresh cut strawberries, blueberries, bananas, shredded coconut and honey.

BREADS:

Sourdough, Wheat, Marble Rye, White, Baguette, Brioche, Ciabatta, Croissant

BAGELS:

Everything, Plain, Sesame, Asiago, Whole Wheat, Cinnamon Raisin, Super Cinnamon (Raisin), Blueberry

CREAM CHEESES:

Plain, Plain Lite

CHEESES:

American, Gruyère, Havarti, Cheddar, Swiss, Pepper Jack, Vegan Cheddar Cheese

LUNCH

APPS

☆ CRAB DIP	14
<i>Served with French baguette.</i>	
☆ ARTICHOKE DIP	13
<i>Served with seasoned toasted baguette.</i>	
HUSH PUPPIES	8
<i>Served with butter.</i>	
☆ FRIED PICKLES	11
<i>With chipotle aoli.</i>	
SOUTHERN PARFAIT	12
<i>Creamy Greek vanilla yogurt, fresh fruit, granola and honey.</i>	
▽ CASHEW YOGURT PARFAIT	14
<i>Creamy Greek cashew yogurt, fresh fruit, granola and honey.</i>	



SOUPS *Served with French baguette*

⊗ BASIL TOMATO BISQUE	cup...8 bowl...11
WHITE BEAN/KALE/HAM	cup...9 bowl...12
MARYLAND CRAB	cup...9 bowl...12
<i>Add biscuit or cornbread....2</i>	

SAMMIES *All sandwiches served with chips.*

CHESAPEAKE SHRIMP SALAD	18
<i>Jumbo shrimp, Old Bay, lettuce, tomato, butter croissant.</i>	
☆ SOUTHERN CHICKEN SALAD	18
<i>Homemade all natural, hormone free chicken salad tossed with toasted cashews and sweet grapes. Served on croissant, lettuce and tomato.</i>	
SOUTHWEST CRISPY CHICKEN WRAP	17
<i>Southern-fried chicken tenders, sautéed chorizo, house slaw, cilantro salsa, crispy onion strips, 3-cheese blend, chorizo remoulade, black beans, quinoa, wrapped in tortilla.</i>	
MOZZARELLA CAPRESE	16
<i>Heirloom tomatoes, fresh mozzarella, fresh basil, balsamic glaze, drizzle olive oil, hot pressed on ciabatta bread.</i>	
☆ G&G CLUB SANDWICH	21
<i>Smoked turkey, honey ham, crispy bacon, tomato, avocado, herbed aoli on ciabatta.</i>	
☆ BACK PORCH GARDEN BURGER	18
<i>Beyond Burger®, gouda cheese, lettuce, tomato, red onion, avocado, vegan mayo on toasted brioche bun.</i>	
▽ <i>Vegan option available: vegan mayo, vegan cheese.</i>	

KIDS MENU

With side of fresh carrots and cucumbers

SOUTHERN FRIED CHICKEN TENDERS (2)	10
<i>Served with fries.</i>	
HOMEMADE MACARONI AND CHEESE	11
GRILLED CHEESE	10
<i>Add Bacon.....3</i>	
<i>Add Turkey.....3</i>	
<i>Add tomato.....3</i>	
SOUTHERN PARFAIT	6
PB & J	8
<i>All natural peanut butter with preserves on country white bread. Served with house chips.</i>	

SALADS AND MORE

Choose a bowl with a base of salad greens OR quinoa

⊗ SOUTHERN GLAZED PECAN SALAD	13
<i>Spring mix tossed with berries, Granny Smith Apples, glazed southern pecans with feta crumbles, raspberry vinaigrette.</i>	
⊗ HEIRLOOM SALAD	13
<i>Chopped fresh mozzarella cheese, garden greens, heirloom tomatoes, fresh basil, watermelon radish, balsamic vinaigrette drizzle.</i>	
⊗ CHOPPED HOUSE	14
<i>Cherry tomatoes, onions, bell peppers, English cucumbers, avocado, and chickpeas.</i>	
⊗ THE COBB	15
<i>Greens with avocado, bacon, hard boiled egg, buttermilk ranch dressing.</i>	
TRADITIONAL CAESAR	11
<i>Garlic butter croutons, gruyere, creamy Caesar dressing.</i>	
4 CHEESE MAC AND CHEESE	14
<i>Baked with a blend of creamy cheeses, topped with buttered savory bread crumbs.</i>	
☆ SOUTHERN FRIED CHICKEN TENDERS	15/21
<i>Cooked fresh to order, with honey mustard and a side of fries. Choose small or large portion.</i>	
CRAB CAKE ENTREE	Mkt
<i>Chef Mike's crab cake served with two sides.</i>	

☆ FRIED GREEN TOMATOES	12
<i>With chipotle aioli</i>	
ADD ONS:	
<i>Grilled Jumbo Shrimp (4).....9</i>	
<i>Grilled Chicken Breast.....10</i>	
<i>Southern Fried Chicken Tenders (3).....10</i>	
<i>Spicy Beyond® Sausage.....6</i>	
<i>Sliced Honey Ham.....8</i>	
<i>House Roasted Turkey.....8</i>	
<i>Beyond® Burger.....8</i>	
<i>Seared Salmon.....14</i>	
<i>Southern Chicken Salad.....12</i>	
<i>Chattanooga Chickpea Salad.....10</i>	
<i>Fried Falafel.....8</i>	
<i>Fried Green Tomatoes (2).....4</i>	
<i>Lump Crab Meat.....MKT</i>	

DRESSINGS:

Buttermilk Ranch, Caesar, Bleu Cheese, EVOO and Vinegar, Honey Mustard, House Balsamic, Raspberry Vinaigrette



SIDES

HOUSE BAKED POTATO CRISPS	4
DIJON POTATO SALAD	5
SWEET POTATO FRIES	7
CAROLINA SWEET SLAW	4
⊗ SIDE HOUSE SALAD OR CAESAR	6
⊗ ROASTED VEGGIES	6

DESSERTS

HOT MILK CAKE	6
<i>Served warm with whipped cream and berries.</i>	
CHOCOLATE CHIP CREAM CAKE	6
BLUEBERRY CREAM CAKE	6
PASTRIES	<i>Priced individually</i>
<i>Peek at our pastry case for sweet treats!</i>	

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**HAVING AN OFFICE BREAKFAST OR LUNCH MEETING?
SCHOOL FUNCTION? OR A GET TOGETHER WITH FRIENDS?
WE NOW HAVE CATERING DELIVERED TO YOUR DOOR!**

Please see our drink menu for all of our juices, soda, and coffee bar