

## A Great Start to a Great Day!

### SWEETS & STAPLES

**OUR FRUIT ROLL UPS** (gluten, dairy & nut free) Chef's selection of local fruit!..... 1/\$2, 3/\$5  
Packaged to go, made with no added sugar.. vegan & delicious!

**COFFEE CRUMB CAKE MUFFINS** ..... \$3.<sup>95</sup>  
Freshly baked traditional coffee cake, great with coffee

**GOLDEN RAISIN SCONE**.....\$3.<sup>95</sup>  
Freshly baked, served warm, great for here or for a snack later!

**WARM BUTTERMILK BISCUITS**..... \$4.<sup>95</sup>  
2 fresh baked biscuits glazed with honey butter (plain is available)

**OUR YOGURT BOWL** ..... \$7.<sup>95</sup>  
Granola, sliced almonds, apples, Bob's buzzy bee pollen

**AVOCADO TOAST** .....\$6.<sup>95</sup>  
Smashed avocado with lemon, EVOO, S&P, on sour dough toast, a sprinkle of seasonal veggie

**IRISH STEEL CUT OATS**.....\$7.<sup>95</sup>  
Warmed with a splash of cream if you desire, topped with local fruit, and a drizzle of honey

### CHEF'S SELECTION

**TODAY'S SCRAMBLE** .....\$12.<sup>95</sup>  
Farm fresh eggs, scrambled with smoked salmon, capers, cherry tomatoes, feta cheese, scallions

**BREAKFAST QUESADILLA**.....\$12.<sup>95</sup>  
Fossil Farm Chorizo, scrambled eggs, cheese, pico de gallo & sour cream on the side

**THE CHEF'S OMELETTE** .....\$9.<sup>95</sup>  
Green Acres Farm mozzarella cheese, spinach & ham

**STEAK, EGGS & GRITS**.....\$14.<sup>95</sup>  
2 eggs of your choice, 4oz grass fed NY Strip, creamy castle valley grits

### OUR BREAKFAST

**FRENCH TOAST**.....\$9.<sup>95</sup>  
Maple syrup & butter

**BUTTERMILK PANCAKES**.....\$8.<sup>95</sup>  
Maple syrup & butter

**BELGIAN WAFFLE**.....\$8.<sup>95</sup>  
Maple syrup

**FARM FRESH EGG or EGG WHITE OMELETTE (CHOOSE 3)**.....\$9.<sup>95</sup>  
Onion, mushroom, spinach, avocado, bacon, sausage, cheddar, goat, blue cheese,  
Served with toast or home fried potatoes

Additional .....\$.<sup>95</sup>

**2 EGGS YOUR CHOICE** .....\$7.<sup>95</sup>  
Over easy, scrambled, poached, sunny-side served with toast or home fried potatoes

**BROWN RICE & QUINOA BREAKFAST BOWL**.....\$12.<sup>95</sup>  
Avocado, pico de gallo, crispy bacon, sunny side up egg

**UT EGGS BENEDICT**.....\$10.<sup>95</sup>  
Thinly sliced ham, english muffin, hollandaise sauce, served with home fried potatoes

**UT BREAKFAST BURRITO**.....\$10.<sup>95</sup>  
Eggs, potatoes, avocado, bacon, cheddar cheese, served with sour cream

### SNACKS & SIDES

**BACON or SAUSAGE** .....\$3.<sup>95</sup>

**HOME FRIED POTATOES**.....\$1.<sup>95</sup>

**CASTLE VALLEY MILL CHEESEY GRITS**.....\$4.<sup>95</sup>

**A BOWL OF HOUSE MADE CHIPS**.....\$4.<sup>95</sup>

**CASTLE VALLEY MILL POPCORN** (great for here or to go!).....\$4.<sup>95</sup>

**TO GO SNACKS** (great for a quick, easy snack & makes for a tasty gift!) .....\$1.<sup>95</sup>

**FRESHLY BAKED CHOCOLATE CHIP COOKIE** (great for here or to go!).....\$1.<sup>95</sup>

**OUR COOKIE OF THE DAY**...Ask your server!.....\$1.<sup>95</sup>