

EAT WELL MENU AVAILABLE UPON REQUEST



FRESH START

Featuring smoked salmon*, fresh sliced and whole fruits, breakfast pastries, cold cereals, assorted cheeses, cured meats, biscuits, sausage gravy, grits, eggs* prepared to order, sausage, bacon, breakfast potatoes, coffee and juice \$25⁰⁰

FRESH START

STEEL-CUT OATMEAL banana brulee, honey pecans	\$11 ⁰⁰
FRUIT PLATE melons, pineapple, berries	\$8 ⁰⁰
BERRY BOWL	\$11 ⁰⁰
CRUNCHY ALMOND GRANOLA low-fat yogurt, berries	\$11 ⁰⁰
SMOKED SALMON* AND SILKY TOFU avocado, vine ripe tomatoes, capers, bagel gf	\$16 ⁰⁰
SELECTION OF COLD CEREALS low-fat, skim, whole milk	\$9 ⁰⁰
CONTINENTAL muffin & croissant, seasonal fruit, low-fat yogurt parfait, almond granola, cold cereals	\$15 ⁰⁰

SIGNATURE

Always Fresh!

BISCUITS & GRAVY two eggs* any style, buttermilk biscuits, pork sausage gravy, scallions	\$15 ⁰⁰
THICK CUT BRIOCHE BREAKFAST SANDWICH two fried eggs*, cured ham, swiss cheese, lettuce & tomato, skillet potatoes	\$16 ⁰⁰
BISCUIT BENEDICT buttermilk fried chicken, two poached eggs*, spinach, breakfast potatoes, country sausage gravy	\$16 ⁰⁰
BREAKFAST FLATBREAD spinach, chicken-apple sausage, farm egg*, mozzarella, sweet onions	\$16 ⁰⁰

BREAKFAST SPECIALTIES

served with skillet potatoes or fruit & choice of toast

TWO EGGS* prepared any style, choice of: smoked bacon, grilled ham, or sausage gf	\$15 ⁰⁰
CAROLINA OMELET three eggs*, cured ham, bell peppers, onions, cheddar, hollandaise gf	\$15 ⁰⁰
THREE EGG* OMELET choice of: tomato, ham, mushrooms, onions, bell pepper, spinach, bacon, sausage, mozzarella, cheddar, or goat cheese gf	\$15 ⁰⁰
SUPERFOODS OMELET egg whites*, broccoli, aged cheddar, marinated roma tomatoes gf	\$15 ⁰⁰

OFF THE GRIDDLE

BUTTERMILK PANCAKES 14 honey-maple butter, candied walnuts	
BLUEBERRY-ORANGE GRANOLA PANCAKES 15 maple syrup, whipped butter	
BELGIAN WAFFLES 14 honey butter, seasonal berries	
FRENCH TOAST 14 thick-cut brioche, cinnamon, powdered sugar, mixed berries	

ENERGIZE

KOMBUCHA 10oz. 4 16oz. 6 rotating seasonal on tap, lenny boy brewing, charlotte nc	
JUICE 5 orange, grapefruit, apple, pineapple, cranberry, tomato or v8	
MILK 4 regular, non-fat, 2%, chocolate, soy	
STARBUCKS COFFEE Regular or Decaffeinated 4 Cappuccino 5 Latte 5 Espresso 4 Assorted Tazo Teas 4	

SIDES FOR \$5

DICED FRUIT gf	
MIXED BERRIES gf	
SKILLET POTATOES	
GRILLED HAM gf	
SAUSAGE OR SMOKED BACON gf	
TURKEY BACON OR SAUSAGE gf	
CHICKEN-APPLE SAUSAGE gf	
LOW-FAT GREEK YOGURT PLAIN gf	
LOW-FAT GREEK YOGURT WITH FRUIT gf	
TOASTED BAGEL WITH CREAM CHEESE	
SOURDOUGH, 7-GRAIN, OR RYE TOAST	
CROISSANT OR MUFFIN	

*this item is served using raw or undercooked ingredients, consuming raw or undercooked meats, poultry, seafood shellfish or eggs may increase your risk of foodborne illness.

Chef Evan Edge