



BREAKFAST

M-F 7:00 am - 10:30 am

A La Carte

- little city salad - 3.25
- hard boiled egg - 1.50
- sausage - 2.50
- soysage - 2.50
- smoked bacon - 2.50
- 5-grain tempeh bacon - 2.50
- country ham - 2.75
- sharp cheddar,
feta, or Swiss - 1.00
- creamy Red Mule grits - 2.25
- LCD home fries - 2.00
- two eggs: sunny side, over,
poached or scrambled* - 3.00
- fresh fruit - 3.00
- toast (rustic white or wheat
bread) - 1.50
- vanilla yogurt - 2.00
- add granola - 1.50
- bowl of granola w/ milk - 3.75
- add strawberries - 1.25
- buttermilk biscuit - 2.00
- sawmill gravy - 2.00
- nutritional yeast gravy - .75

Drinks 1.50

- sweet or unsweet tea
- soft drinks
- glass of juice or milk
- hot tea

Coffee 2.10

- 1000 faces
- Hot or Iced Coffee

PLATES

Two Egg Plate*

sunny side up, over, scrambled, or poached, served w/ toast (or biscuit - add .50) & choice of grits or home fries
6.50

Vegetable Sauté

local seasonal vegetables sautéed over home fries served w/ nutritional yeast gravy
7.75 (add one egg - 1.00, or 5-grain tempeh bacon - 2.00)

Bird's Nest*

single egg fried in single slice of toast w/ sharp cheddar cheese
3.50

Biscuits & Gravy

house-made buttermilk biscuit & sawmill gravy
4.00

THREE EGG OMELETS

plates served w/ toast (or biscuit - add .50) & choice of grits or home fries (egg whites - add .50)

Cheese Omelet

choice of one cheese: sharp cheddar, feta, or Swiss
4.25 a la carte / 6.75 plate
add extra cheese - 1.00 per, add veggies - .50 per, add protein - 1.25 per

Garden Omelet (no modifications)

spinach, mushrooms, broccoli, tomato & feta cheese
6.25 a la carte / 8.75 plate

Smoke House Omelet (no modifications)

smoked ham, smoked bacon, bell peppers & sharp cheddar cheese
6.75 a la carte / 9.25 plate

BISCUITS 2.00

- add sunny side, over or scrambled egg* - 1.00
- add sharp cheddar or Swiss - .50
- add sausage, bacon, country ham, soysage or tempeh bacon - 1.50

HOTCAKES Weekdays Only

served w/ butter & syrup

Blueberry

5.00

Chocolate Chip

5.50

Plain

4.50

Kids Plain

2.75 (add blueberries or chocolate chips to kids - .50)

*THESE ITEMS MAY BE COOKED TO ORDER. CONSUMING RAW OR UNDERCOOKED MEAT, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR CHANCES OF FOOD BORNE ILLNESS