



Lunch Menu

All Sandwiches come with your choice of seasoned fries, cup of soup or organic green salad.

“The Gap” Burger

Local Hickory Nut Gap Farm pasture raised beef burgers cooked to order. Served on a whole wheat ciabatta bun with lettuce, tomato, and red onion. 8.50 Add Cheese .50 Add Bacon or Pimento Cheese 1.00

Basil Melt

Your choice of organic chicken breast or local smoked Sunburst trout with basil pesto, garlic aioli, sliced tomato and mozzarella cheese grilled on wheatberry bread. 8.50

Smiling Hara Burger

Local. Smiling Hara black bean tempeh, lettuce, tomato, red onion and avocado on whole wheat ciabatta bun with cilantro lime dressing. 9.25

Grilled Pimento Cheese

Our addictive homemade pimento cheese grilled on thick sliced wheat berry bread with sliced tomato and smoked bacon. 7.75

Pastrami Reuben

Hormone free beef pastrami, sauerkraut, baby Swiss cheese and homemade thousand island dressing grilled to perfection on thick sliced rye bread. 8.50 Substitute local Smiling Hara Tempeh add 1.00

Goddess Panini

A medley of roasted vegetables, fresh spinach, basil pesto, goat cheese and strawberry balsamic vinaigrette on grilled rosemary olive bread. 8.00

Ahi Panini

Fresh ahi tuna grilled to order, sundried tomato-olive tapenade, fresh spinach and lime aioli on grilled organic rosemary-olive bread. 12.25

The Bukowski

All natural hormone free smoked ham, baby swiss cheese, caramelized onions and honey-Dijon mustard grilled on thick sliced rye bread.

BLFGT

Smoked Bacon, romaine lettuce, and fried green tomatoes on toasted wheat berry bread with lemon-caper remoulade. 7.50 Add a local fried egg 1.00

The Quintessential Chicken Salad Sandwich

Organic chicken breast, celery, walnuts, fresh tarragon and red grapes with mayo and romaine lettuce on thick sliced wheat berry bread. 8.50

Po Boy

Your choice of tempura battered tilapia or shrimp or grilled salmon cakes served on grilled French bread with romaine lettuce, red onion, tomato and lemon-caper remoulade. 9.25

Famous Fish Tacos

You haven't lived 'till you've had our amazing fish tacos...seriously! Tempura tilapia, crunchy cabbage, and a zesty cilantro-lime sauce. Served with salsa, organic black beans and rice.

1 Taco 7.25 2 Tacos 8.75 Want your fish grilled? Add 1.00

CC's Enchiladas

The Chef's daughter's favorite! Sweet potato, spinach and goat cheese stuffed enchiladas smothered with Monterey Jack cheese and smoked tomato mole. Served with organic black beans and rice. 8.75

Homemade Soups

Fresh made daily! Served with lavosh crackers. Cup 3.25 Bowl 5.50 Soup and salad Plate 7.50

Build a Salad

Choose up to 5 of the following items and we'll pile 'em high atop a bed of fresh organic greens. 8.75

Broccoli, cabbage, carrots, sprouts, red onions, mushrooms, peppers, avocado, sun-dried tomatoes, artichoke hearts, olives, walnuts, pecans, blue cheese, swiss, cheddar, mozzarella, dried cranberries. **More than five?** .75 each

Gourmet Toppings 2.50 each. *Smoked ham, grilled tempeh, grilled chicken breast, chicken salad, bacon, turkey bacon, goat cheese, local smoked trout, house-cured salmon.*

Dressings: *Ranch, bleu cheese, asian ginger, cilantro-lime, honey Dijon, 1000 island, strawberry-Balsamic, Caesar*