



Breakfast Menu

We serve only local, organic free-range eggs, hormone free and mostly local meats, sustainably caught seafood and local and organic produce whenever in season!

Mountain Man Breakfast

2 Eggs, bacon or sausage, grits or home fries, and your choice of 2 pancakes or biscuits and local sausage gravy. 8.50

Mountain Lady (1/2 Portion) 6.25

Smoked Trout Hash

Sunburst Farms Smoked Trout, bell peppers, onions, and red bliss potatoes seasoned with paprika and dill and topped with 2 eggs any style. Served with sour cream and your choice of toast or biscuit. 10.95

Huevos Rancheros

2 crispy flour tortillas topped with black beans, eggs, jack cheese, Hickory Nut Gap chorizo sausage, smoked tomato mole, sour cream and avocado. Served with home fries or grits. 9.95

Shrimp and Grits

Large domestic white shrimp sautéed with garlic, andouille sausage, diced tomato, fresh lemon and poblano peppers. Served over local parmesan grits. 11.95

Breakfast Burrito

Local Chorizo Sausage, Ham, or Veggie. Made with eggs, cheese, peppers & onions. Served with homemade salsa, and your choice of rice and beans, home fries or grits. 8.50

Bowl of Yoga

Homemade organic maple-nut granola, fresh berries and your choice of yogurt, milk, or soymilk. 6.25

Bagel Plate

Toasted everything bagel served open-face with cream cheese, sliced tomato, red onion and capers. 5.25
Add local smoked trout or our own house cured salmon for 3.00

Whole Grain Pancakes

Get 'em "straight up" or stuff 'em with your choice of just one of the following toppings: blueberries, bananas, apples, chocolate chips, pecans, almonds, or walnuts.

3 Cakes 6.95 **2 Cakes** 5.95 **1 Cake** 3.50 **Additional toppings** .75 **Real Maple Syrup** 1.00

Stuffed French Toast

Thick French Bread layered with fresh fruit and sweet vanilla crème cheese, soaked in egg batter and baked to perfection then dusted with powdered sugar. Served with homefries or grits. 7.95

Fresh Baked Quiche

Ask your server for today's selection. Served with fresh fruit or side salad. 7.95

Salmon Cakes

Two generous cakes stuffed with Wild Salmon, green onions, red bell peppers and capers. Drizzled with a garlic lime aioli. Served with a side salad or fresh fruit. 10.95

Build Your Own Omelette

Choose 3 of the following:

Bacon, Sausage, Chorizo, Ham, Tempeh, Turkey Bacon, Artichokes, Broccoli, Jalapenos, Mushrooms, Olives, Onions, Peppers, Spinach, Tomatoes, American Cheese, Cheddar, Feta, Goat Cheese, Mozzarella, Swiss.

Served with home fries or grits. 8.25 **Additional Toppings** .50

SIDE ITEMS A LA CARTE

BACON, SAUSAGE OR HAM 3.00
TURKEY BACON OR TEMPEH 3.25
HOUSE CURED SALMON 3.50
LOCAL SMOKED TROUT 3.50
2 EGGS ANY STYLE 3.00
BAGEL, BUSCUIT, OR TOAST 2.00
HOME FRIES 2.50
STONE GROUND GRITS 2.50
FRESH FRUIT CUP 3.50
1 BUSCUIT AND LOCAL SAUSAGE GRAVY 3.75
FAMOUS MORNING GLORY MUFFIN 2.50
1 EGG BUSCUIT W/ CHEESE 4.00
2 EGG SANDWICH W/ CHEESE LETTUCE TOMATO 5.50

Beverages

Bottomless Cup of Organic Fair Trade Coffee 2.25
Dynamite Organic Espresso 1.50
Dynamite Organic Cappuccino or Latte 3.50
Pot of Hot Herbal Tea 2.50
Fresh Squeezed OJ 3.25
Local Apple Cider 3.00
Milk (rBGH free) 2.50
Izze Natural Fruit Spritzers 2.50
San Pelligrino 2.75
Knudsen Lemonade 2.50
Sweet or Un-sweet Tea 2.50
RC, Diet Rite, Cheerwine, 7-Up, Orange Crush, A&W Rootbeer, Ginger Ale 2.25