

BREAKFAST

FRESH & QUICK

	Local Breakfast Pastry	5.00
	Fresh Berries or Fresh Cut Fruit	5.00
	Berry Parfait + Toasted granola, vanilla yogurt, berries	6.00
	House Oatmeal + Warm seasonal compote, praline pecans & brown sugar.	6.00
GF	Breakfast Cereal + Whole fruit, milk or soy milk	6.00
GF	Strawberry-Banana Smoothie + Strawberry, banana, apple juice & vanilla yogurt.	6.00
GF	Incognito Mojito Smoothie + Spinach, banana, pineapple, mint, orange and lime juices & vanilla yogurt.	6.00

HOT & TOASTY

V	Egg White, Spinach & Tomato + Fontina cheese on toasted multigrain. Served with fresh cut fruit.	10.00
	Maple Bacon, Egg & Cheddar + Lettuce, tomato on sourdough. Served with fresh cut fruit.	10.00
	Breakfast Burrito + Scrambled eggs, chorizo, potatoes, monterey Jack, black beans, caramelized onion and roasted red pepper. Served with salsa & fresh cut fruit.	11.00
	Monte Cristo + French toast sandwich with sliced ham, swiss cheese & Imladris Berry Best Jam. Served with fresh cut fruit.	11.00
	Asheville Artisan* + Build your own egg sandwich with your choice of meat, cheese & bread. Served with fresh cut fruit.	11.00
	Breakfast Bundle + Choice of Bacon, Egg & Cheddar or Egg White Spinach & Tomato. Served with fresh cut fruit & your choice of any bottled beverage or any size Starbucks drip coffee.	12.00

FROM THE GRIDDLE

GF	Build Your Own Omelet + Choose one, then add more for .50 each. Served with toast & fresh cut fruit. - Chorizo, bacon, sausage, ham, tomatoes, mushrooms, spinach, onions	10.00
GF	Farm Fresh Frittata + Spinach, goat cheese, tomato, caramelized onion, fresh basil. Served with fresh cut fruit & toast.	11.00
V	Grit Bowl* Smoked gouda grits topped with crumbled bacon & sausage, one egg cooked to order, finished with green onion.	11.00
	Rise n' Shine* + Two eggs, bacon or sausage & cheese grits. Served with fresh fruit & toast.	12.00
	French Toast + Warm seasonal compote & powdered sugar. Served with 3 strips of bacon, fresh cut fruit & syrup on the side.	10.00

FAMILIAR SIDES

	Maple Bacon	3.00
	Country Sausage	3.00
	Eggs (2)	3.00
	Smoked Gouda Grits	5.00
	Breakfast Potatoes	3.00
	Bagel w/Cream Cheese	5.00
	Toast	1.00

GF = Gluten Free

V = Vegetarian

**If eggs are cooked to order, raw or undercooked eggs may increase your risk of foodborne illness.*