**Breakfast** *(Served all day)*

*All omelets and benedicts come with choice of creamy grits, roasted potatoes or fruit. Toast is included with omelets.*

**Kickin’ Chicken Omelet**

Chicken breast, red onion, mushroom, spinach, goat cheese topped with homemade salsa 10.99

**Farmhouse Omelet**

Turkey, smoked gouda, tomato, green onion 10.25

**Under the Sea Omelet**

Crab meat, shrimp, brie, bell pepper, green onion, garnished with dill 11.99

**Build your Chicks Omelet** 5.50

***Meat***: Andouille sausage, bacon, ham, turkey, chicken - add 1.75ea

***Seafood***: shrimp, crabmeat - add 1.99ea

***Cheese:*** smoked gouda, gruyere, brie, goat cheese, mozzarella - add 1.25ea

New

***Veggies***: mushroom, red onion, green onion, spinach, bell pepper, tomato, jalapeno - add 0.75ea

*\*Egg whites upcharge 1.00*

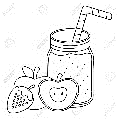
**Traditional Benedict**

Poached eggs, hickory-smoked ham, Cajun Hollandaise on a croissant 10.75

**Crab Cake Benedict**

Poached eggs, crab cake, Cajun hollandaise on a croissant 13.50

**Veggies Benedict**

Poached eggs with sautéed mushroom, onion, bell pepper, tomato, spinach topped with Cajun hollandaise on a croissant 10.25

*\*Cajun hollandaise contains creole mustard and hot sauce*

**Café Breakfast**

Two eggs your way, with a choice of meat, choice of roasted potatoes -OR- fruit -OR- creamy grits, and toast 8.50

**Papa’s French Toast**

Two slices of Texas toast dipped in vanilla rum batter. Rolled in corn flakes, topped with powdered sugar and fresh fruit 8.75

**Buttermilk Pancakes**

Homemade pancakes topped with fresh fruit & powdered sugar 8.50

**BBQ Shrimp and Grits**

Spicy dark roux over creamy grits with sliced baguettes 14.50

**Chia Pudding *GF***

Homemade chia pudding topped with bananas, blueberries and nuts 6.25

**Parfait**

Yogurt, granola, fresh fruit 6.25

**Eggwich**

***Hatchery***: egg, spinach, tomato, mushrooms, goat cheese on croissant 6.25

***Belt***: bacon, egg, kale, tomato, mayo on corn dusted jalapeno toast 6.99

***Barnyard:*** smoked turkey, egg, herbed cream cheese spread on marble rye 6.99

***Breakfast Poboy:*** Andouille Sausage, egg, gouda, grilled onions on French bread 7.25

**Breakfast bowls**

***Potato:*** Roasted potato, gouda, egg 5.25 add bacon, ham, or sausage 1.75

***Grits:*** Creamy grits, sautéed veggies, egg –6.25 add bacon, ham, sausage 1.75

**A La Carte**

Creamy grits 2.99

Roasted potatoes 2.99

Fruit cup 2.99

Two eggs 2.50

Andouille sausage 3.25

Bacon 3.25

Ham 3.25

Turkey 3.25

Multigrain/ Texas toast/Rye 1.99

One pancake 2.25

**Fresh Juice**

**Green Blast**

Kale, spinach, carrot, lime, ginger, apple

7.99

**Iron Chick**

Beet, ginger, orange, carrots, apple 8.15

**Ginger Sun**

Apple, grapefruit, ginger 6.99

**Refuel**

Cucumber, carrot, apple, ginger, lime

6.99

**Lunch** *(Starts at 11:00am)*

*All sandwiches come with a house vinaigrette salad*

**Grown Up Grilled Cheese**

New

Layered slices of gruyere, smoked gouda,

pickled beet and Creole mustard on corn dusted jalapeno toast 10.25 - Add hickory ham or bacon 1.99

**Thai Shrimp Poboy**

Grilled shrimp, sweet chili sriracha coleslaw, mayo on French bread 12.75

New

**Chicken Philly**

Sliced chicken breast, mozzarella, bell peppers, sautéed onions, mayo on French bread 11.75

**Veggie Sandwich**

Sautéed mushroom, onion, bell pepper, tomato, spinach, with goat cheese on marble rye 9.99

**Cajun Sandwich**

Andouille sausage, smoked gouda, Creole mustard, sliced pickles on ciabatta 10.50

**Chicken Panini**

Grilled chicken breast, gruyere, fresh spinach, tomato with pesto on ciabatta 11.25

**Chicken Club Sandwich**

Grilled chicken breast, crispy bacon, smoked gouda, tomato, kale and spicy mayo on corn dusted jalapeno toast 12.99

**Turkey Fig**

Turkey, goat cheese, tomato and fig spread on marble rye 10.99

**Quinoa Salad *GF***

Quinoa, carrot, tomato, kale, mixed greens, Tuscany vinaigrette 7.25

Add chicken 4.50 or shrimp 4.99

**Mixed Greens** ***GF***

Mixed greens, tomato, boiled egg, chopped bacon, gruyere, chianti basil vinaigrette 7.75

Add chicken 4.50 or shrimp 4.99

**Health Bowl *GF***

Sweet and spicy shredded cabbage, pickled beet, quinoa, spring mix, carrots, cucumber, goat cheese 7.75

Add chicken 4.50 or shrimp 4.99

*\** ***GF -*** *Gluten Free*

**Smoothies**

**Mighty Leaf**

Spinach, kale, banana, blueberry, coconut water 7.25

**Blue Chick**

Vanilla yogurt, strawberries, blueberries,

chia seed, almond milk 6.99

**Banana Split**

Banana, nutella, vanilla yogurt, milk 7.25

**Strawberry Banana**

Strawberry, banana, orange juice 5.99

**Beverages**

Cucumber basil lemonade 2.75

Orange mint sweet tea 2.75

Coke, diet coke, sprite, ginger ale, soda water 2.25

San Pellegrino (blood orange, grapefruit) 2.50

Fresh squeezed orange, grapefruit, apple 4.99

Sparkling water 500ml 3.75

Espresso (Lavazza) 3.00

Cappuccino 3.50

Latte 4.00

Coffee (hot, cold brew) 2.50

Hot tea 2.75

Milk 2.99 (chocolate milk 3.25)