

Breakfast

Whole Wheat Buttermilk Pancakes Choice of Almonds, Blueberries, or Chocolate Chips, Bacon or Antibiotic and Hormone-Free Chicken Apple Sausage, Maple Syrup 7.95

^~Kitchen Omelet Spinach, Roasted Red Peppers, Paradox Goat Cheese, Aged White Cheddar, Avocado, Salsa, Choice of Bacon or Antibiotic and Hormone-Free Chicken Apple Sausage 9.95

^Breakfast Sandwich Cage Free Egg, Aged White Cheddar, Sweet Potato Wedges. Optional Spinach or Tomato. Choice of: Tempeh, Bacon, Avocado, Paradox Goat Cheese (1.00 per additional item) 7.95

^Avocado Toast Toasted Organic Sprouted Grain Bread, Avocado Spread, Chili Flakes, Cherry Tomatoes, Local Microgreens, Topped with a Cage Free Over Easy Egg. Choice of Mixed Green Salad or Sweet Potato Wedges 7.95

^Kitchen Scramble Three Cage-Free Eggs, Hormone and Antibiotic Free Pork Sausage, Spinach and Mushrooms, and Aged White Cheddar 9.95

Salads

~Roasted Beet Salad Roasted Beet, Carrot, Red Onion and Kale Salad with a Date Tahini Dressing, Quinoa Salad, Avocado 8.95

Greek Salad Grilled Shrimp, Marinated Artichokes, Chickpeas, Kalamata Olives, Cucumber, Red Pepper, Red Onion, Cherry Tomatoes, Feta, Lemon Garlic Dressing, Prairie Bread Toast with Hummus 10.95

~Asian Salad Romaine Lettuce, Red and Green Cabbage, Carrots, Red Peppers, Red Onion, Mushrooms, Curry Spiced Roasted Cashews, with a Sesame Ginger Vinaigrette 8.95

~Kitchen Salad Shredded Kale, Romaine, Parmesan, Apples, Raisins, Organic Quinoa, Toasted Almonds, Lemon Parmesan Vinaigrette 8.95

Add Ons: Tempeh 3.00 Chicken 3.00 Salmon Cake 6.00 Bison Patty 6.00 Shrimp 5.00

Sandwiches (Choice of Sweet Potato Wedges or Mixed Green Salad)

***Pulled Chicken Panini** Pulled Chicken, Bacon, Guacamole, Pimento Cheese, Spinach, Mustard, Sprouted Sourdough Bread 11.95

The Kitchen B.P.T. House-made Creamy Pimento Cheese, Bacon, Tomato, Sprouted Sour Dough 8.95

***Baja Chicken Sandwich** Pulled Chicken, Black Bean Corn Salsa, Guacamole, Aged White Cheddar on Prairie Bread 11.95

California Open Face Avocado, Sautéed Spinach and Mushrooms, Tomatoes, Aged White Cheddar, Basil Aioli on Spelt English Muffin 8.95

Tempeh Rueben Organic Tempeh, Russian Dressing, Dill Pickles, Sauerkraut, Aged White Cheddar, Sour Dough 9.95

Vegetarian Dream Avocado, Black Bean Corn Salsa, Spinach, Tomatoes, Roasted Red Peppers, Aged White Cheddar & Tempeh on Sprouted Sourdough 9.95

Entrees

***Grilled Chicken Quesadilla** Pulled Chicken, Rice, Guacamole, Aged White Cheddar, Cilantro Lime Greek Yogurt, Black Bean Salsa, Salsa, Mixed Green Salad, Balsamic Vinaigrette 11.95

~Verlasso Salmon Cake Homemade Salmon Cake, Tzatziki, Paprika Aioli, Mixed Green Salad, Balsamic Vinaigrette 10.95

^*NC Bison Burger Local Carolina Bison, Aged White Cheddar, Coleslaw, Mayonnaise, Mustard, Ketchup, Spelt English Muffin. Choice of Sweet Potato Wedges or Mixed Green Salad 12.95

~Indian Sambhar Organic Red Lentils, Chickpeas, Carrots, Spinach, Tomatoes, Organic Brown Basmati Rice, Garlic Naan 10.95

Greek Platter Greek Salad, House-made Gluten Free Falafel, Garlic Naan, Hummus, Tzatziki, Lemon Tahini 9.95

*Hormone & Antibiotic Free ~ Gluten Free

Gluten Free or Vegan Available upon Request

^Consuming raw or undercooked meats may increase your risk of food borne illness

Organic Smoothies \$5.95

Body Combat / Kale, Peanut Butter, Bananas, Almond Milk, Cinnamon

Berry Blast / Strawberries, Blueberries, Bananas, Vanilla Yogurt, Apple Juice

Island Freeze / Pineapple, Bananas, Pineapple Juice, Apple Juice

Tropical Freeze / Mango, Pineapple, Bananas, Apple Juice

Go Green / Spinach, Pineapple Juice, Bananas, Ground Flax Seed

Samadhi / Chai, Vanilla Yogurt, Bananas, Almond Butter, Apple Juice

Anna Banana / Almond Butter, Almond Milk, Chocolate Syrup, Bananas

The Cure / Spinach, Banana, Peanut Butter, Sea Salt, Almond Milk

The Bruce (6.50) / Espresso, Almond Butter, Almond Milk, Coconut Oil, Banana

Junk-A-Tarian (6.50) / Espresso, Banana, Strawberries, Almond Butter, Almond Milk, Coconut Oil, Chocolate Syrup

Organic Juices

Carrot

8oz.

\$2.95

16oz.

\$4.75

Carrot Apple

\$2.95

\$4.75

Carrot Kale

\$4.25

\$6.75

Carrot Apple Celery

\$3.50

\$5.25

Carrot Celery Beet

\$4.25

\$6.75

Carrot Apple Beet

\$4.25

\$6.75

Energizer / Carrot, Apple, Bee Pollen, Ginseng

\$4.95

\$7.50

Green Drink / Kale, Cucumber, Celery, Zucchini, Apple

\$6.25

\$8.75

Add Ons: \$1.00 EA / Ginger, Jalapeno, Whey Protein, Soy Protein, Ginseng, Bee Pollen, Maca, Flax Seed, Chia Seed, Blue Green Algae (\$2.00) Bone Broth Protein (\$2.00) Collagen (2.00)

Larry's Beans Organic Coffee

Cup

\$3.00

Bullet Coffee

\$4.00

Single Espresso

\$2.00

Double Espresso

\$3.00

Latte

\$4.25

Cappuccino

\$3.75

Americano

\$3.25

Chai Tea Latte

\$4.00

Matcha Latte

\$4.75

Extras: Flavor/Almond Milk

\$0.50

Sweet / Unsweet Tea

\$2.00

Buchi Kombucha (On Tap)

\$4.95

Buchi Growler 64 oz.

\$19.99 (Refill \$15.99)

Ginger Beer (On Tap)

\$2.99

Ginger Beer Growler 64 oz.

\$24.99 (Refill \$19.99)

