LUNCH

BASIC KITCHEN

FEEL GOOD

SMALL PLATES

WHITE BEAN SOUP 12
rosemary, arugula, Tiller sourdough croutons

SWEET POTATO FRIES 12
cashew ranch, chives

CAULI WINGS 13
tempura cauliflower, buffalo sauce, cashew ranch
**vegan upon request **

CORN RIBS
local corn, dry rub, vegan Alabama BBQ sauce 13

PISTACHIO BEET DIP
Mitla corn chips, crudites 14

SALADS

VEGAN CAESAR 17
kale, cabbage, crispy chickpeas, pinenut + hemp seed 'parm', Heron Farm seabean dressing

GREEN SALAD 14
local lettuces, English cucumber, sprouts, garlic toasted seeds, vegan goddess dressing

ADD TO ANY DISH

AVOCADO	4
WISH BONE EGG* *(sunny or scrambled)*	3
CHICKEN	6
SALMON*	9

CLEANER FUEL

LONGER ADVENTURES

All debit and credit card transactions are subject to a 3% processing fee.
**Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.*

BOWLS

BASIC BOWL 20
roasted sweet potato with chilie sauce, broccoli, citrusy kale, curried chickpeas, chimichurri, grains

CURRY BOWL 24
market veggies, tofu, Carolina Gold rice, pickled onions, cilantro

SPRING PASTA 22
local asparagus, bucatini, garlic-chili confit, lemon, pecorino, herbs

SALMON BOWL 28
grilled salmon, Carolina Gold rice, marinated cabbage, carrot ginger salad, cucumber,seaweed, orange miso sauce*

STEAK BOWL 28
Hunter Cattle Co. hanger steak, watercress salad, sweet potato fries, chimichurri*

SANDWICHES

GOOD BURGER 17
housemade vegetable patty, beet ketchup, harissa cabbage slaw, fries

NAUGHTY BURGER 18
Hunter Cattle Co. grass-fed beef, aged white cheddar, griddled onions, dijonnaise, bread and butter pickles, fries

SUB *GF bread for $1.00*

SWEETS

HONEY PIE 14
vanilla cream

CAROLINA GOLD RICE PUDDING 14
berries, local honey

BUY THE KITCHEN A KOMBUCHA 5