

LUNCH

SMALL PLATES

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| CHILLED CUCUMBER SOUP <i>yogurt, dill, lemon, red onion</i> | 12 |
| SWEET POTATO FRIES <i>cashew ranch, chives</i> | 12 |
| CAULI WINGS <i>tempura cauliflower, buffalo sauce, cashew ranch</i> <i>*vegan upon request*</i> | 13 |
| CORN RIBS <i>local corn, dry rub, vegan Alabama BBQ sauce</i> | 13 |
| PISTACHIO BEET DIP <i>Mitla corn chips, crudites</i> | 14 |

SALADS

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| VEGAN CAESAR <i>kale, cabbage, crispy chickpeas, pinenut + hemp seed 'parm', Heron Farm seabean dressing</i> | 17 |
| GREEN SALAD <i>local lettuces, English cucumber, sprouts, garlic toasted seeds, vegan goddess dressing</i> | 14 |
| WEEKLY SALAD PROJECT <i>Proceeds to Row to Grow for Green Heart Project</i> | 17 |

ADD TO ANY DISH

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| AVOCADO | 4 |
| WISH BONE EGG* (<i>sunny or scrambled</i>) | 3 |
| CHICKEN | 6 |
| SALMON* | 9 |



CLEANER FUEL
LONGER ADVENTURES

**All debit and credit card transactions are subject to a 3% processing fee.*

**Parties of 8 or more subject to 20% gratuity.*

**Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.*

BASIC KITCHEN



BOWLS

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|---|----|
| BASIC BOWL <i>roasted sweet potato, broccoli, citrusy kale, curried chickpeas, chimichurri, grains</i> | 20 |
| CURRY BOWL <i>market veggies, tofu, Carolina Gold rice, pickled onions, cilantro</i> | 24 |
| SUMMER PASTA <i>market vegetables, bucatini, garlic-chili confit, lemon, pecorino, herbs</i> | 22 |
| SALMON BOWL <i>grilled salmon*, Carolina Gold rice, marinated cabbage, carrot ginger salad, cucumber, seaweed, orange miso sauce</i> | 28 |
| STEAK AND SOBA NOODLE BOWL <i>Hunter Cattle Co. hanger steak*, ginger dressing, crunchy veggies, peanuts, herbs</i> | 30 |

BURGERS & TACOS

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|---|----|
| GOOD BURGER <i>housemade vegetable patty, beet ketchup, harissa cabbage slaw, fries</i> | 17 |
| NAUGHTY BURGER <i>Brasstown Farm grass-fed beef, aged white cheddar, griddled onions, dijonnaise, bread and butter pickles, sweet potato fries</i> | 19 |
| MARKET FISH TACOS <i>grilled local fish, peach salsa, avocado mash, Mitla corn tortillas</i> | 22 |
| SUB GF bread for \$1.00 | |

SWEETS

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| HONEY PIE <i>vanilla cream</i> | 14 |
| CAROLINA GOLD RICE PUDDING <i>seasonal fruit, local honey</i> | 14 |
| BUY THE KITCHEN A KOMBUCHA | 5 |