

SMALL PLATES

GF BANANA BREAD <i>brown butter cream cheese</i>	7
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
GF LEMON POPPY SEED PANCAKES <i>lemon glaze, local fruit</i>	17

SANDWICHES

AVO TOAST <i>sunny egg*, everything spice, sourdough, side salad</i>	13
BREAKFAST SAMMIE <i>english muffin, egg souffle, sharp white cheddar, pickled onions, harissa aioli, side salad</i>	17
SMOKED SALMON TOAST <i>house smoked salmon*, herby cream cheese, pickled onions, dill, sourdough, side salad</i>	18
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

SUB GF bread for \$1.00

ADD TO ANY DISH

AVOCADO	4
WISHBONE EGG* (<i>sunny or scrambled</i>)	3
CHICKEN	6
WISHBONE CHICKEN SAUSAGE	6
SALMON*	9

*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.

BRUNCH

BASIC KITCHEN



BOWLS

SURFER'S DELIGHT <i>2 scrambled eggs*, citrus kale, sweet potatoes, avocado, toast</i>	19
VEGGIE HASH <i>farmer's market veggies, yukon gold potatoes, 2 sunny eggs*, chimichurri</i>	19
BASIC BOWL <i>roasted sweet potato, broccoli, citrusy kale, curried chickpeas, chimichurri, grains</i>	20
CONSCIOUS COWBOY <i>Wishbone chicken sausage, BK cauli grits, potato-veggie hash, 2 scrambled eggs</i>	22

SALADS

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

SWEETS

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



CLEANER FUEL
LONGER ADVENTURES