

# LUNCH

## SMALL PLATES

RED LENTIL AND SWEET POTATO SOUP <i>chili oil, cilantro</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

VEGGIE SOBA NOODLE SALAD <i>buckwheat soba noodles, crunchy veggies, ginger dressing, peanuts, herbs</i>	18
VEGAN CAESAR <i>kale, cabbage, crispy chickpeas, pinenut + hemp seed 'parm', Heron Farm seabeam dressing</i>	17
GREEN SALAD <i>local lettuces, English cucumber, sprouts, garlic toasted seeds, vegan goddess dressing</i>	14

## ADD TO ANY DISH

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

*\*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.*

## BASIC KITCHEN



## BOWLS

BASIC BOWL <i>roasted sweet potato, broccoli, citrusy kale, curried chickpeas, chimichurri, grains</i>	20
YELLOW COCONUT CURRY <i>market veggies, tofu, Carolina Gold rice, toasted coconut</i>	24
KALE PESTO PASTA <i>fusilli, kale hazelnut pesto, pecorino, local mushrooms</i>	22
SALMON BOWL <i>grilled salmon*, Carolina Gold rice, marinated cabbage, carrot ginger salad, cucumber, seaweed, orange miso sauce</i>	28
BK STEAK BOWL <i>Hunter Cattle Co. hanger steak*, crispy brussel sprouts, horseradish honey, sweet potato fries</i>	30

## BURGERS & TACOS

GOOD BURGER <i>housemade vegetable patty, beet ketchup, harissa cabbage slaw, sweet potato 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*, cabbage slaw, avocado, Mitla corn tortillas w/ side salad</i>	22
SUB GF bread for \$1.00	



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