



.....SANDWICHES.....

-All sandwiches can be made gluten free served on a bed of leaf lettuce or spinach-

Carolina Chicken Salad - 7

Homemade chicken salad w/ leaf lettuce, tomato & local sunflower sprouts on wheat bread

Turkey Breast Provolone - 7

Sliced turkey breast w/ melted provolone cheese, avocado, tomato, sprouts & mayo on French bread

College Club - 7

Turkey, ham & bacon w/ melted cheddar cheese, leaf lettuce, tomato & dijon on French bread

BLTA - 7

Bacon w/ leaf lettuce, tomato, avocado & mayo on wheat bread

Avocado & Smashed White Beans - 6.5

Avocados w/ smashed white bean spread, red onion, cucumber, tomato & sprouts on French bread

Falafel Sandwich - 6.5

Homemade falafel w/ leaf lettuce, tomato, cucumber, sprouts & sour cream on wheat bread

.....QUICHE OF THE DAY.....

Butter crusted quiche made fresh daily - 5.5

SIDES - 2.5

Daily side specials!
Adluh Cheese Grits
Fresh Fruit

Side House Salad
Potato Chips - 1.5

.....DAILY SELECTION OF BAKED GOODS.....

Muffins, Scones, Brownies, Danish & Many More!



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.....SALADS & SOUP.....

House Salad - 7

Leaf lettuce, tomato, cucumbers, sprouts, spinach, olives and red onions

Strawberry, Walnut & Spinach Salad - 8

w/ provolone cheese & raspberry vinaigrette dressing

Carolina Sunflower Salad - 9

Leaf lettuce topped w/ homemade chicken salad, local sunflower sprouts, tomato & cucumbers

Soup

Specialty soup of the Day - 5

Served w/ French Bread - 6.5

Add Soup to a Sandwich or House Salad - add 4

.....BRUNCH.....

Breakfast Plate - 6.5

Three strips of bacon, a homemade biscuit & Adluh cheese grits

Add an egg - 1.25

Breakfast Bowl - 6.5

Our famous cheese grits w/ an egg, ripe avocado, tomato and local micro greens

Homemade Biscuit - 3

w/ apple butter or seasonal fruit butter

Homemade Toasted Bagel - 1.5

butter or strawberry jam - 2 peanut butter or cream cheese - 2.5

seasonal variety of flavor cream cheese - 3

Breakfast Sandwiches

on a homemade bagel, wheat bread or biscuit

Egg & Cheese - 4.5

Bacon or Sausage, Egg & Cheese - 5.5

Jump Start w/ egg, provolone cheese, bacon, local fig & onion jam - 6.5

Better Morning w/ egg, provolone cheese, spinach, olives & sprouts - 5.5

Adluh Cheese Grits - 3.5

Oatmeal w/ dried fruits & nuts - 3.5

Yogurt Parfaits - 4.5

Granola Cereal w/ milk - 4.5

PB&J on wheat - 4.5

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