

ENTREES

SHRIMP & GRITS GF 12.00
stone-ground grits, tomato, green onion, Tasso ham, red-eye gravy; add two eggs for \$2.50

THE LAMP POST* 11.00
two eggs, cheese grits, breakfast potatoes, sausage gravy, homemade biscuit, and choice of bacon, ham, sausage or turkey-apple sausage

BAY STREET SCRAMBLE 10.00
scrambled eggs, bacon, mushroom, tomato, green onion, cheddar, breakfast potatoes, mornay sauce, homemade biscuit

QUICHE OF THE DAY 9.00
daily selection of quiche served with fresh fruit

VEGGIE SCRAMBLE 9.50
scrambled eggs, spinach, mushroom, tomato, green onion, zucchini, cheddar, goat cheese, breakfast potatoes, homemade biscuit

SOUTHWESTERN OMELETTE 10.00
ham, black bean, green pepper, onion, tomato, pepper jack; served with fresh fruit and choice of grits or breakfast potatoes

FRIED GREEN TOMATO BENEDICT 10.00
fried green tomatoes, poached eggs, mixed greens, goat cheese, on homemade biscuit, mornay sauce; served with fresh fruit*

CRAB BENEDICT 12.00
crab cake, poached eggs, mixed greens, on homemade biscuit, roasted jalapeno hollandaise*

BREAKFAST WRAP 9.50
sausage, scrambled eggs, breakfast potatoes, avocado, tomato, green pepper, onion, pepper jack; served with fresh fruit

FRENCH TOAST 12.00
coconut cream cheese filling, raspberry coulis, candied almonds; served with choice of meat

STUFFED CROISSANT 8.00
house-made croissant, ham & swiss cheese, served with fresh fruit

BISCUITS & GRAVY 6.00
choice of mushroom gravy (vegetarian) or sausage gravy; add two eggs for \$2.50

SANDWICHES AND SALADS

served with choice of fruit, pasta salad, potato salad, grain salad, french fries, or for +\$1; soup of the day, sweet potato fries, or side salad

CUBAN 12.00
mojo-braised pork shoulder, ham, swiss, house made sweet pickles, whole grain mustard, Cuban roll

SALMON BLT 11.00
pan-seared salmon, bacon, lettuce, tomato, chipotle mayo, wheatberry bread

TURKEY, APPLE, CHEDDAR 9.00
turkey, sliced apple, cheddar, arugula, rosemary garlic aioli, wheatberry bread

APPLE-PECAN CHICKEN SALAD 9.50
homemade chicken salad, lettuce, tomato, sprouts, wheatberry bread

BLACK-EYED PEA CAKE SANDWICH 9.00
homemade cake, lettuce, tomato, pickled red onion, Cajun remoulade, pepperjack cheese, wheatberry bread

THE BIG SALAD GF small 6.00 large 10.00
mixed greens, bacon, feta, green onion, tomato, roasted red pepper, marinated artichoke, sprouts, balsamic vinaigrette; add protein for \$5

KALE SALAD GF small 5.00 large 9.00
goat cheese, dried cranberries, almonds, edamame, lemon-shallot vinaigrette; add protein for \$5

SOUP OF THE DAY cup 4.00 bowl 6.00
two options daily

BEVERAGES

LOCALLY ROASTED COFFEE

HOT TEAS

HOT COCOA

ICED TEA SWEET, UNSWEET

SOFT DRINKS COKE, DIET COKE, SPRITE, ROOT BEER, GINGER ALE, LEMONADE

JUICES ORANGE, APPLE, CRANBERRY, GRAPEFRUIT, PINEAPPLE, V8

MILK - 2%, SOY

A LA CARTE

BISCUIT 1.50

TOAST 2.00

BREAKFAST POTATOES 2.50

YOGURT & GRANOLA 6.00

EGGS (2) 2.50

FRUIT 3.00

GRAVY 3.00

CHEESE GRITS 2.50

BACON 3.00

HAM 3.00

SAUSAGE 3.00

TURKEY-APPLE SAUSAGE 3.00

**Warning: Consuming raw or undercooked meat, seafood, or egg products can increase your risk of foodborne illness. WARNING FOR THOSE WITH CELIAC DISEASE OR EXTREME SENSITIVITY TO GLUTEN: Please be aware that many of our regular menu items contain wheat, which presents a slight risk of contamination due to shared fryers and airborne wheat particles. While we do our best to avoid cross contamination, we cannot guarantee that items are completely free of allergens. Please notify your server of any food allergies. GF = Gluten Free*