

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 egg\*, mixed greens, on  
homemade biscuit, roasted jalapeno  
hollandaise

**PEACH COBBLER FRENCH TOAST**  
12.00

peach filling, cinnamon streusel, fresh orange  
whipped cream

**HAM BLUEBERRY BRIE CROISSANT**  
8.00

house-made croissant, 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

Sandwiches 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** 13.00

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

**SALMON AVOCADO TOAST** 11.00

pan-seared salmon, avocado, toasted sesame seed, grilled shallots,  
cherry heirloom tomato, sourdough

**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

**BREAKFAST WRAP** 9.50

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

**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

**REGIONALLY 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 CELLAC 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

