

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*
 13.00

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

BAY STREET SCRAMBLE
 11.00

scrambled eggs, bacon, mushroom, tomato,
 green onion, cheddar, breakfast potatoes,
 mornay sauce, homemade biscuit

QUICHE OF THE DAY
 10.00

daily selection of quiche served with fresh
 fruit

VEGGIE SCRAMBLE
 10.00

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

SOUTHWESTERN OMELETTE
 11.00

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

CHEF'S SWEET TOOTH
 12.00

with your choice of bacon, sausage, ham, or
 turkey apple sausage

SALMON AVOCADO TOAST
 13.00

pan-seared salmon, avocado, watermelon
 radish, grilled shallots, cherry heirloom
 tomato, smoked sea salt, whole grain
 baguette; add two eggs for \$2.50

BISCUITS & GRAVY
 8.00

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,
 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

MOJO PORK BISCUIT 10.00

mojo-braised pork shoulder, fried shallots, habanero ginger aioli,
 pepper jack; add eggs for \$2.50

APPLE-PECAN CHICKEN SALAD SANDWICH 9.00

homemade chicken salad, lettuce, tomato, sprouts, wheatberry bread

QUINOA WRAP 9.50

quinoa, shiitake, manchego, avocado, sweet potato, arugula, tomato,
 olive oil; served with fresh fruit

CHICKEN N' BISCUIT 9.00

fried chicken breast, homemade pimento cheese, topped with sausage
 gravy; 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

WATERMELON BEET SALAD GF small 6.00 large 10.00

roasted beets, watermelon, purple kale, goat cheese, toasted cumin
 vinaigrette; add protein for \$5

SOUP OF THE DAY cup 4.00 bowl 6.00

two options daily

BEVERAGES

REGIONALLY ROASTED COFFEE

COLD BREW 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

ALA CARTE

BISCUIT 2.00

TOAST 2.00

BREAKFAST POTATOES 2.50

YOGURT & GRANOLA 8.00

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

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**