Breakfast

Sandwiches, toasts, bagels and granola



Hours

Served until 11am daily

Sandwiches

9 Grain, Sourdough, Bagel or Croissant (add \$1.00)

Egg and Cheese	7.00
two local eggs and cheese (havarti, swiss, provolone, cheddar)	
- Add S.E. Family Farms Bacon	2.50
- Add Hickory Nut Gap Sausage	2.50
- Add NC Rosemary Ham	2.50
- Add Avocado	2.00
- Add Arugula	1.00

Toasts

Savory

A thick slice of sourdough or 9-grain

Avocado Toast	8.00
Avocado, lemon juice, EVOO, garlic, sea salt and	
seasonal veggies	
- Add S.E. Family Farms Bacon (2)	2.50
- Add fried egg (1)	2.00
Hummus Toast	8.00
Hummus, EVOO, feta, pickled red onion, Za'Atar	

Sweet and Simple

Two slices of sourdough or 9-grain

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Cinnamon sugar, butter and sea salt	
Jam Toart	5.00

Butter, local jam, sea salt

Cinnamon Sugar Toast

Bagels

Handmade, organic, boiled and baked daily Choose from a daily selection: seasame, seeded, plain, sea salt, everything, pesto, cheese and garlic

Bagel of your choice	2.50
- Add butter	.50
- Add whipped cream cheese	1.50
- Add herbed cream cheese	1.50
- Add organic peanut butter	1.50
- Add local jam	1.50
- Add Lox	4.50
Loaded Los Bagel Lox, shaved red onion, capers, and cream cheese	10.00

Granola

House GF Granola 800

Organic yogurt, local honey, seasonal fruit

Substitute any milk whole, almond, oat

Salads

Breakfast Salad (GF)

10.00

Two over easy local eggs over arugula with your choice of avocado, Hickory Nut Gap sausage links, or two slices of SE Family Farms bacon with lemon basil dressing and a scoop of our quinoa salad



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(828)-966-8139