



Good Morning Menu

Breakfast Burrito 9

local organic eggs*, cheese, local Bluebird Farm sausage wrapped in pressed tortilla served with salsa & sour cream and fresh seasonal fruit
add veggies (bell pepper, onion, tomato & roasted mushroom) 1

Breakfast Quiche 10

local Bluebird Farm Italian sausage, local organic eggs*, shredded potato, red onion, red bell pepper, swiss & muenster cheese, baked
crustless with side of wheat toast & fresh seasonal fruit

French Toast 12

specialty cream cheese spread on sourdough, dipped in local organic egg*, grilled golden brown with two bacon strips, side of fresh seasonal
fruit & organic maple syrup

Egg Rounds 10

two local organic eggs* grilled with local Bluebird Farm sausage, topped with muenster cheese & served with toast and fresh seasonal fruit

Montecristo 14

grilled ham, bacon, fried local egg*, swiss, local jam, spicy mustard, organic maple syrup, sandwiched between two hearty slices of our
famous french toast & served with fresh seasonal fruit

Livermush & Egg 7

grilled hunter's livermush, scrambled local egg, mayo on sourdough served with fresh seasonal fruit

Hot Ham & Cheese Bagel 8

grilled ham & melted swiss on a toasted bagel of your choice
served with a side of fresh seasonal fruit
add a fried organic egg* 2

New York Bagels 3

blueberry, plain, everything or cinnamon raisin
cream cheese 1

Parfait 8

low fat organic vanilla yogurt, fresh seasonal fruit &
granola

Granola Bowl 6

served with choice of milk

Fruit Bowl 7

hearty portion of fresh fruit

Extras:

extra side of fruit	2
extra side of toast	1
cream cheese	1
extra veggies	1
side of bacon (3)	4
organic egg*	2
maple syrup	2
kitchen coffee	5
(like your food? buy the kitchen a round of beers)	

Local Farms, Roasteries and small businesses we collaborate with:

- J&J Farm (Morganton, NC)
- Bluebird Farm (Morganton, NC)
- Little Guatemala Coffee Roasters (Morganton, NC)
- Dynamite Roasting Co. (Black Mountain, NC)
- Morganton Natural Foods (Morganton, NC)
- Fisherman's Catch (Morganton, NC)
- Food Matters Market (Morganton, NC)
- 18 Produce (Morganton, NC)
- Morganton Farmer's Market (Morganton, NC)

*Consuming Raw or Undercooked Eggs may Increase your Risk of Food borne illness especially if you have certain medical conditions.