



BREAKFAST

BREAKFAST PLATES

TED'S BREAKFAST QUESADILLA | 13.25

Crumbled sausage, scrambled eggs, shredded cheddar, black bean & corn salsa, diced bell pepper & onion, grilled tortilla & served w/ a side of pineapple sriracha & pico mash up

BREAKFAST SUNDAE | 15.25

Chopped maple bacon, scrambled eggs, cheddar cheese, local grits, hash brown casserole, local sausage gravy, green onion

CHICKEN BISCUITS & GRAVY | 15.55

Fried tenders, scrambled eggs, local sausage gravy, buttermilk biscuits

FRIED CHICKEN BENNY* | 13.75

Fried chicken breast, poached egg, sausage gravy, green onion, honey mustard, buttermilk biscuit

CHICKEN & WAFFLES* | 16.99

Fried chicken breast, peach compote, over-easy egg, belgian waffle, maple syrup

*Toss chicken in house made hot honey sauce

gf STEAK & EGGS* | 21.99

8oz Angus sirloin, 2 eggs cooked your way

BIG BREAK-FAST PLATE* | 14.99

2 eggs your way, cheesy grits or hashbrown casserole, 2 bacon strips or 2 sausage patties. Choice of toast or biscuit

BISCUIT & GRAVY | 6.95

One buttermilk biscuit, sausage gravy

BREAKFAST BOWLS

J BRUNCH CARNITAS BOWL* | 16.99

Braised pork shoulder, bell peppers, onions, roasted breakfast potatoes, over easy egg, avocado jalapeño cream, queso, served in a skillet. Choice of toast or biscuit

THE BREAKFAST QUINOA BOWL* | 16.99

Chicken sausage, quinoa, spinach, sun dried tomatoes, mushrooms, onions, basil, jasmine rice, feta cheese, 2 eggs your way. Choice of toast or biscuit

THE BRUNCH STEAK BOWL* | 19.99

Seared steak, fresh spinach, cheddar & jack cheese, diced bell peppers, grilled onions, feta cheese, garlic aioli, chimichurri sauce, 2 eggs over-easy. Choice of toast or biscuit

SIDES | \$5

HANDHELDS & TOAST

BREAKFAST BURRITO | 11.95

Fried chicken, scrambled eggs, chopped bacon, cheddar cheese, hash browns, pico de gallo, sour cream, seared whole wheat tortilla

BREAKFAST SAMMIE* | 10.95

Applewood bacon, over-easy egg, griddled tomato, mayo, avocado, cheddar cheese, grilled wheat bread

CHICKEN BISCUIT* | 9.95

Fried or grilled chicken breast, pimento cheese, sunny-side up egg, buttermilk biscuit

AVOCADO TOAST* | 7.95

Smashed avocado, over-easy egg, red pepper jelly, everything hemp seeds, panko, cilantro, lemon wedge

FRENCH TOAST | 14.25

Berry compote, powdered sugar, maple syrup

FRENCH TOAST BASKET | 9.95

8 French toast sticks served in a basket with warm maple syrup for dipping



BYO OMELET

gf 3 egg omelet* - \$8.25

Substitute egg whites +\$2

Cheese - \$1.49

Cheddar
Bleu Cheese
Goat
Cheese
Mozzarella
Swiss

Veggies - .95¢

Tomatoes
Bell Peppers
Red Onions
Capers
Spinach
Pico de Galo
Jalapeños
Avocado +\$1

Meat - \$1.95

Ham
Bacon
Chicken
Sausage

Seafood - \$4.35

Shrimp
Atlantic Salmon*

Bacon (2) | Sausage Patties (2) | Side of Fruit | Hashbrown Casserole | Cajun French Fries
Side Salad | Sweet Potato Tots w/ Cinnamon Sugar | Local Cheesy Grits | 2 eggs | Breakfast Potatoes

* Items marked with an asterisk (*) may be cooked to order or may contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, shellfish, seafood or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.