

ENTREES

substitute for cauliflower rice bowl

SMOKED HONEY CHICKEN

choice of 2 sides and cornbread ... **\$23.00**

CAJUN CREAM SALMON

choice of 2 sides and cornbread ... **\$26.00**

SANDWICHES

***SALMON SAMMIE**

blackened salmon with fried green tomato, butter

pickles, slaw & hot-honey aioli on french ciabatta ... **\$22.00**

MAPLE BLT

maple glazed bacon with whipped goat cheese, baby

arugula, tomatoes on french ciabatta ... **\$17.00**

FRIED CHICKEN SANDWICH \$16.00

NASHVILLE SPICY

butter pickles,

nashville hot,

brioche bun

PIMENTO CRISP

butter pickles, bacon,

pimento cheese, brioche

bun



DRESSINGS

JALAPENO RANCH

BALSAMIC VINAIGRETTE

HONEY MUSTARD

HONEY PEAR VINAIGRETTE

BLEU CHEESE

YOGURT TAHINI DRESSING

SALADS

CHOPPED BOUNTY

chopped romaine, corn, red cabbage, cherry tomatoes, avocados, scallions, cucumbers & cornbread croutons with jalapeño ranch ... **\$17.00**

✕ Add Shrimp (grilled or fried)

✕ Add Chicken (grilled or fried)

✕ *Add Salmon

KALE & BERRY SALAD

kale, pecans, seasonal fruit, goat cheese with yogurt tahini dressing ... **\$16.00**

✕ Add Shrimp (grilled or fried)

✕ Add Chicken (grilled or fried)

✕ *Add Salmon

GRILLED SHRIMP SALAD

spinach, mint, fresh apples, goat cheese, cabbage red onions with honey pear vinaigrette ... **\$19.00**



CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS

SMOOTHIES

All smoothies are 24oz

TROPICAL GREEN

spinach, pineapples, mangos, bananas,
coconut water ... **\$12.00**

BERRY HONEY

blueberries, strawberries, raspberries,
greek yogurt, honey, almond milk ... **\$12.00**

MANGO LASSI

mangos, greek yogurt, ground cardamom,
honey, almond milk ... **\$12.00**

AVOCADO MATCHA

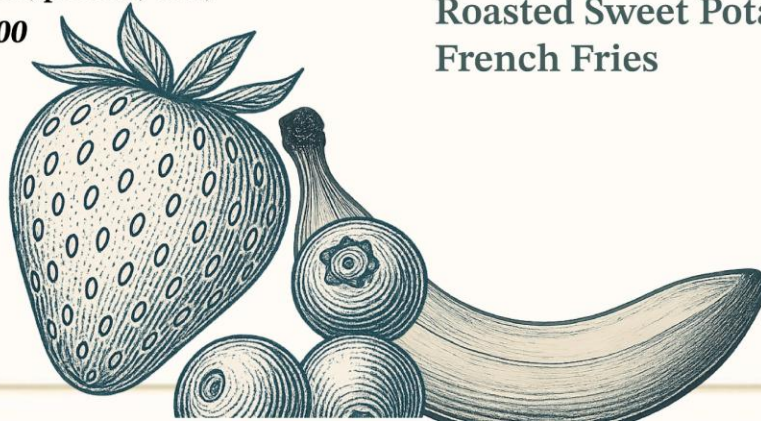
avocados, matcha, bananas, spinach
oat milk ... **\$12.00**

PINEBERRY DETOX

strawberries, pineapples, bananas, cucumbers,
ginger, lemon juice, mint, coconut water ... **\$12.00**

NANA PB PROTEIN

bananas, peanut butter, protein, oats,
almond milk ... **\$13.00**



SMALL BITES

FRIED GREEN TOMATOES

with cherry tomato jam & shaved parmesan cheese ... **\$8.00**

PIMENTO CHEESE DIP

with fried crostini or crudite ... **\$13.00**

BLACKENED BRUSSELS

with ponzu aioli ... **\$10.00**

CAJUN SHRIMP BRUSCHETTA

with cherry tomato jam, kale crisps, shrimp,
parmesan cheese, scallions, on french bread ... **\$14.00**

SIDES ... \$7.00

Kale & Berry Side Salad

Smoked Beef Collards

Cauliflower Rice

Gouda Mac

Rosemary Honey Cornbread

Roasted Sweet Potato with yogurt tahini dressing

French Fries



DESSERTS

BAKED BANANA PUDDING ... \$9.00

served chilled

WARM APPLE FRITTERS ... \$7.00

✕ Add Ice Cream

BEIGNETS ... \$6.00

✕ Add Ice Cream

