

BRUNCH MENU

Comes with choice of fruit salad or hashbrown

- +Avocado \$1.50
- +Add Bacon \$1.50

BREAKFAST PIZZA

scrambled eggs, cheddar cheese, ham, bacon, spinach, roasted tomatoes

AVOCADO TOAST

\$9

house avocado spread on multigrain sunflower toast and topped with roasted tomatoes, goat cheese, sunny side up egg and bacon, and honey

BAY CHICK'N WAFFLE

grill chicken breast seasoned with old bay, on a waffle with a honey drizzle

I LOVE BREAKFAST

\$12

scrambled egg with cheddar, waffle, and a side of bacon

BREAKFAST BURRITTO \$6

scrambled egg with cheddar and provolone cheese, onions, spinach, and bacon in a flour tortilla

THE HASHBROWN S9

two hashbrowns stacked with scrambled eggs, bacon, provolone and cheddar cheese

MAXWELL CRISTO \$10

grilled white bread dipped in batter, ham, provolone, blackberry compote, and topped with powdered sugar

EVELYN'S FRUITY PIZZA PIE \$10

sweet cream cheese spread, strawberries, pineapples, mandarin oranges, blackberry compote

10 AM - 2PM



BRUNCH COCKTAILS

KICKIN BLOODY MARY

Absolut vodka, spooky bloody mary mix, lime juice, house made spicy rim topped with celery, pickle spear, olives, cheddar cheese, pepperoncini, bacon and pepperonis

MIMOSAS

\$5

orange pineapple teauila sunrise desert lemosa blue raspberry lavender pina colada strawberry

SPIKED COFFEE

Irish cream: iameson, baileys, Irish cream syrup, milk, and appalachian blend fika coffee (hot)

Caramel brewtini: absolut, kahlua, caramel, smoky mountain blend cold brew(cold)

KIDS - \$5

comes with choice of fruit salad or hash browns

GRILL CHEESE PANINI

cheddar, provolone

CHEESY EGGS AND BACON

eggs topped with cheddar cheese and a side of bacon

WAFFLE WITH HONEY

MENU

CREPES - \$9

Comes with choice of chips, fruit salad or broccoli salad

THE PLEX

sautéed mushroom and onion, garlic aioli, spinach, roasted tomatoes with provolone cheese +add grilled chicken \$4

BERRIES + CREAM

strawberries, blackberries, honey, pecans, with a sweet cream cheese spread, garnished with cinnamon sugar

BERRY NUTELLA

strawberries, blackberry compote, almonds with a nutella spread, garnish with cinnamon sugar

PANINIS

Comes on sunflower multigrain bread with choice of chips, fruit salad or broccoli salad

FOUR CHEESE \$9

garlic aioli, roasted tomatoes, asiago, cheddar, mozzarella and provolone

THE TUSCAN

\$11

grilled chicken, pesto aioli, spinach, roasted tomatoes and provolone

THE VEGETARIAN S11

sautéd mushrooms and onions, spinach, garlic aioli and provolone

UPTOWN HAM + CHEESE \$13

goat cheese, blackberry compote, prosciutto, honey, and spinach

SALADS

Dressings: house ranch, honey mustard, raspberry vinaigrette, balsamic vinaigrette, caesar

SIDE HOUSE SALAD

\$5

MANDARIN SALAD

S14

grilled chicken, spinach, mandarin oranges, almonds, cranberries with a raspberry vinaigrette

SPINACH CAESAR

\$14

grilled chicken, spinach, asiago, croutons with a caesar dressing



PERSONAL PIZZAS

CHEESE

\$7

mozzarella, asiago, pizza seasoning

PESTO

\$11

pesto, mozzarella, roasted tomatoes, mushrooms, pizza seasoning

PEPPERONI

\$11

mozzarella, asiago, pepperoni, pizza seasoning

HAWAIIAN

\$13

ham, pineapple, mozzarella, pizza seasoning

KIDS - \$5

comes with choice of chips, fruit salad or broccoli salad

CHEESE PIZZA

mozzarella, asiago +pepperoni (no charge)

GRILL CHEESE PANINI

cheddar, provolone

NUGGETS

HOT DOG

DESSERT \$5

DIPPIN DOTS
RED VELVET TEASER
TIRAMISU TEASER
ICE CREAM COOKIE



SCAN HERE

REFUEL & RECOVERY SMOOTHIES

20oz. for \$9

Substitute whey protein with plant protein for \$1.50

STRAWBERRY SLAM

strawberries, banana, & more strawberries with 20g vanilla whey protein

BERRY, BERRY, GOOD

strawberries, blueberries, blackberries, raspberries, & banana with 20g vanilla whey protein

CHOCOLATE THINNY MINT

vanilla almond milk, organic chocolate, mint & "Get Lean" with 20g chocolate whey protein

PEANUT BUTTER CUP

vanilla almond mil<u>k</u>, organic chocolate & peanut butter lite with 10g chocolate & 10g vanilla whey protein

BANANA NUT BLAST

vanilla almond milk, peanut butter lite & banana with 20g vanilla whey protein

ORGANIC COOKIE CRUNCH

vanilla almond milk, organic sandwich cookies, yogurt & vanilla with 20g vanilla whey protein

TENDER GREENS

vanilla almond milk, kale, spinach, banana, flax seed oil, vanilla & honey with 20g vanilla whey protein



FIKA COFFEE

8 OZ CUP HOT COFFEE

choice of a Appalachian blend (light roast) or Smoky Mountain blend(dark roast)

+add syrup \$.50 (Caramel, vanilla, roasted hazelnut, Irish cream)

COLD BREW 8 OZ \$3

Iced or hot +add syrup \$.50 (caramel, vanilla, roasted hazelnut, Irish cream)

COLD BREW FRAPPE 20 OZ \$7

cold brew blended with your choice of milk and flavor

CANNED SODA \$2

PEPSI

DIET PEPSI

ORANGE CRUSH

STARRY

MOUNTAIN DEW

DIET MOUNTAIN DEW

GATORADE (ASSORTED)

DR. PEPPER

DIET DR. PEPPER

PURE LEAF SWEET/ UNSWEET TEA \$3

SIGNATURE FIKA TEA

\$3

Sweet or Unsweet locally sourced black blackberry, green apricot tea blend

REFRESHER OF THE DAY \$5



