

## Sandwiches

Served with cup of soup, french fries, or vegetable

### Vegan Bean Burger

A multi-bean bbq patty with avocado relish, lettuce and tomato...\$9.00

### Grilled Pimento Cheese Sandwich

House pimento cheese grilled with spinach and tomato on whole wheat...\$8.50

### Cheeseburger\*

Locally raised hormone-free beef topped with farmstead cheese, basil mayo, lettuce, tomato and grilled red onions...\$9.50

### BBQ Pork Sandwich

Chopped hormone-free pork with ginger coleslaw...\$9.00

### Tempeh Reuben

Baked local tempeh, sauerkraut, russian dressing and swiss cheese...\$9.00

### Avocado & Sprout Sandwich

On wheat toast with local alfalfa sprouts, tomato and hummus...\$8.00

### Grilled Chicken Sandwich

With herbed goat cheese, fresh spinach, bacon and tomato...\$9.00

### Catfish Sandwich

Topped with house tartar, lettuce and tomato...\$8.00

Ask about today's  
Specials!

## Meat & Two

Choose one protein & two vegetables with a biscuit

### Pan-fried Free-Range Chicken

With herb cream gravy...\$15.00

### Sautéed Local Mountain Trout

Topped with pecan butter...\$16.00

### Pan-fried Catfish

Topped with pear chutney...\$14.00

### Sweet Potato Black Bean Cakes

With sour cream and avocado relish...\$13.00

### Meatloaf

Prepared with local, hormone-free beef, topped with tomato gravy...\$15.00

### Grilled Pork Loin

Smothered with Benton's smoky bacon gravy...\$14.00

### Vegetable Plate

Choose four vegetables with cornbread...\$11.00

#### Vegetables:

Cucumber onion salad	Mashed potatoes
Stone-ground grits	Collard greens (with ham)
Applesauce	Baked lima beans
Black-eyed peas	Ginger coleslaw
Macaroni and cheese	Honeyed beets
Candied yams	Broccoli salad (with bacon)

Look for today's Special vegetables!

\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



A Farm to Table Southern  
Comfort Food Experience

Breakfast Served All Day

Salads, Sandwiches, and Meat & Two  
Available after 11:00am

## Daily Specials

Monday:

7:30am-3:00pm

Tuesday-Friday:

7:30am-9:00pm

Saturday and Sunday:

9:00am-9:00pm

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