

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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earlygirleatery.com

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Breakfast Served All Day

Quick Breads served warm
pumpkin ginger or banana...\$4.00

Egg Biscuit...\$3.00 With cheese...\$3.00
With bacon, sausage or country ham...\$4.00

Biscuit and Gravy

Our homemade biscuit topped with vegetarian herb cream gravy or Benton's smoky bacon gravy...\$4.00

Southern Breakfast*

2 eggs any style with grits and toast...\$6.00
Add bacon, sausage, country ham or baked tempeh...\$8.00

Multigrain Pancakes

Three cakes with organic maple syrup...\$8.00

Shrimp and Grits

Jumbo shrimp sautéed in a spicy brown sauce with peppers, green onions, tomato & andouille sausage...\$10.00

Vegan Tofu Scramble

Marinated organic tofu with peas, red onions, mushrooms, tomato & spinach, served with toast...\$9.00

Local Sausage & Sweet Potato Scramble

Eggs scrambled with local pork sausage, shiitake mushrooms, sweet potatoes, bacon & green onion, served with toast...\$9.50

Early Girl Benny*

Grit cakes topped with tomato, spinach, poached eggs, tomato gravy & avocado, served with toast...\$9.50 Add country ham...\$1.50

Black Bean & Cheddar Omelet

Topped with salsa and sour cream, served with homefries & toast...\$9.00

Make Your Own Omelet

With homefries, toast & any four of the following items: tomato, peppers, mushrooms, red onions, spinach, fresh herbs, bacon, country ham, local cheese, cheddar cheese...\$9.00

Veggie Breakfast Bowl

Black-eyed peas, spinach, scrambled eggs and farmstead cheese smothered in vegetarian herb cream gravy...\$9.00

Porky Breakfast Bowl

Homefries, BBQ pork, scrambled eggs & farmstead cheese smothered in Benton's smoky bacon gravy...\$9.00

House Granola

A vegan specialty, topped with fresh fruit, served with organic soy milk, 2% milk or yogurt...\$7.50

Daily Quiche

Ask your server for today's special, served with a small house salad...\$10.00

Soup & Apps

Soup of the Day cup...\$3.00 bowl...\$4.00

Broccoli Cheddar Hush Puppies

Served with apple butter or creamy garlic dressing...\$6.00

Early Girl Platter

Black-eyed pea hummus, pimento cheese, and avocado relish, served with fresh fruit & crostinis...\$9.00

Fried Green Tomato Napoleon

Layered with fresh basil and herbed goat cheese, topped with salsa and balsamic dressing, served over grits...\$9.00

Salads

House Green Salad

small...\$4.00 large...\$6.50

Topped with tomato, cucumber, organic carrots and farmstead cheese

Toasted Almond & Ginger Salad

Greens tossed in a sweet ginger dressing with toasted almonds, sunflower seeds, celery, diced oranges and red pepper...\$8.00

Fried Chicken & Bacon Salad

Green leaf lettuce topped with farmstead cheese, bacon, cucumber, carrots, tomato & fried chicken...\$9.00

Caesar Salad

Romaine tossed with Caesar dressing, topped with parmesan cheese and grit croutons...\$7.00

Apple Walnut Salad

A bed of spinach topped with local apples, chopped walnuts, local goat feta cheese and choice of dressing...\$8.00

Cobb Salad

Tomato, boiled egg, bacon, grilled chicken & avocado over chopped romaine, topped with farmstead cheese and Cobb dressing...\$9.00

Add grit croutons to any salad...\$1.50

Add chopped bacon...\$1.50

Add grilled free-range chicken...\$4.00

Add grilled shrimp...\$5.00

Add baked local tempeh...\$3.00

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