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

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

Ask about today’s Specials!

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

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