

🌿 Soups \$ 4.50

Housemade soups (selection varies daily).

🌿 Salads \$ 10.95

Any salad can be turned into a wrap with side for \$1 more. Add chicken for \$2.

Caesar Salad

Classic romaine salad with croutons, parmesan cheese, and house dressing.

Sprout Spinach Salad

Baby spinach, goat cheese, strawberry and red onion with balsamic vinaigrette.

Cobb Salad

Romaine, turkey, ham, roast beef, hard boiled egg, tomato, cucumber, and sweet potato.

Southwestern Mixed Greens

Artisan greens with roasted corn, black beans, tri-colored peppers, cilantro, and red onion. Served with in orange-cilantro vinaigrette.

🌿 Allergies?

Please tell us about any allergies your party may have. We will always do our best to accommodate any dietary restrictions. We use peanut-free sunflower butter instead of peanut butter. We can also accommodate gluten-free and dairy-free needs.

Please note consuming raw or undercooked meats, poultry, or eggs increases the risk of foodborne illness.

🌿 Sandwiches and Wraps \$ 11.95

Served on choice of white or wheat bread, spinach or flour wrap, or French baguette. All sandwiches dressed with artisan greens and tomatoes. Gluten-free on request. Served with choice of side.

Roast Beef

Sliced medium rare roast beef with mustard-brie spread and smoky tomato dressing on a baguette.

French Dip

Served hot, with melted cheese and grilled onions and peppers on a baguette.

Celebrity Turkey

Turkey breast with herbed goat cheese.

Club Sandwich

Turkey, ham, and bacon with smoky tomato dressing.

Thai Chicken Wrap

Diced chicken in Thai-ginger sauce, with sriracha, onion, cucumber, and sweet potatoes in a spinach wrap.

🌿 Paninis \$ 11.95

Served with choice of side.

Cubano

Our pork BBQ with bacon, Swiss cheese, dill pickles, and smoky tomato sauce.

Rosemary Turkey

Turkey breast with herbed goat cheese.

Grilled Pimento Cheese

Housemade pimento cheese. Add tomato (no charge), or ham, bacon, or avocado (\$2).

Herbivore

Sliced crimini mushrooms, spinach, tomatoes, and house pesto spread

The Whole Hog

Housemade pork BBQ topped with BBQ sauce and cole slaw.

Farmer Brown

Housemade egg salad with artisan greens, tomato, and bacon on a croissant.

Carolina Chicken Salad

Diced chicken breast mixed with yogurt, red grapes, and toasted almonds served on a croissant.

Honeyed Ham Sandwich

Sliced honeyed ham with soft brie and smoky tomato dressing.

B.L.T.

A classic. Add pimento cheese or avocado for \$2.

🌿 Off the Grill \$ 11.95

Burgers served with served with artisan greens, tomato, pickle, and onion on a brioche bun. Served with choice of side.

Angus Burger

Grilled 100% Angus beef served with cheese.

Veggie Burger

Grilled, meatless patty.

Chicken Philly

Diced chicken breast with grilled onions and peppers and melted cheese on a baguette.

🌿 NC BBQ Plate \$ 12.95

Housemade pork or chicken barbecue. Comes with two sides.

🌿 Meals for Kids \$ 8.50

and the Young at Heart

Includes a sandwich, side, cookie, and lemonade or milk.

Hamburger	All-Beef Hot Dog
Chicken Tenders	Turkey Sandwich
Ham Sandwich	BBQ Pork Sandwich
Grilled Cheese	Sunflower Butter & Jelly

Sides \$ 3.50

Three-side plate \$ 9.95

Fresh, rotating sides daily. See our specials.

Beverages

Fountain or Bottle Drinks as priced

Desserts

Ice Cream (cup or cone) \$ 4
Assorted Treats as priced