

harvest-fresh kitchen

breakfast

open-face breakfast sandwiches served on thick-sliced multi-grain bread

free-range eggs, locally produced

- eggs, herbs & cheese **\$4.50**
- eggs, herbs & smoked salmon **\$5.50**
- eggs, herbs & turkey bacon **\$5**
- triple |a| smoothie (avocado, almond milk, agave) **\$6**

the delilah – Chicken salad sandwich **\$8**

Springer Mountain (Mount Airy, Georgia) chicken breast
H&F (Atlanta, Georgia) southern style sandwich bread
Chicken poached with rosemary, bay leaves, parsley, thyme, peppercorn, celery and carrots
Low-fat, low-cholesterol chicken salad sauce made in-house

sandwiches

the king's apron – Mushroom reuben sandwich **\$8.50**

Oyster mushrooms & swiss cheese (vegan cheese available)
Sauerkraut & vegan dressing
H&F (Atlanta, Georgia) rye bread

the riverview – Salmon sourdough sandwich **\$9.50**

Chilean salmon
Organic spring mix
H&F (Atlanta, Georgia) sourdough bread
Salmon roasted with olive oil, lemon juice, sea salt and cracked black pepper

kale & salmon salad **\$11**

kale topped with Chilean salmon and chopped veggies

salads

spinach & quinoa salad (vegan) **\$7**

organic red quinoa with fresh rosemary and garlic
spinach, mushrooms and chopped veggies

kale, spinach or lettuce mix side salad with chopped veggies **\$4.50**

soups

sweet potato ginger soup **\$5**

Sweet potatoes from Haynes Farm in Culman, Alabama

collard green soup (vegan) **\$5**

Collards from West Georgia Farmers Coop in Pine Mountain Georgia
Cabbage from Jim Adams Farms (Greensboro)



