

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)



