



# Breakfast

Quick Breads served warm  
pumpkin ginger or banana...\$3.25

Egg Biscuit...\$2.50  
With cheese...\$2.95 With bacon, sausage or country ham...\$3.95

Biscuit and Gravy  
Our homemade biscuit topped with vegetarian herb cream gravy or Benton's smoky bacon gravy...\$3.25

Southern Breakfast  
2 eggs any style with grits and toast...\$5.25  
Add bacon, sausage, country ham or baked tempeh...\$6.95

Multigrain Pancakes  
Three cakes with organic maple syrup...\$6.95

Shrimp and Grits  
Jumbo shrimp sauteed in a spicy brown sauce with peppers, green onions, tomato and andouille sausage over stone-ground grits...\$9.95

Vegan Tofu Scramble  
Marinated organic tofu with peas, red onions, mushrooms, tomato and spinach, served with toast...\$7.95

Local Sausage and Sweet Potato Scramble  
Eggs scrambled with local pork sausage, shiitake mushrooms, sweet potatoes, bacon and green onion, served with toast...\$7.95

Early Girl Benny  
Grit cakes topped with tomato, spinach, poached eggs, tomato gravy and avocado, served with toast...\$7.95 Add country ham...\$1.50

Black Bean and Cheddar Omelet  
Topped with salsa and sour cream, served with homefries and toast...\$7.95

Create your own Omelet  
With homefries, toast and any four of the following items:  
\*tomato \* peppers \* mushrooms \* red onions \* spinach \* fresh herbs  
\* bacon \* country ham \* local cheese \* cheddar cheese...\$7.95

Breakfast Bowls  
Veggie: Black-eyed peas, kale, scrambled eggs and farmstead cheese smothered in herb cream gravy...\$8.25

Porky: Homefries, BBQ pork, scrambled eggs and farmstead cheese smothered in Benton's smoky bacon gravy...\$8.25

House Granola  
A vegan speciality, with fresh fruit and organic soy milk, 2% milk, or yogurt...\$6.75

Daily Quiche  
Ask your server for today's special, served with a small house salad...\$8.50

# Sides

Fresh fruit...\$3.95  
One pancake...\$2.95  
One egg...\$1.25  
Toast...\$0.95  
Biscuit...\$1.25  
Homefries...\$2.25  
Stone-ground grits...\$2.25  
Vegan tomato gravy...\$1.75  
Vegetarian herb cream gravy...\$1.75  
Benton's smoky bacon gravy...\$1.75  
Baked local tempeh...\$2.25  
Double-cut bacon...\$2.25  
Local pork sausage...\$2.95  
Country ham...\$2.25

Avocado...\$2.00  
Cornbread...\$1.50  
One vegetable...\$2.95  
Add cheese...\$0.50

Breakfast served all day  
Salads, sandwiches, and meat & two  
available at 11:00am

# Soup & Appetizers

Soup of the Day cup...\$2.50 bowl...\$3.25  
Vegan Chili cup...\$3.25 bowl...\$4.25

Broccoli Cheddar Hush Puppies  
Served with apple butter or creamy garlic dressing...\$5.95

Early Girl Platter  
Black-eyed pea hummus, pimento cheese and avocado relish, served with fresh fruit and crostinis...\$7.95

Fried Green Tomato Napoleon  
Fried green tomatoes layered with fresh basil and herbed goat cheese, topped with salsa and balsamic dressing, served over grits...\$8.95

Lamb Shepherd's Pie  
Stew of local lamb, carrots, celery, onions and green peas, topped with mashed potatoes...\$10.95

House Green Salad small...\$3.50 large...\$5.25  
Topped with tomato, cucumber, organic carrots and farmstead cheese

Toasted Almond and Ginger Salad  
Greens tossed in a sweet ginger dressing with toasted almonds, sunflower seeds, celery, diced oranges and red pepper...\$7.50

Fried Chicken and Bacon Salad  
Green leaf lettuce topped with farmstead cheese, bacon, diced cucumber, tomato, grated carrots, fried chicken and your choice of dressing...\$7.95

Caesar Salad  
Romaine tossed with Caesar dressing, topped with parmesan cheese and grit croutons...\$6.25

Apple Walnut Salad  
A bed of fresh spinach topped with local apples, chopped walnuts and local goat feta cheese with your choice of dressing...\$7.50

Cobb Salad  
Tomato, boiled egg, bacon, grilled chicken and avocado over chopped romaine, topped with farmstead cheese and Cobb dressing...\$7.95

Add grit croutons to any salad...\$1.50  
Add chopped bacon...\$1.50  
Add grilled free-range chicken...\$2.95  
Add grilled shrimp...\$3.50  
Add baked local tempeh...\$2.25

\*Products have been produced on shared equipment with tree nuts, peanuts, milk, eggs, soybeans and wheat. Please tell your server about any food allergies you have.\*

\*An 18% gratuity may be added to parties of six or more\*

# S a n d w i c h e s

Served with cup of soup, french fries or vegetable

**Vegan Bean Burger**  
A multi-bean bbq patty with avocado relish, lettuce and tomato...\$7.50

**Grilled Pimento Cheese Sandwich**  
House pimento cheese grilled with fresh spinach and tomato on whole wheat...\$6.50

**Cheeseburger**  
Locally raised hormone-free beef topped with farmstead cheese, basil mayo, lettuce, tomato and grilled red onions...\$7.95

**BBQ Pork Sandwich**  
Pulled hormone-free pork with ginger coleslaw...\$7.50

**Tempeh Reuben**  
Baked local tempeh, sauerkraut, russian dressing and swiss cheese...\$7.95

**Avocado and Sprout Sandwich**  
On wheat toast with local alfalfa sprouts, tomato and black-eyed pea hummus...\$6.95

**Grilled Chicken Sandwich**  
With herbed goat cheese, fresh spinach, bacon and tomato...\$7.95

**Catfish Sandwich**  
Topped with house tartar, lettuce and tomato...\$7.50

# D r i n k s

House Coffee...\$1.95  
Spring Water...\$1.75  
S. Pellegrino...\$2.95  
Organic Milk...\$1.95  
Organic Chocolate Milk...\$1.95  
Iced Tea...\$1.95  
Reed's Ginger Brew...\$2.25  
Fresh Squeezed Lemonade...\$2.25

**Juices**  
Fresh Squeezed Orange...\$3.75  
Organic Apple...\$2.25

Hot Teas...\$2.25

**Green:**  
sencha

**Black:**  
earl grey  
english breakfast

Soda...\$1.95  
Coke  
Diet Coke  
Sprite  
Mello Yello  
Club Soda

**Herbal:**  
india spice  
chamomile  
lemon ginger  
moroccan mint

# M e a t & T w o

Choose one protein and two vegetables with a biscuit

## Proteins:

**Pan-fried Free-Range Chicken**  
With herb cream gravy...\$12.95

**Sauteéd Local Mountain Trout**  
Topped with toasted pecan butter...\$13.95

**Grilled Pork Loin**  
Smothered in Benton's smoky bacon gravy...\$13.95

**Sweet Potato Black Bean Cakes**  
With sour cream and avocado relish...\$12.95

**Pan-fried Catfish**  
Topped with creole sauce...\$12.95

**Meatloaf**  
Prepared with local, hormone-free beef, topped with tomato gravy...\$13.95

**Grilled Duck Breast**  
Drizzled with a red wine reduction...\$13.95

**Vegetable Plate...\$10.25**  
Choose four vegetables with cornbread

## Vegetables:

Cucumber onion salad	Candied yams
Stone-ground grits	Mashed potatoes
Applesauce	Squash casserole
Black-eyed peas	Macaroni and cheese
Ginger coleslaw	Collard greens (with ham)
Broccoli Salad (with bacon)	Stewed kale

Look for today's special vegetables

# Children's Menu

All children's menu items served with choice of one vegetable...\$5.95

Peanut butter & jelly  
Grilled cheese  
Chicken fingers with ranch dip  
Vegetable Plate:  
includes three veggies and a biscuit

The culture and heritage of our southern mountains are dear to us. The Early Girl Eatery supports small scale regional farming with minimal environmental impact and local sustainable agriculture systems. Whenever possible we buy products that are local, free-range, humanely raised, hormone-free and organic. We also depend on small businesses for much of our non-agricultural support.

Our goals are to reflect the morals and values of our community, increase awareness of regional food diversity, and contribute positively to the local economy, environment and health. We are so glad that you are here.

# Retail

1 lb Early girl house blend shade-grown coffee...\$10.50  
Sugar containers...\$36.00  
Quart of vegan granola...\$8.50  
"In Praise of Tomatoes" book...\$14.95

2 lb Stone-ground grits...\$4.00  
Local raspberry or berry jam...\$6.50  
Celtic sea salt...\$7.50  
Early Girl juice glass...\$5.50

Early Girl t-shirts...\$20.00-\$25.00