



# Early Girl EATERY

LOCAL, ORGANIC, SEASONAL & FRESH

## DRINKS

Alcohol sold after 10am on Sundays

### Cocktails

- I ♥ MIMOSAS**  
Mixed Berry or Classic  
FLUTE 6 | MEGA 12
- THE PINK LADY 8**  
[ One of Asheville's most famous, kind-spirited ghosts! ]  
Raspberry Vodka, Tuaca, Peach Schnapps, cranberry, fresh lemon juice
- IRISH APPLE PIE 8**  
Jameson Whiskey, local apple butter, apple juice, shaken on the rocks
- THE BLOODY MARYS 8**  
TRADITIONAL | olives & pickled okra  
O'SO SPICY | olives & pickled jalapeño
- ADULT COFFEE 7**  
Early Girl blend coffee with a shot!
- YOUR CHOICE OF**  
Bailey's, Jameson, Kahlúa, Vegan Almande
- SPARKLING POME 8**  
Gin, Local Honey, Apple, topped with sparkling wine
- BEE'S KNEES 8**  
Gin, Local Honey, Lemon, Bitters
- BLACKJACK 8**  
Tuaca, Kirsch, Early Girl Blend cold coffee, lemon twist

### Mocktails

- DREAMSICLE 5**  
Natalie's small batch orange juice, peach puree, fresh whipped cream
- APPLE SIDECAR NA 5**  
Pineapple juice, Cinnamon apple, Lemon, NA Triple Sec

Bottles of Wine 19 • Glasses 7

### White Wine

- SANTA JULIA CHARDONNAY**  
Mendoza, Argentina | Organic
- LAGARIA PINOT GRIGIO**  
Veneto, Italy | Organic
- AVELEDA VINHO VERDE**  
Vinho Verde, Portugal | Sustainably farmed
- PONGA SAUVIGNON BLANC**  
Marlborough, New Zealand | Sustainably farmed
- DMZ ROSÉ**  
West Cape, South Africa | Certified sustainable

### Red Wine

- VINA LEYDA PINOT NOIR**  
Aconcagua, Chile | Organic
- TILIA MALBEC**  
Mendoza, Argentina | Sustainably farmed
- VINA BUJANDA RIOJA CRIANZA**  
Rioja, Spain | Organic
- CUMA CABERNET SAUVIGNON**  
Calchaqui Valley, Argentina | Organic

### Beer

- HIGHLAND BREWING GAELIC ALE 4**  
"Asheville's First Beer" | 5.5% abv | 12oz bottle
- BOLD ROCK SEASONAL CIDER 4**  
Crushed and crafted in the Blue Ridge Mountains  
12oz bottle
- PISGAH BREWING CO PALE ALE 4**  
Black Mountain, NC | 5.1% abv | 12oz can

### Featured Wine & Beer

Ask your server for today's specials

## MORE THAN MADE FROM SCRATCH™

This is not just a motto at Early Girl—it guides every food decision we make. We believe that when we are able to choose a Local, Organic, Seasonal or Fresh ingredient we are serving the absolute best food to our guests and making a positive impact on our community. We appreciate you being here and hope you enjoy good food and good company!

## EATS

Full Menu Served All Day

### BREAKFAST FARE

- Biscuit French Toast**  
Cinnamon-battered, made-from-scratch buttermilk biscuits, topped with fresh house-made whipped cream and seasonal fresh fruit. Served with Coombs Family Farms organic 100% Vermont maple syrup 11
- Bow to the King**  
Our most popular dish! Southern fried chicken tenders paired with cinnamon-battered, made-from-scratch buttermilk biscuits, topped with fresh house-made whipped cream and fresh seasonal fruit. Served with Coombs Family Farms organic 100% Vermont maple syrup 15
- Early Girl's Spinach & Potato Cakes\***  
Two creamy organic potato & spinach cakes topped with Southern tomato gravy, served with two cage-free eggs cooked any style and choice of toast or made-from-scratch buttermilk biscuit 13  
☛ Like it spicy? Try our Habanero Sweet Potato Sauce!
- Veggie Breakfast Bowl\* 6P**  
Organic brown rice, black beans, sweet potatoes, fresh organic spinach, cheddar, and scrambled cage-free eggs, topped with fresh salsa and sliced fresh avocado 13  
Make it vegan—drop the cheese and replace eggs with Smiling Hara tempeh 6P ♻️
- Southern Breakfast\***  
Two cage-free eggs cooked any style, served with organic heirloom grits or organic hand-cut home fries, and choice of toast or a made-from-scratch buttermilk biscuit 11  
Add baked Smiling Hara tempeh 6P ♻️, bacon, local pork sausage, local country ham 3
- Yam Scram\* 6P**  
Cage-free eggs scrambled with local pork sausage, shiitake mushrooms, sweet potatoes, chopped applewood-smoked bacon, and fresh green onion 14  
☛ An Early Girl customer favorite!
- 12-Hour Slow-Roasted Porky Breakfast Bowl\* 6P**  
Organic hand-cut home fries, 12-hour slow-roasted pulled pork, scrambled cage-free eggs, cheddar, and smothered in smoky bacon gravy 14
- Charleston Chicken Biscuit**  
Fried 24-hour-brined chicken breast on a made-from-scratch buttermilk biscuit with cheddar cheese and bacon gravy. Served with organic heirloom grits or organic hand-cut home fries. 13  
Add a fried cage-free egg 2
- Buttermilk Multigrain Pancakes**  
Three of our made-from-scratch buttermilk pancakes served with Coombs Family Farms organic 100% Vermont maple syrup 11  
Add chocolate chips 75¢ | Add fresh fruit 1
- Southwestern Omelet\***  
Three cage-free eggs with black beans and cheddar, topped with fresh salsa and sour cream. Served with organic heirloom grits or organic hand-cut home fries and toast 12
- Fresh Herbed Goat Cheese Omelet\***  
Three cage-free eggs with fresh herb-blended goat cheese. Served with organic heirloom grits or organic hand-cut home fries and toast 12
- Organic Tofu Breakfast ♻️**  
Organic tofu marinated in mild house-made curry, scrambled with caramelized red onions, mushrooms, red peppers, tomato and sautéed organic spinach, served with organic heirloom grits or organic hand-cut home fries and vegan toast 13

### BREAKFAST SIDES

- Banana quick bread ..... 5
  - Organic heirloom molasses glazed cornbread ..... 5
  - Applewood-smoked bacon ..... 3
  - Organic Farm & Sparrow heirloom stone-ground grits 6P ♻️ ..... 3.50
  - Goodnight Bros. country ham ..... 3
  - Swaggerty's pork sausage ..... 3
  - Baked Smiling Hara tempeh 6P ♻️ ..... 3
  - Made-from-scratch buttermilk biscuit ..... 2  
with choice of gravy ..... 4.50  
with egg\* and cheese ..... 4.50
  - Southern tomato gravy 6P ♻️ ..... 3
  - Vegetarian herb cream gravy 6P ..... 3
  - Smoky bacon gravy 6P ..... 3
  - Seasonal fresh fruit 6P ♻️ ..... 4.50
  - Organic spring mix salad with red onions and diced tomatoes 6P ♻️ ..... 3.50
  - Toast ♻️ ..... 2
- Our local bread is vegan—from Geraldine's Bakery

### Lil' Bundt Cakes

Ask your server about today's freshly baked options 4

### Bread Pudding 6P

Small batch day-leavened bread, raisins, pecans, served warm and drizzled with vanilla glaze. Very limited supply 4

### PLATES

- Organic Heirloom Grit Cake Stack 6P ♻️**  
Crisp-fried grit cake piled with organic spinach, red pepper, zucchini and yellow squash, caramelized red onions, shiitake mushrooms, and Southern tomato gravy 13
  - Buttermilk Fried Chicken 6P**  
24-hour-brined chicken breast, buttermilk-dipped, breaded and golden-fried, served with organic mashed potatoes topped with your choice of our homemade gravies and tender haricots verts 16
  - Tempura Fish & Chips 6P**  
Hand-battered flounder fillets served with organic hand-cut French fries and our homemade jalapeño tartar sauce 16
  - Slow-Roasted Pork BBQ Mac & Cheese 6P**  
Creamy blend of our house-made bourbon pimento cheese and elbow macaroni topped with our 12-hour slow-roasted pork and spicy BBQ sauce, finished with white cheddar and green onion 14
  - Vegetable Plate**  
Choose four of your favorites below. Vegetable plates served with a made-from-scratch buttermilk biscuit 12
  - VEGETABLES — à la carte 4**
- |  |  |
|--|--|
| Bourbon pimento mac & cheese 6P                          | Organic Fermenti hand-crafted sauerkraut 6P ♻️                                     |
| Fresh seasonal fruit 6P ♻️ add 50¢                       | Organic mashed potatoes 6P   |
| Haricots verts 6P ♻️                                     | Organic spring mix salad with red onions and diced tomatoes 6P ♻️                  |
| Organic hand-cut French fries 6P ♻️                      | Veggie medley of zucchini, yellow squash, red peppers and shiitake mushrooms 6P ♻️ |
| Organic hand-cut home fries 6P ♻️                        | Vegetable of the day   |
| Organic herbed brown rice 6P ♻️                          |  |
| Organic Farm & Sparrow heirloom stone-ground grits 6P ♻️ |  |

### SANDWICHES

ALL SANDWICHES served with choice of organic spring mix salad, organic hand-cut French fries, or vegetable. Our local bread is vegan—from Geraldine's Bakery. Substitute gluten-free toast 50¢ or GF bun 1

- Shroomie Garden Sandwich ♻️**  
Marinated & grilled portabella mushrooms, red peppers, caramelized red onions, fresh organic spinach, and sliced tomato on locally baked rye 12
- Double Cheeseburger\***  
Two fresh 1/4-pound Certified Angus Beef® patties, grilled then topped with cheddar, remoulade, leafy green lettuce, sliced tomato, and caramelized red onions on a locally baked bun 13
- Farmhouse Tempeh Sandwich ♻️**  
Baked Smiling Hara tempeh, remoulade, lettuce, tomato, organic Fermenti sauerkraut, served on a locally baked bun 13  
☛ Like it spicy? Try our Spicy Habanero Remoulade!
- 12-Hour Slow-Roasted Pulled Pork Sandwich**  
12-hour slow-roasted pulled pork, housemade BBQ sauce, caramelized red onions, served on a locally-baked bun 13
- Spicy Chicken Sandwich**  
Grilled or fried 24-hour-brined GF chicken, habaero remoulade, lettuce, tomato, bacon, served on a locally-baked bun 13

### SALADS

- Apple & Berry Salad 6P**  
Fresh organic greens with seasonal apple, seasonal berries, candied pecans, feta cheese, your choice of fried or grilled chicken breast or baked Smiling Hara tempeh, and choice of homemade dressing 14  
☛ We recommend raspberry vinaigrette 6P ♻️
- Chicken BLTA Salad 6P**  
Fresh organic greens with cheddar, bacon, tomato, avocado, your choice of fried or grilled chicken, and choice of homemade dressing 14

### HOMEMADE DRESSINGS

- 1000 Island 6P ♻️ | Balsamic Vinaigrette 6P ♻️
- Raspberry Vinaigrette 6P ♻️ | Creamy Garlic 6P ♻️

### CHILDREN'S MENU

Served with one vegetable and apple juice. For 12 and under

- Kid's Cheeseburger**  
Patty topped with cheddar on a locally baked bun 7
- Grilled Cheese**  
Local bread and creamy cheddar 7
- Chicken Tenders 6P**  
Hand-battered and crispy fried 7
- Pancake**  
One made-from-scratch buttermilk pancake 7  
Add chocolate chips 75¢ | Add Fresh fruit 1
- Children's Vegetable Plate**  
Choice of two vegetables (only), served with a biscuit 7

### BEVERAGES

- JAGSHEAD COFFEE 2.75**  
Farm to Cup. Grown in El Salvador and roasted in North Carolina by a four-generation coffee-farming family
- CUSTOMIZE YOUR CUP! 4**  
Coffee + One Flavor Shot + Fresh Whipped Cream  
Mocha • Caramel • Hazelnut • Cinnamon Bun • Vanilla  
☛ Make it an ADULT COFFEE with a shot of Baileys, Jameson or Kahlua (additional charge)
- BLOODY MARY 8**
- MIMOSA FLUTE 6 | MEGA 12**  
☛ See our Drinks Menu for other adult libations!
- NATALIE'S SMALL BATCH JUICE 3**  
Grapefruit • Lemonade • Orange
- OAT MILK—REGULAR OR CHOCOLATE 6P ♻️ 2.50**
- ICED TEA or SODA 2.75**  
Coke, Diet Coke, Sprite, Ginger Ale
- SAN PELLEGRINO 1.95**
- POT OF HOT TEA 3**  
from Asheville Tea Company  
Asheville Grey • Jasmine Gold • Chamomile Lavender

\* This item can be cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Prices do not include sales tax.

A 20% gratuity will be added to parties of 6 (six) or more.

Before placing your order, please inform your server if you or any person in your party has a food allergy. When we are made aware of allergies, we make every attempt to segment our food. However, there are times when cross contamination may occur despite our best efforts.

Abbreviation Key 6P gluten-free ♻️ vegan

### PLEASE VISIT SOME OF OUR LOCAL SUPPLIERS

- IMLADRIS JAMS** fruit is grown locally at Imladris Farm in Fairview, NC. Walt, the farmer and Jam Man, has been selling jam in front of 8 Wall St for over a decade. [Imladrisfarm.com](#)
- OPEN RIDGE FARM** utilizes a no-till garden and orchard at the Mt. Mitchell watershed in Yancey County. They grow all the peppers used in their Pica Rica hot sauce without pesticides. [Openridgefarm.com](#)
- O'YEAH! HOT SAUCE** started to help raise money for the hunger fund at a local church. Kent, the owner, continues to give 10% of all profits to charity. [Oyeahhotsauce.com](#)
- SMILING HARA TEMPEH** is a family owned business committed to gluten-free, non-GMO, plant-based proteins. [Smilingharatempeh.com](#)
- FARM & SPARROW** is an Appalachian-based seed project, grain collection, and mill. Their grits and cornmeal are heirloom, organic, small farmed, and slowly stone milled. [Farmandsparrow.com](#)  
We proudly support ASAP—Appalachian Sustainable Agriculture Project

### EARLY GIRL'S OTHER LOCAL PARTNERS

- |                                       |                               |
|---------------------------------------|-------------------------------|
| Archetype Brewing                     | Lusty Monk                    |
| Asheville Brewing                     | Mountain Foods                |
| Asheville Tea Company                 | Rayburn Farm                  |
| Creasman Farms                        | Smiling Hara Tempeh           |
| Cultivated Cocktails                  | Soul and Soil Project         |
| Dynamite Coffee                       | Stegg's Plants Etc. Farm      |
| Fancy Bear Farms Honey                | Swaggerty's Family Farm       |
| Fermenti Fermented Foods              | Tim Hayes's Farm              |
| Geraldine's Bakery—<br>840 Merrim Ave | Urban Orchard Cider           |
| Goodnight Brothers                    | Well Seasoned Table           |
| Highland Brewing                      | The Wilson Family Farm        |
| Hi-Wire Brewing                       | Kevin & Lydia—Yon Family Farm |

### Early Girl EATERY

DOWNTOWN  
8 WALL STREET  
828-259-9292

WEST ASHEVILLE  
444 HAYWOOD ROAD  
828-820-2323

LOCAL, SEASONAL, ORGANIC & FRESH

