

Breakfast



Early Girl EATERY

LOCAL, ORGANIC, SEASONAL & FRESH

PLATES, BOWLS & OMELETS

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

Early Girl's Spinach & Potato Cakes*

Two creamy potato & fresh organic 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 Open Ridge Farm Pica Rica hot sauce!

12-Hour Slow-Roasted Porky Breakfast Bowl™* GF

Organic hand-cut home fries, 12-hour slow-roasted pulled pork, scrambled cage-free eggs, cheddar, and smothered in smoky bacon gravy 14

Yam Scram™* GF

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!

Veggie Breakfast Bowl* GF

Organic brown rice, black beans, sweet potatoes, fresh organic spinach, cheddar, and scrambled cage-free eggs, topped with fresh salsa and sliced fresh avocado 14

Add baked Smiling Hara tempeh 3

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 bacon, local pork sausage, local country ham, or baked Smiling Hara tempeh 3

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¢

Organic Tofu Scramble GF V

Organic tofu marinated in mild house-made curry, scrambled with red onions, mushrooms, red peppers, tomato, and fresh organic spinach. Served with vegan toast 12

Southwestern Omelet*

Three cage-free eggs with black beans and cheddar, topped with fresh salsa and sour cream. Served with organic hand-cut home fries and toast 12

Goat Cheese & Fresh Herb Omelet*

Three cage-free eggs with goat cheese and chopped fresh herbs. Served with organic hand-cut home fries and toast 12

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 GF gluten-free V vegan

Lil' Bundt Cakes

Ask your server about today's freshly baked options 4

BREAKFAST SIDES

Banana quick bread	5
House granola	4.75
Applewood-smoked bacon	3
Farm & Sparrow organic heirloom stone-ground grits GF V	3.50
Goodnight Bros. country ham	3
Swaggerty's pork sausage	3
Baked Smiling Hara tempeh GF V	3
Made-from-scratch buttermilk biscuit	2
with choice of gravy	4.50
with egg* and cheese	4.50
Southern tomato gravy GF V	3
Vegetarian herb cream gravy GF	3
Smoky bacon gravy GF	3
Seasonal fresh fruit GF V	4.50
Toast V	2

Our local bread is vegan—from Geraldine's Bakery

BEVERAGES

ORGANIC FAIR TRADE COFFEE 2.75

locally roasted from Dynamite Roasting, Black Mountain NC

👉 Make it an ADULT COFFEE with a shot of Baileys, Jameson or Kahlua (additional charge)

BLOODY MARY 8

MIMOSA FLUTE 6 | MEGA 12

ALL BOTTLES OF ORGANIC WINE 19

👉 See our Drinks Menu for other adult libations!

SMALL BATCH FRESH JUICE 3

Grapefruit • Lemonade • Orange

OAT MILK—REGULAR OR CHOCOLATE 2.50

ICED TEA 2.75

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

Please ask about seasonal tea options

👉 For sweetness we recommend Fancy Bear Farms honey

* 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.

Lunch & Dinner

Salads, Sandwiches & Plates available after 11am • Breakfast served all day • Open daily until 9pm

LOCAL, ORGANIC, SEASONAL & FRESH

PLATES & SANDWICHES

Heirloom Organic Grit Cake Stack ^{GF} ^V

Crisp-fried grit cake piled with organic spinach, red pepper, zucchini and yellow squash, caramelized onions, shiitake mushrooms, and Southern tomato gravy 13

Southern Tomato Gravy Meatloaf ^{GF}

Certified Angus Beef® meatloaf, griddled then topped with Southern tomato gravy, stacked with mashed potatoes, tobacco onions, and green beans 16

Buttermilk Fried Chicken ^{GF}

24-hour-brined chicken breast, buttermilk-dipped, breaded and golden-fried, served with mashed potatoes topped with your choice of our homemade gravies and collard greens (w/ham) 16

Tempura Fish & Chips ^{GF}

Hand-battered flounder fillets served with hand-cut French fries and our homemade jalapeño tartar sauce 16

Slow-Roasted Pork BBQ Mac & Cheese

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

ALL SANDWICHES served with choice of cup of soup, hand-cut French fries, or vegetable. Substitute gluten-free toast on any sandwich. Our local bread is vegan—from Geraldine's Bakery.

Grilled Pimento Cheese Sandwich

Locally baked whole wheat bread filled with our bourbon pimento cheese and sliced tomato, grilled to perfection 12

Shroomie Garden Sandwich ^V

Marinated & grilled portabella mushrooms, caramelized onions, fresh organic spinach, and sliced tomato on locally baked rye 12
Add Swiss (not vegan) cheese to make it a melt 75¢

Double Cheeseburger*

Two fresh 1/4-pound Certified Angus Beef® patties, grilled then topped with cheddar, bistro sauce, leafy green lettuce, sliced tomato, and grilled red onions on a locally baked bun 13

Bourbon Pimento Cheese Chicken Sandwich

Grilled or fried chicken breast, bourbon pimento cheese, leafy green lettuce, bacon, and sliced tomato on a locally baked bun 13

Farmhouse Grilled Tempeh Reuben

Baked Smiling Hara tempeh on locally baked rye, sauerkraut, bistro sauce, and Swiss cheese 13

Abbreviation Key ^{GF} gluten-free ^V vegan

SALADS

Apple & Berry Salad ^{GF}

Fresh greens with Fuji 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 ^{GF} ^V

Chicken BLTA Salad ^{GF}

Leafy green lettuce with cheddar, bacon, tomato, avocado, your choice of fried or grilled chicken, and choice of homemade dressing 14

HOMEMADE DRESSINGS 1000 Island ^{GF} ^V | Balsamic vinaigrette ^{GF} ^V

Raspberry vinaigrette ^{GF} ^V | Creamy garlic ^{GF} ^V | Italian ^{GF} ^V

Vegetable Plate

Choose four of your favorites below. Served with a made-from-scratch buttermilk biscuit 12

VEGETABLES — à la carte 3.50

Black beans ^{GF} ^V

Candied yams ^{GF} ^V

Collard greens (w/ham) ^{GF}

Hand-cut French fries ^{GF}

Organic hand-cut home fries ^{GF}

Green beans ^{GF}

Herbed organic brown rice ^{GF} ^V

Fermenti hand-crafted

sauerkraut ^{GF} ^V

Mashed potatoes ^{GF}

Bourbon pimento mac & cheese

Organic heirloom stone-ground grits ^{GF} ^V

Veggie medley of zucchini, yellow squash, red peppers and shiitake mushrooms ^{GF} ^V

Fresh seasonal fruit ^{GF} ^V add 1

Vegetable of the day

Soup of the day

Organic heirloom cornbread

CHILDREN'S MENU

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

Grilled Cheese

Local bread and creamy cheddar 7

Chicken Tenders ^{GF}

Hand-battered and crispy fried 7

Pancake

One made-from-scratch buttermilk pancake 7

Add chocolate chips 75¢

Children's Vegetable Plate

Choice of two vegetables (only), served with a biscuit 7

* 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.

More than made from scratch™ is not just a motto at Early Girl, but guides us in every food decision. Our recipes reflect our love for Southern cooking and our belief that by making Local, Organic, Seasonal or Fresh our first choice whenever possible we are serving the absolute best food to our guests. We appreciate you being here and hope you enjoy good food and good company! 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

Asheville Brewing

Asheville Tea Company

Creasman Farms

Cultivated Cocktails

Dynamite Coffee

Fancy Bear Farms Honey

Fermenti Fermented Foods

Geraldine's Bakery—
840 Merrimon Ave.

Goodnight Brothers

Highland Brewing

Hi-Wire Brewing

Lusty Monk

Mountain Foods

Stegg's Plants Etc. Farm

Swaggerty's Family Farm

Tim Hayes Farm

Urban Orchard Cider

The Wilson Family Farm

Kevin & Lydia—Yon Family Farm

earlygirleatery.com