**Gluten Friendly (Excluding Biscuit)**

**EGG-STRAVAGANZA**

Two eggs served with one signature chicken sage sausage patty, two strips of crispy all-natural applewood bacon, creamy dreamy grits and thick sliced French toast. Served with a fluffy flying biscuit. 14.99

**HIGH FLYER**

Two eggs served with a choice of two signature sage sausage patties or three strips of bacon, creamy dreamy grits and choice of a buttermilk pancake or Belgian Waffle. Served with a fluffy flying biscuit. 14.99. Substitute an organic oatmeal pancake topped with warm peach compote for 1.00

**FLYING BISCUIT BREAKFAST**

Two eggs served with choice of two signature sage sausage patties or three strips of bacon, creamy dreamy grits and a fluffy flying biscuit. 11.49

**6A PEACHES & CREAM WAFFLE BREAKFAST**

Two eggs served with two chicken sage sausage patties, creamy dreamy grits and a house-made golden Belgian waffle, topped with warm peach compote, fresh strawberries, banana, blueberries and powdered sugar. Served with a fluffy flying biscuit. 15.99

**BEST I EVER HAD**

Two thick slices of French toast topped with raspberry sauce and honey crème anglaise. Served with creamy dreamy grits. 10.99

**HANGOVER HASH**

Our own “mean duded” potatoes with a heavy douse of queso, covered with chicken cheddar, crispy buttermilk chicken and topped with two avocado eggs, black bean salsa with a sprinkle of cilantro. 11.99

**CHORIZO HASH**

Chicken chorizo, “moon dusted” potatoes, red and green peppers, onions and cheddar cheese topped with two avocado eggs, tavern sauce and cilantro. Served with a fluffy flying biscuit. 13.49

**FL SUNSHINE WAFFLE BREAKFAST**

Two eggs served with two chicken sage sausage patties, creamy dreamy grits and a house-made golden Belgian waffle topped with fresh strawberries, blueberries and powdered sugar. Served with a fluffy flying biscuit. 15.99

**HOT SOUTHERN SCRAMBLE**

Three eggs served with cheddar chive and jalapeño cheddar cheese. Served with creamy dreamy grits and a fluffy flying biscuit. 13.99

**HOT CHICKEN & WAFFLE**

A house-made golden waffle topped with our signature hot chicken. 11.99

**DIRTY BIRD**

A house-made golden waffle topped with crispy buttermilk chicken tenders, two avocado eggs and chicken sausage gravy. 15.99

**HOT BEEF WILSON**

A house-made golden waffle topped with crispy ham and egg with cheddar cheese. 12.99

**HOT HONEY BUTTER CHICKEN WAFFLE**

A house-made golden waffle topped with crispy hot honey butter chicken tenders. 12.99

**POACHED HAM & WAFFLE**

Served with a fluffy flying biscuit, poached ham, cheddar cheese, kramp and Hollandaise. 14.99

**CHICKEN & WAFFLES**

A house-made golden waffle topped with crispy buttermilk chicken tenders. 11.99

**HOT CHICKEN & WAFFLE**

A house-made golden waffle topped with our signature hot chicken. 11.99

**DIRTY BIRD**

A house-made golden waffle topped with crispy buttermilk chicken tenders, two avocado eggs and chicken sausage gravy. 15.99

**HONEY BUTTER CHICKEN WAFFLE**

A house-made golden waffle topped with crispy honey butter chicken tenders. 12.99

**SMOKED SALMON SCRAMBLE**

Three eggs scrambled with chapped wood-smoked salmon and dill cream cheese. Served with creamy dreamy grits and a fluffy flying biscuit. 12.99

**CLASSIC BENEDICT**

English muffin topped with Canadian bacon, two over medium eggs, and hollandaise. Served with creamy dreamy grits. 11.99

**FREEBIRD**

Split biscuit topped with crispy buttermilk chicken tenders, two avocado eggs, chicken sausage gravy and drizzled with syrup. Served with a fluffy flying biscuit. 12.99

**PIEDMONT OMELETTE**

Three eggs, signature chicken sage sausage, crispy all-natural nitrate free applewood bacon, onions and yellow cheddar cheese. Served with creamy dreamy grits and a fluffy flying biscuit. 12.99

**HONEY BUTTER CHICKEN BENEDICT**

Split biscuit topped with crispy buttermilk chicken tenders, cheese scrambled eggs, and home-made honey butter. Served with a side of roasted asparagus. 14.99

**SOUTHERN SCRAMBLE**

Three eggs scrambled with crispy all-natural nitrate free applewood bacon, spicy vegan collard greens, onions and yellow cheddar cheese. Served with creamy dreamy grits and a fluffy flying biscuit. 12.99

**CRISPY TURKEY BACON**

1 strip. 3.99

**SUNRISE CONFETTI**

Served with bacon and poached eggs. 10.99

**ONE FLUFFY FLYING BISCUIT**

With cranberry apple butter. 1.79

**SIGNATURE CHICKEN SAGE SAUSAGE (2 patties)**

3.99

**CRISPY ALL-NATURAL NITRATE FREE APPLEWOOD PORK BACON (3 strips)**

3.99

**CHICKEN SAUSAGE LINK**

2.99

**ONE FLUFFY BUTTERMILK PANCAKE**

Served with butter and syrup. 3.99

**ONE ORGANIC OATMEAL PANCAKE**

Served with peach compote. 4.99

**ONE BELGIAN WAFFLE**

Served with butter and syrup. 4.99

**ONE THICK SLICE OF FRENCH TOAST**

Served with honey crème anglaise and raspberry sauce. 4.99

**TOAST OR ENGLISH MUFFIN**

3.99

**GRITS**

Award winning, creamy, dreamy, white cheddar cheese grits. 3.99

**LOADED GRITS**

Served with cheese and applewood smoked bacon. 4.99

**FRESH SEASONAL FRUIT**

Mango, kiwi, pineapple, and papaya served over a bed of cream cheese and chives. 4.99

**YOGURT**

With granola and fruit. 4.99

**MOM DUSTED POTATOES**

2.99

**TWO EGGS any style**

2.99

**GRILLED MAC & CHEESE**

3.99

**SPICY VEGAN COLLARD GREENS**

3.99

**AVOCADO TOAST**

Sprinkled with sea salt and dilled tomatoes. 4.99

*These items may be served raw or undercooked, consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness.*

**SIDE**

**STUFFED FRENCH TOAST BREAKFAST**

Two thick slices of Challah bread dipped in our signature butters, grilled, stuffed with sweet cream cheese and topped with raspberry sauce, honey crème anglaise, fresh strawberries and powdered sugar. Served with two eggs, two chicken sage sausage patties, creamy dreamy grits and a fluffy flying biscuit. 15.99

**STEAK AND EGGS**

Six NY Strip steak** grilled to medium rare. Served with two eggs**, creamy dreamy grits and a fluffy flying biscuit. 13.99

**THREE AMIGOS BREAKFAST TACOS**

Three corn tortillas stuffed with scrambled eggs**, yellow cheddar cheese, chicken chorizo, black bean salsa and sour cream. Served with a side of “mean duded” potatoes and our three amigos dipping trio of salsa, crema and signature hot sauce. 13.99

**BRAZILIAN BACON**

Served with our “mean duded” potatoes. 11.49

**STRAWBERRY CHEESECAKE STUFFED FRENCH TOAST**

Two thick slices of challah bread dipped in our signature butter, grilled, stuffed with cream cheese and topped with raspberry sauce, honey crème anglaise, fresh strawberries and powdered sugar. Served with creamy dreamy grits. 11.99

**MINI BREAKFAST BOWLS**

Served with a fluffy flying biscuit, bacon sage” egg and cheese. 2.99

**“OH MY GITS” BOWL**

Build your own grit bowl! 3-egg omelette. Choose four toppings. Add additional toppings for $1.25 each. Served with a fluffy flying biscuit.

**PROTEIN**

Turkey or Pork Bacon, Chicken Sausage, Chorizo Add Shrimp or Chopped Smoked Salmon. 3.99

**TWO EGGS any style** - **Addition Egg** 1.50

**CHEESE**

White or Yellow Cheddar Cheese, American Cheese, Goat Cheese, Parmesan

**VEGETABLES**

'Moon Dusted' Potatoes, Red and Green Peppers, Spinach, Diced Tomatoes, White Onions, Mushrooms

**MAKE YOUR OWN EGG OMELETTE** 12.99

Served with a side of creamy dreamy grits.
| **VEGETARIAN AND VEGAN OPTIONS** | **VEGAN TOFU WRAP** | Spicy soy marinaded tofu, chopped romaine, tomatoes, red and green peppers, chopped fresh mushrooms, fresh basil and a spicy vegan chipotle sauce wrapped in a flour tortilla. Served with house seasoned kettle chips. 5.99 |
| **GARDEN FRESH VEGGIE SCRAMBLE** | Three egg* whites, spinach, mushrooms, and white cheddar cheese, topped with warm tomato coals. Served with creamy dreamy grits and a fluffy flying biscuit. 12.99 |
| **BEYOND BREAKFAST SAUSAGE Patties** | Two patties. 4.99 |
| **BEYOND BURGER** | 1/2 pound patty, lettuce, avocado and vegan chipotle sauce served on a sesame seed bun. Served with house seasoned kettle chips. 11.99 |
| **BEEF STRAODINARY** | Two egg* served with our “wowza d_SLAVE” potatoes, creamy dreamy grits and a fluffy flying biscuit. 5.99 |
| **OATMEAL** | Sprinkled with brown sugar and topped with fresh fruit. 4.99 |
| **SONNY & SHARE** | **FRIED GREEN TOMATOES** | Classic southern fried green tomatoes seasoned with cornmeal and topped with house-made cashew jalapeño relish, tangy goat cheese and a side of buttermilk ranch. 4.99 |
| **Mini Shrimp And Grits** | Creamy dreamy white cheddar cheese grits topped with blackened shrimp, roasted red pepper tomato sauce and fresh basil. Serve with a fluffy flying biscuit. 7.49 |
| **BURGERS** | All come with house seasoned kettle chips. |
| **MR BIG** | Two 1/4 pound beef* patties, grilled onions, American cheese, pickles, lettuce and special sauce on a buttered, toasted sesame seed bun. 12.99 |
| **BIG CHEESY PATTY MELT** | Two 1/4 pound beef* patties, homemade cheese, crispy all-natural nitrate free applewood bacon, pickle chips and grilled onions served on buttered, toasted chullah bread. 13.99 |
| **WAKE UP BURGER** | Two 1/4 pound beef* patties, crispy all-natural nitrate free applewood bacon, a fried egg*, avocado, white cheddar cheese and tomato on a buttered, toasted sesame seed bun. 13.99 |
| **SANDWICHES** | All come with house seasoned kettle chips. |
| **FRIED GREEN TOMATO BLT** | Crispy all-natural nitrate free applewood bacon, two fried green tomatoes, lettuce, cashew jalapeño relish and goat cheese, served on choice of bread. 12.99 |
| **SAUSAGE DOG** | A plump, juicy chicken sausage link topped with our signature chicken cheddar, pique and onions served in a brioche bun. Can you say chill dog?? 12.99 |
| **CHICKEN CLUB** | Crispy buttermilk chicken tenders, melted cheese, crispy all-natural nitrate free applewood bacon, lettuce, tomato and chipotle mayonnaise on choice of bread. 12.99 |
| **CHICKEN QUESADILLA** | A butty, golden brown quesadilla with crispy buttermilk chicken, parmesan mushrooms, and cheese garnished with a dollop of sour cream and drizzle of chipotle sauce. 12.99 |
| **HOT-LANTA CHICKEN SANDWICH** | Signature HOT chicken tenders covered with cheese, topped with pickles and served on a buttered, toasted sesame seed bun. 12.99 |
| **BACON LOVER'S BLT** | Five strips of crispy all-natural nitrate free applewood bacon, red rye tomatoes and mayo served on lightly toasted choice of bread. 12.99 |
| **BOWLS AND PLATES** | **CRISPY BUTTERMILK CHICKEN TENDERS** | Crispy buttermilk chicken tenders, grilled macaroni and cheese and spicy vegan collard greens. 12.99  Make it HOT |
| **SHRIMP AND GritS ENTRÉE** | Creamy dreamy white cheddar cheese grits topped with blackened shrimp, roasted red pepper tomato sauce and fresh basil. 14.99 Half portion 7.49 |
| **CHICKEN COBB SALAD** | Chopped romaine topped with crispy buttermilk chicken, bacon, white cheddar cheese, hard boiled egg and diced tomato. Served with choice of dressing. 12.99 |

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**Gluten Friendly (Excluding Biscuit) | Vegan**

*These items may be served raw or undercooked. Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness.*

*We do not claim that items marked as gluten-friendly are “gluten free” because we cannot confirm that they meet the FDA’s definition of “gluten free” (10 ppm of gluten). Because we have multiple sources of gluten in our shared cooking and prep areas, we are unable to guarantee that any menu item can be completely free of gluten or allergens.*