

smoothies

add hemp hearts°, maca°, or spirulina° +0.50

GREEN DAY <small>CS V</small>	16 oz	7.95
banana°, avocado, spinach°, kale°, date°, almond butter, chia seed°, spirulina°, almond milk, orange juice°		
DEEP PURPLE <small>CS V</small>	7.95	
wild blueberry, strawberry, date°, avocado, chia seed°, hemp°, lemon°, almond milk°		
STRAWBERRY FIELDS <small>CS V</small>	6.95	
strawberry°, banana°, apple juice°, almond milk°		
LOVE SHACK <small>CS V</small>	7.95	
banana°, chocolate sauce, almond butter, maca°, almond milk°		
ALMOND BROTHERS <small>CS V</small>	7.95	
carrot juice°, banana°, almond butter, cinnamon, nutmeg°, almond milk°		

PLANT BASED

milkshakes

made with vanilla coconut milk ice cream & coconut milk CS V

GOLDEN MILK	6.95	GINGER CHAI
MINT MATCHA		MOCHA

cold drinks

GINGER LEMONADE	12 oz	3.50
APPLE JUICE		3.25
ORANGE JUICE		3.25

cold pressed juice

7.95

100% ORGANIC COLD PRESSED JUICE

bottles available in juice case only

always open @

www.greensagecafe.com

visit to order online and download our app from the app store or the Google play store

eat pure food

DRINKS

espresso + specialties

iced drinks in 16 oz

	12 oz only	16 oz
LATTE	3.75	4.75
MOCHA	3.95	4.95
BUTTERCUP	3.25	4.25
CAFE AU LAIT	3.50	3.95
CHAI LATTE	4.95	5.95
MATCHA LATTE	4.50	5.50
YERBA MATE LATTE	3.95	4.95
GOLDEN MILK	3.95	4.95
HOT CHOCOLATE	3.95	4.95
AMERICANO	2.50	
DOUBLE ESPRESSO	2.50	
CAPPUCCINO 6 oz	3.50	
CORTADO 4 oz	2.95	

ADD A HOUSEMADE FLAVOR 0.50

vanilla, caramel, hazelnut, mint

ADD DBL SHOT OF ESPRESSO FOR 1.95

MILKS & MILK ALTERNATIVES:

whole, skim, half and half, almond°, coconut°, oat° (+0.50)

tea and coffee

DRIP COFFEE°	2.25	2.75
LOOSE LEAF HOT TEA°	2.50	
ICED TEA°		2.25
COLD BREW COFFEE°		3.95

WE PROUDLY SERVE ORGANIC, FAIR TRADE COFFEE FROM NORTH CAROLINA BASED ROASTER LARRY'S COFFEE

Visit any of our 4 locations

DOWNTOWN
5 BROADWAY ST.
828-252-4450

MERRIMON
633 MERRIMON AVE
828-417-7859

SOUTH
1800 HENDERSONVILLE RD
828-274-4450

WESTGATE
70 WESTGATE PKWY
828-785-1780



Green Sage

-CAFE-

DAY
TVA

BREAKFAST

all of our eggs are seasoned with sea salt and organic cracked black pepper

bowls

PURA VIDA BOWL <small>CS</small>	10.95
2 sunnyside up Vital Farms eggs°, black beans°, sautéed kale° and onions°, root hash, brown rice°, guacamole, pico de gallo, side salsa verde	
<small>V</small> option sprouted tofu° scramble with tomatoes°	
HUCKLEBERRY <small>V CS</small>	6.95
housemade coconut chia pudding topped with granola, bananas°, wild blueberries	
APPLE SUNFLOWER OATMEAL <small>V CS</small>	6.95
oats, apples°, pumpkin seeds°, sunflower seeds°, cranberries°, raisins°, maple syrup°, cinnamon°, ginger°, coconut oil° top with bananas° and walnuts .75 each	

plates

served with root hash + locally baked ciabatta toast.

CS option available +1.00

-sub everything avocado toast + 3.95-

GIMME KALE	10.95
scrambled Vital Farms eggs°, kale° and onions°	
<small>V</small> option: sprouted tofu° scramble with tomatoes°	
MEDITERRANEAN OMELET	11.95
Vital Farms egg° omelet with spinach°, goat cheese	
FARMER'S OMELET	11.95
Vital Farms egg° omelet with Hickory Nut Gap pork sausage or tempeh soysage, cheddar, kale° and onions°	
APPALACHIAN TRAIL	11.95
scrambled Vital Farms eggs°, choice of Hickory Nut Gap pork bacon or sausage, turkey bacon, tempeh bacon or tempeh soysage	
<small>V</small> option: sprouted tofu° scramble with tomatoes°, tempeh bacon or tempeh soysage	

pancakes

contains eggs, milk & almonds **CS**
served with real organic maple syrup

BUTTERMILK **SINGLE 5.50** **DOUBLE 8.95**

add for .75 / pancake: wild blueberries, bananas^o, walnuts, granola, or pumpkin seeds^o

sandwiches

sub a **CS** **V** square thin bun or **CS** wrap for 1.00

EVERYTHING AVOCADO TOAST **V** full **8.75**

sliced avocado, everything seasoning, olive oil, on locally baked ciabatta half **4.75**

add: Vital Farms egg* 1.25 / 1 egg or 2.00 / 2 eggs, Hickory Nut Gap pork bacon or turkey bacon 1.75 / slice, lox 3.00, goat feta 1.95

BREAKFAST BURRITO **8.95**

omelet style Vital Farms eggs^{*}, black beans^o, spinach^o, root hash, avocado salsa, choice of cheddar or habañero jack
add: Hickory Nut Gap pork bacon or sausage, turkey bacon, tempeh bacon or tempeh soysage 1.75

V option: sub sprouted tofu^o scramble for eggs, sub avocado for cheese

AVOCADO WILD LOX **8.75**

cold smoked Alaskan salmon, sliced avocado, lettuce^o, tomato^o, red onion^o, chimmimayo, on locally baked ciabatta
add: Vital Farms egg* 1.25 / 1 egg or 2.00 / 2 eggs.

SPINACH FETA EGG OMELET **6.95**

Vital Farms egg* omelet with spinach^o, goat feta, on locally baked ciabatta

EGG CIABATTA **4.50**

omelet style Vital Farms eggs^{*}, chimmimayo, on locally baked ciabatta

add:

cheddar or habañero jack 1.00
goat feta 1.95
spinach^o, tomato^o 1.00
avocado 1.00
red onion^o .50

Hickory Nut Gap pork bacon, turkey bacon, or tempeh bacon 1.75
wild lox 3.00
Hickory Nut Gap pork sausage or tempeh soysage 3.50

a la carte

CS except where noted

root hash 2.95 **V**
tofu^o scramble with tomatoes^o 3.50 **V**
tempeh soysage 3.50 **V**
tempeh bacon 3.50 **V**
Vital Farms egg* 1.25 / 1 egg or 2.00 / 2 eggs
Hickory Nut Gap pork sausage 3.50
Hickory Nut Gap pork bacon 3.50 / 2pc
turkey bacon 3.50 / 2pc
gluten sensitive toast 2.25 **V** **CS**
locally baked ciabatta toast (contains wheat) 1.75 **V**
kale^o and onions^o 2.95

ENTREES

sandwiches

served with a basic side, sub a premium side +1.00
V **CS** bread option + 1.00

AVOCADO BLT full **10.95**

Hickory Nut Gap pork bacon or turkey bacon, lettuce^o, tomato^o, avocado, chimmimayo on locally baked ciabatta half **6.50**

V option- tempeh bacon, sub avocado for cheese

TURKEY CLUB full **10.95**

turkey, Hickory Nut Gap pork bacon or turkey bacon, lettuce^o, tomato^o, cheddar, chimmimayo on locally baked ciabatta half **6.95**

VEGGIE HUMMUS WRAP **V** full **9.95**

hummus, spinach^o, tomato^o, red onion^o, cucumbers^o, red cabbage^o, carrots^o, avocado salsa, lemon tahini sauce (contains soy) half **5.95**

KIMCHI REUBEN **11.95**

turkey or golden fried tempeh, kimchi slaw, habañero jack, & russian dressing on locally baked ciabatta
V option- tempeh, sub avocado for cheese

HICKORY NUT GAP BURGER **11.95**

local grassfed beef patty^o, lettuce^o, tomato^o, onion, pickles, chimmimayo on locally baked ciabatta
add: avocado 1.00, cheddar or habañero jack 1.00, goat feta 1.95, fried Vital Farms egg* 1.25, Hickory Nut Gap pork bacon or turkey bacon 1.75

sides

Basic 1.95 **Premium 2.95**

sesame ginger slaw^o
sweet potato chips
brown rice^o tabbouleh

sweet potato fries
russet fries^o
root hash
kale^o & onions^o
side salad
black beans^o & rice^o
kimchi slaw

upgrade your side to soup for 1.75

GLUTEN AND ALLERGEN NOTICE: Please let us know if you have specific food allergies so we can do our best to accommodate those. Be advised that all of our foods are prepared in a common kitchen and cross-contamination with gluten or other allergens is possible. All smoothies and juices are prepared on equipment that also comes in contact with nuts and other specific allergens, so cross contamination is possible. If you are concerned about allergens, please ask your server for an ingredient list of our menu items. Because of cross-contamination, our gluten sensitive items are not recommended for customers with Celiac Disease or severe gluten allergies.

GAP NOTICE: In the event that there's a gap in supply or availability of ingredients, Green Sage may substitute a local or comparable ingredient.

CS Gluten Sensitive
V Vegan
O Organic

*these items can be cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

salads

add to any meal: grilled marinated tofu* 2.50, tempeh or falafel fritters 3.50, grilled chicken 4.00, wild salmon* 5.00, goat cheese 1.95, Hickory Nut Gap pork bacon 1.75, avocado 1.00

SAGE HOUSE **V** **CS** **8.95**

baby greens^o, chickpeas^o, red cabbage, cherry tomatoes^o, cucumbers^o, carrots^o, toasted sunflower seeds^o, pumpkin seeds^o, lemon tahini dressing (contains soy)

KALE CAESAR **V** **CS** **9.95**

kale^o, red cabbage, avocado, tomato^o, candied pecans, red onion^o, pumpkin seeds^o, creamy cashew caesar dressing

SOUP & SALAD COMBO **V** **CS** **9.95**

homemade cup of soup served with a half sage house salad & gluten free multigrain crackers

soups

V **CS** always homemade
served with **CS** multigrain crackers

RED LENTIL INDIAN SAMBAR **CUP 3.95**
+TOASTED COCONUT GARNISH

WHITE BEAN AND KALE **BOWL 6.50**
+SHREDDED KALE GARNISH

PLANT BASED

bowls

add to any bowl: marinated fried tofu* 2.50, tempeh or falafel fritters 3.50, grilled chicken 4.00, wild salmon* 5.00

TIGRIS BOWL **CS** **V** **11.95**

falafel fritters, hummus, cherry tomatoes^o, lemony kale^o, brown rice^o tabbouleh, avocado, red cabbage, carrots^o, chickpeas^o, lemon tahini dressing (contains soy), toasted sunflower seeds^o
sub: tempeh or tofu no charge, chicken 1.50, wild salmon* 2.50

HAVANA BOWL **CS** **V** **11.95**

marinated fried tofu^o, roasted sweet potatoes, brown rice^o, black beans^o, kale^o and onions^o, avocado salsa, pumpkin seeds^o, caribbean jerk sauce (contains soy)
sub: falafel fritters or tempeh 1.00, chicken 1.50, wild salmon* 2.50

GOLDEN BUDDHA BOWL **CS** **V** **9.95**

golden fried turmeric chickpeas^o, lemony kale^o, kimchi slaw, julienne carrot^o, sliced avocado, brown rice^o tabbouleh, lemon tahini dressing (contains soy)

ZEN BOWL **CS** **V** **11.95**

marinated fried tofu^o, brown rice^o, cabbage, peppers, kale^o, onions^o, carrots^o, chickpeas^o, green onions, sesame seeds^o, miso ginger^o sauce (contains soy)
sub: falafel fritters or tempeh 1.00, chicken 1.50, wild salmon* 2.50

new + seasonal specials

GOLDEN BUDDHA BOWL

(V) (GS)

golden fried turmeric chickpeas°, lemony kale°, kimchi slaw, julienne carrot°, sliced avocado, brown rice° tabbouleh, lemon tahini dressing (contains soy)

9.95

add: grilled marinated tofu° 2.50, tempeh or falafel fritters 3.50, grilled chicken 4.00, wild salmon* 5.00



SMASHED FALAFEL BURGER

(V)

fried smashed falafel fritters, hummus, pickles, red onions°, tomato°, spinach°, tangy garlic sauce (contains soy) , on locally baked ciabatta

10.95

served with your choice of basic side or upgrade to a premium side

(GS) option, served on gluten free multigrain thin bun

seasonal drinks

TROPICAL MANGO SMOOTHIE

(GS) (V)

mango°, banana°, apple juice° and coconut milk°, blended until smooth, absolute tropical bliss!

16 oz 7.95



ELDERBERRY LEMONADE

(GS) (V)

we add a shot of Darby Farms Elderberry extract° to our in house-made cold pressed ginger lemonade°, served over purified ice, and so refreshing!

16 oz 3.95