



Green Sage Cafe

eat pure food

Visit Any of Our 3 Locations

Downtown

5 Broadway St
828-252-4450

Merrimon

633 Merrimon Ave
828-417-7859

South

1800 Hendersonville Rd
828-274-4450

Order Online

www.greensagecafe.com

Make sure to download our app & give us
a follow on social media to stay up-to-date
with specials & promotions!

Instagram: @greensagecafe
Facebook: Green Sage Cafe

Organic Coffee & Tea

Iced Drinks 16oz

	12oz	16oz
Drip Coffee+	2.75	3.25
Cold Brew Coffee+		4.25
Loose Leaf Hot Tea+	3.25	
Iced Tea+ : Black, Green, Wild Berry		2.95

Espresso, Lattes, Etc.

Iced Drinks 16oz

	12oz	16oz
Latte	4.25	5.25
Cappucino 8oz	3.95	
Mocha	4.50	5.50
Americano	2.95	
Cortado 4oz	3.95	
Cafe au Lait	3.50	4.25

Milks
Whole, **Skim+** (N/C)
Half & Half +.50
Plant-Based Milks
Almond+, **Coconut+** (N/C)
Oat+ +.50

	12oz	16oz
Add a Flavor .75 Vanilla, Caramel+ Hazelnut+ , Mint+ Coconut+ , Mocha		
Chai Latte	4.95	5.95
Matcha Latte	4.95	5.95
Yerba Matte Latte	3.95	4.95
Golden Turmeric	4.25	5.25
Milk Latte		
Hot Chocolate	3.95	4.95
Bulletproof	3.50	4.50

Cold Drinks

Cold Drinks 12oz

Ginger Lemonade+	3.95
Apple Juice+	3.75
Orange Juice+	3.75
Elderberry Shot+	1.95

Wine & Beer

Mimosa Kit	8.95
Highland Beer	4.95
Crafters Wine	8.95
Sparkling Wine	4.95

Cold Pressed Juices

Pristine Green 8.95

Cucumber+, celery, apple, kale, **lemon+**, & ginger

Heart Beet 8.95

Beet+, carrot+, celery+, apple+, ginger+, lemon+

Immune Tune 8.95

Carrot+, apple+, lemon+, ginger+, & turmeric+

Citrus Kick 8.95

Orange+, apple+, carrot+, lemon+, lime+, & cayenne+

Smoothies

Smoothies 16oz

Strawberry Fields 7.95

Strawberry+, banana+, apple juice+, almond milk+

Deep Purple 8.95

Wild Blueberry, strawberry+, date+, avocado, chia
seeds+, hemp seeds+, lemon+, & almond milk+

Green Day 8.95

Banana+, avocado, spinach+, kale+, date+,
almond butter, chia seeds+, spirulina+, almond milk+,
& orange juice+

Love Shack 8.95

Banana+, chocolate sauce, almond butter, maca+,
& almond milk+

Almond Brothers 8.95

Carrot juice+, banana+, almond butter, cinnamon+,
nutmeg+, & almond milk+

Add Ons:

hemp hearts+, maca+, or spirulina+ .75
elderberry shot+ 1.95

Milkshakes

All milkshakes \$8.95

Matcha Mint

Golden Turmeric

Mocha

Coconut Chai

All smoothies, juices, & shakes are prepared on equipment that also
comes in contact with nuts & other specific allergens, so
cross-contamination is possible

Breakfast Sandwiches

Sub GS bun or wrap (GS,V) 1.00

Breakfast Burrito 10.95

Omelet stlye Vital Farms eggs*, root hash, **black
beans+**, **spinach+**, avocado salsa, cheddar or
habenero jack cheese

Van Gough Burrito (V) 10.95

Sprouted **tofu+** scramble, root hash, **tomatoes+**, **black
beans+**, **spinach+**, avocado, & avocado salsa

Avo Lox 10.95

Cold smoked salmon, avocado, lettuce, **tomato+**, red
onion, chimimimayo on ciabatta

Carrot Lox .50

Carrot lox, avocado, lettuce, red onion, **tomato+**,
chimimimayo on ciabatta

Everything Avocado Toast (V) 10.95

Sliced avocado, ^(single 5.95)**everything seasoning+**, & olive
oil on ciabatta // Add: *Vital Farms egg* 1.25, Hickory Nut
Gap pork bacon or turkey bacon 1.75, lox 3.95,
sheep feta 1.95*

Egg Sandwiches

Spinach & Feta 8.95

Vital Farm egg* omelet with spinach & sheep feta,
& chimimimayo

California 8.95

Omelet Style Vital Farms eggs*, sliced avocado,
tomato+, & chimimimayo

Classic 9.95

Omelet Style Vital Farms eggs*, choice of Hickory Nut
Gap pork bacon or tempeh bacon, choice of cheddar or
habenero jack cheese, & chimimimayo

Egg & Cheese 7.50

Omelet style Vital Farms eggs*, with choice of cheddar
or habenero jack cheese

Egg & Sausage 9.50

Vital Farm egg* omelet, Hickory Nut Gap pork sausage
or soysage

***Undercooked Food Notice:** These items can be cooked to order.
Consuming raw or undercooked meats, poultry, seafood, shellfish, or
eggs may increase your risk of foodbourne illness.

Breakfast Specialties

Pura Vida Bowl (GS) 12.95

2 sunnyside up Vital Farms eggs*, **black beans+**, sauteed kale and onions, root hash, **brown rice+**, avocado salsa, with a side of salsa verde

Good Life Bowl (V,GS) 12.95

Sprouted **tofu+** scramble with tomatoes+, **black beans+**, sauteed **kale+** & onions, root hash, **brown rice+**, & avocado salsa, with a side of salsa verde

Huckelberry Bowl (V,GS) 7.95

Housemade coconut chia pudding topped with granola, **bananas+**, & wild blueberries

Apple Sunflower Oatmeal (V,GS) 7.95

Oats+, **apples+**, **pumpkin seeds+**, **sunflower seeds+**, **cranberries+**, **raisins+**, **maple syrup+**, **cinnamon+**, **ginger+**, **coconut oil+** // Add **bananas+** or **walnuts** .75

Buttermilk Pancakes (GS) 10.95 (single 5.95)

Almond & brown rice flour pancakes, served with **maple syrup+** & butter // Add: *wild blueberries*, **bananas+**, *walnuts*, *granola*, *pumpkin seeds+* .75 per cake

Breakfast Plates

Served with root hash & toasted ciabatta
Sub GS bun (V) 1.00 Sub avocado toast 3.95

Gimmie Kale 11.95

Scrambled Vital Farms eggs*, **kale+**, & onions

Gimmie Tofu (V) 11.95

Sprouted tofu* scramble with **tomatoes+**, **kale+**, & onions

Appalachian Trail 12.95

Scrambled Vital Farms eggs*, choice of Hickory Nut Gap pork bacon or sausage, or turkey bacon

Woodstock (V) 12.95

Sprouted **tofu+** scramble with tomatoes, tempeh bacon or tempeh soysage

Mediterranean Omelet 12.95

Vital Farm egg* omelet with spinach & sheep feta

Farmers Omelet 12.95

Vital Farm egg* omelet, Hickory Nut Gap pork sausage

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Salads

Sage House (V,GS) 10.95

Baby greens+, **chickpeas+**, cabbage, **cherry tomatoes+**, **cucumbers+**, **carrots+**, toasted **sunflower seeds+**, **pumpkin seeds+**, lemon tahini dressing
(contains soy)

Kale Caesar (V,GS) 11.95

Kale+, cabbage, avocado, **cherry tomatoes+**, red onion, candied pecans, **pumpkin seeds+**, cashew caesar dressing

Soup & Salad Combo (V,GS) 11.95

Housemade cup of soup, served with half Sage House

Add protein:

Marinated Fried Sprouted **Tofu+** 3.50
Tempeh or Falafel Fritters 4.50
Grilled Chicken 4.95
Wild Salmon* 5.95

Soups

Cup: 4.95 Bowl: 7.95
Served with a side of multigrain crackers (GS)

Red Lentil Sambar

Red lentils & fire roasted tomatoes simmered in a mix of curry spices

**Make sure to ask
about our seasonal
soup specials**

Sides

Basic 2.95

Sesame Ginger Slaw
Sweet Potato Chips
Brown Rice+ Tabbouleh

Premium 3.95

Sweet Potato Fries
Russet Potato+ Fries
Root Hash
Kimchi Slaw
Side Salad
Black Beans+ & **Rice+**
Kale+ & **Onions+**

**Upgrade your side
to soup for an
additional 1.95**

KEY: **Organic+** (V) Vegan (GS) Gluten Sensitive

Sandwiches

Sandwiches comes with your choice of basic side
Sub GS bun or wrap (GS,V) 1.00

Avo BLT 11.95 (half 7.95)

Hickory Nut Gap pork bacon or turkey bacon, lettuce, **tomato+**, avocado, & chimmimayo on ciabatta

Tempeh TLT 11.95 (V) (half 7.95)

Tempeh bacon, lettuce, **tomato+**, avocado, & chimmimayo on ciabatta

Turkey Club 11.95 (half 7.95)

Turkey, Hickory Nut Gap pork bacon or turkey bacon, lettuce, **tomato+**, cheddar, & chimmimayo on ciabatta

Veggie Hummus Wrap (V) 11.95 (half 7.95)

Hummus, **spinach+**, **tomato+**, red onion, **cucumber+**, cabbage, **carrot+**, avocado salsa, lemon tahini dressing (contains soy)

Turkey Reuben 12.95

Turkey, kimchi slaw, habanero jack cheese, & Russian dressing on ciabatta

Kimchi Tempeh Reuben (V) 12.95

Golden fried tempeh, kimchi slaw, avocado, & Russian dressing on ciabatta

Sage Burger 12.95

Local Hickory Nut Gap grassfed beef* patty, lettuce, **tomato+**, onion, pickles, & chimmimayo on ciabatta
Add: avocado, cheddar or habenero jack cheese 1.00
sheep feta 1.95, Vital Farms egg 1.25, Hickory Nut Gap pork bacon or turkey bacon 1.75*

Smashed Falafel Burger (V) 12.95

Smashed falafel fritters, lettuce, **tomato+**, onion, pickles, hummus, & chimmimayo on ciabatta

Tacos

Served with your choice of basic side

Korean Fish Tacos (GS) 14.95

Salmon*, kimchi slaw, avocado, **carrots+**, pickled onions, Korean BBQ sauce (contains soy), garnished with green onions & **sesame seeds+**, served on two **corn tortillas+**

Spicy Tempeh Tacos (V,GS) 11.95

Fried tempeh, kimchi slaw, avocado, **carrots+**, pickled onions, Korean BBQ sauce (contains soy), garnished with green onions & **sesame seeds+**, served on two **corn tortillas***

Bowls

Havana Bowl (V,GS) 12.95

Marinated fried sprouted **tofu+**, roasted sweet potatoes, **brown rice+**, **black beans+**, **kale+**, onions, avocado salsa, **pumpkin seeds***, Caribbean jerk sauce (contains soy)

Sub: falafel fritters or tempeh 1.00, chicken 2.00, wild salmon 3.00*

Golden Buddha Bowl (V,GS) 11.95

Golden fried turmeric **chickpeas+**, **lemony kale+**, kimchi slaw, **carrots+**, avocado, **brown rice+** tabbouleh, lemon tahini dressing (contains soy)

Zen Bowl (V,GS) 12.95

Marinated fried sproutd **tofu+**, **brown rice+**, cabbage, peppers, **kale+**, red onions, **carrots+**, chickpeas, green onions, **sesame seeds+**, miso ginger sauce (contains soy)
Sub: falafel fritters or tempeh 1.00, chicken 2.00, wild salmon 3.00*

Tigris Bowl (V,GS) 12.95

Falafel fritters, hummus, **cherry tomatoes+**, **lemony kale+**, **brown rice+** tabbouleh, avocado, cabbage, **carrots+**, **chickpeas+**, toasted **sunflower seeds+**, & lemon tahini dressing (contains soy)
Sub: tempeh or sprouted tofu N/C, chicken 2.00, wild salmon 3.00*

Hawaiian BBQ Bowl (V,GS) 12.95

Marinated fried sprouted **tofu+**, **brown rice+**, cabbage, peppers, **kale+**, red onions, **carrots+**, & chickpeas topped with avocado salsa, cilantro, & Hawaiian BBQ sauce

Disclaimer: In the event there is a gap in organic ingredient supplies, Green Sage Cafe may substitute conventional ingredients

Gluten & Allergen Notice

Please let us know if you have specific food allergies so we can do our best to acomodate those. If you are concerned about allergens, please ask your server for an ingredient list of our menu items. Be advised that all our foods are prepared in a common kitchen and cross-contamination with gluten or other allergens is possible. Because of cross-contamination, gluten sensative items are not recommended for customers with Celiac Disease or severe gluten allergies.