

# FRESH • MADE • FAST

Delivery & Catering Available



## BREAKFAST *Served All Day*

+ daily side for 0.75 | + soup for 1.50

- Solstice Omelette Wrap**.....9  
guacamole . dill cream . black bean & corn salsa  
tomato . fresh basil . arugula . egg . tomato basil wrap
- Midtown Farmer's Bagel**.....9  
roasted portobello veggie-loaf . cheddar . fried egg .  
guacamole . tomato . baby kale . bagel
- House Sausage Amber Biscuit**.....9  
house made sausage . cheddar . rosemary onion  
our apple butter . egg . Amber Biscuit
- Bacon Pesto Egg Panini**.....9  
applewood bacon . pesto . egg . cheddar
- Southern Breakfast Casserole**.....9  
grilled house sausage . avocado . garlic . chef's potato  
roasted bell pepper . onion . egg . cheddar . parmesan
- Killer Pork Omelette Wrap**.....9  
our slow roasted pork butt . grilled onion . roasted bell pepper  
fresh tomato . sharp cheddar . egg . tomato basil wrap
- Bacon Cheddar Grits**.....6  
+ two fried eggs for \$2.5  
applewood smoked bacon . sharp cheddar . burnt garlic grits
- Strawberry & Candied Pecan Oatmeal**.....5  
strawberry compote . spiced apple . candied pecan  
organic maple . splash of cream . oatmeal

## SMOOTHIES *Small | 5.5 Large | 6.5*

- Add Boost** +0.50 *whhey protein . whole almond . bulgarian yogurt  
fresh mint . fresh kale . fresh ginger*
- Substitute** +0.50 *almond milk . coconut milk,  
agave . honey . maple*

SKINNY

- South Beach**  
strawberry . banana . oj
- Super Green Machine**  
kale . spinach . carrot . basil  
banana . o.j . milk
- Mango Away**  
mango . mint . banana . oj

WELLNESS

- Californication**  
avocado . orange . spinach . mint  
allspice . banana . oj . milk
- Normando**  
pineapple . strawberry . orange .  
basil . oj
- Sean's Ginger**  
carrot . spinach . ginger  
apple . o.j . milk

REBUILD

- Natural**  
strawberry . peanut butter  
banana . milk
- Underhill**  
almond butter . blueberry  
banana . milk
- Berry Berry Nice**  
strawberry . blueberry . nutella  
chocolate . allspice . milk

ENERGY

- The Elvis**  
coffee . banana . peanut butter  
chocolate . milk . cinnamon
- All Day Energy**  
kale . blueberry . ginger . basil . carrot,  
banana . oj . milk
- Morning Glory**  
coffee . hazelnut . chocolate  
banana . allspice . milk

## COFFEE *hot or cold* - Small | 4 Large | 5

- Our Cafe Au Lait**  
dirty naked roaster coffee . frothed milk
- Fresh Strawberry Latte**  
strawberry . vanilla . coffee . cream
- The Hazelnut**  
hazelnut . coffee . maple . milk
- Mocha Latte**  
chocolate . nutmeg . coffee . milk
- Ebony & Ivory**  
chocolate . vanilla . brown sugar  
coffee . milk
- Sean's Cuban**  
coffee . nutmeg . brown sugar . milk
- Norman's Latte**  
nutella . coffee . milk
- Cinnamon Vanilla**  
cinnamon . vanilla . coffee . milk
- Harvest Chai**  
nutmeg . cinnamon . fresh basil  
fresh ginger . coffee . milk

## ICED TEA *ask about hot tea!* Large | 4 Small | 3

- The Traditional**
- Organic Green Tea**
- Fresh Strawberry Green Tea**
- Fresh Blueberry Ginger**
- Thai Ice Tea**
- Fresh Mint Julie**

## LUNCH *Served All Day*

+ daily side for 0.75 | + soup for 1.50

- Holy Guacamole Chicken Salad Sandwich**.....8  
our chicken salad . guacamole . tomato . romaine
- Austin Tuna Salad Sandwich**.....8  
our Southwest Atlanta tuna salad . tomato . romaine
- Beltline Burrito**.....8  
black bean & corn salsa . quinoa . black rice . guacmole  
almond . shaved carrot . parmesan . arugula
- Roasted Portobello Veggie-Loaf Sandwich**.....8  
roasted portobello & mango mustard glazed veggie-loaf .  
fresh tomato . romaine heart
- Killer Pulled Pork Burrito**.....8  
our slow roasted pork butt . roasted bell pepper . grilled onion  
fresh tomato . blackbean & corn salsa . parmesan . romaine
- Morningside Slow Pork Classic**.....8  
our slow roasted pork butt . our classic southern cole slaw  
crisp pickle . sweet chili mayo . pressed in a knotted roll
- Heather's Mac & Cheese Patty Melt**.....9  
house made patty sausage . truffled mac & cheese  
grilled onion . sharp cheddar . our apple butter
- All Day Brunch Parfait**.....6  
strawberry compote . pineapple . candied pecan . almond  
amazing bulgarian yogurt, (mix of goat & cow milk)

## SALAD + daily side for 0.75 | + soup for 1.50

- Saint Germain**.....7  
guacamole . black rice . quinoa . blackbean & corn salsa  
shaved almond . parmesan . shaved carrot . over romaine
- The Spring Panzanella**.....7  
strawberry compote . fresh basil . shaved almonds . cheddar .  
grilled onion . toasted Amber Biscuit crouton . over baby kale
- Go Go South Salad**.....7  
spiced apple . chopped pineapple . candied pecan  
shaved carrot . mango honey mustard . parmesan . baby kale

**ADD PROTEIN ..... 2.5**  
our chicken salad . pulled pork . southwest tuna salad  
smoked bacon . house made sausage . veggie-loaf

## DAILY SIDES

- Truffled Mac & Cheese**.....4
- Burnt Garlic & Cheddar Grits**.....4
- Classic Southern Cole Slaw**.....4
- Fresh Fruit**.....4

## SOUP + Amber Biscuit for 1.50

- Roasted Chicken Apple Chowder**.....4
- Tomato Basil Bisque**.....4

**TREATS . BAKED GOODS . DESSERT**

- Gabby's Shake**.....5  
nutella . vanilla bean ice cream  
chocolate . whole milk
- Strawberry Milkshake**.....5  
strawberry . vanilla bean ice cream  
whole milk .
- Banana Milk Shake**.....5  
fresh banana . hazelnut  
vanilla bean ice cream . whole milk
- Buzz Buzz Milkshake**.....5  
coffee . vanilla bean ice cream  
almond butter . banana . milk
- "Strawberry Short Cake"**.....5  
strawberry compote . Amber Biscuit  
vanilla bean ice cream
- Our Mango Sorbet**.....5
- Killer Chocolate Brownie**....3  
+ a al mode for 2.5
- Chocolate Chip Cookie**.....2
- Special Amber Biscuit**.....4
- Amber Biscuit**.....2