



## BREAKFAST PLATES

<p><b>*Watauga Sunrise</b> .....13.50</p> <p>Two eggs your way, choice of protein, homefries, grits, or fruit. Melanie's toast with house made apple butter.</p> <p><b>*Tempeh Scramble</b> .....15</p> <p>Tempeh, onions, green peppers, mushrooms, tomatoes, and homefries sautéed and scrambled with two eggs. Melanie's toast with house made apple butter. *Vegan option.</p> <p><b>*Paul's Tempeh Scramble</b> .....15</p> <p>Tempeh, sun dried tomatoes, mushrooms, spinach, onions, and garlic sautéed then scrambled with two local farm eggs and fresh basil. Melanie's toast with house made apple butter. *Vegan Option.</p> <p><b>*Potato Madness</b> ..... 14</p> <p>Homefries sautéed with onions, green peppers, and mushrooms, topped with two eggs your way and your choice of cheese. Melanie's toast with house made apple butter. *Vegan Option.</p> <p><b>*Corned Beef Hash</b> .....17</p> <p>Certified Angus corned beef, Mel's home fries, onions, and garlic. Topped with two eggs your way, with pickled onions, and Melanie's toast with house made apple butter.</p> <p><b>*Breakfast Burrito</b> ..... 14</p> <p>Two eggs scrambled with homefries, onions, green peppers, jalapenos, cheddar cheese, and your choice of protein. With Pico and sour cream on the side.</p>	<p><b>*Grits and Greens</b> .....15</p> <p>Melanie's grits, with crumbled bacon, house pickled onions, braised local greens, goat cheese, and two eggs your way. Melanie's toast with house made apple butter.</p> <p><b>*Pimento Cheese Grits</b> .....15</p> <p>Melanie's grits with house made pimento cheese, fresh sliced tomatoes, fresh basil, and two eggs your way. Melanie's toast with house made apple butter.</p> <p>Add protein ..... 1.50</p> <p><b>*Eggs Benedict</b> .....19</p> <p>Two poached eggs, Canadian bacon, and Hollandaise on Melanie's bread. Served with homefries.</p> <p><b>*Bacon Avocado Benedict</b> ..... 21</p> <p>Two poached eggs, cherry smoked bacon, avocado, and Hollandaise on Melanie's bread. Served with homefries.</p> <p><b>*Eggs DaVinci</b>.....20</p> <p>Two poached eggs, roasted red peppers, artichoke hearts, fresh spinach, and Hollandaise on Melanie's bread. Served with homefries.</p> <p><b>*Eggs Florentine</b> .....19</p> <p>Two poached eggs, sauteed spinach, sliced tomato, and Hollandaise on Melanie's bread. Served with homefries.</p>
---	--

## HOUSE MADE BISCUITS & QUICHE

<p><b>Biscuits and Gravy</b></p> <p>Mushroom Gravy ..... 7/single, 11/double</p> <p>Sausage Gravy ..... 8/single, 12/double</p> <p><b>*Egg and Cheese Biscuit</b> .....8</p> <p>Add protein .....1.50</p>	<p><b>*Truckers Breakfast</b> ..... 17</p> <p>Biscuit with your choice of gravy, two eggs your way, cheddar cheese and crumbled bacon. Served with homefries.</p> <p><b>Daily Quiche</b> .....14</p> <p>Served with fruit, homefries or grits, and Melanie's toast.</p>
---	---

\*Eggs and burgers are cooked to order. Consuming raw or undercooked meats or eggs may increase your risk of foodborne illness. Please alert your server of any food allergies prior to placing your order.

# OMELETS

Served with Melanie's toast and house-made apple butter, and choice of homefries, grits, or fruit.

<b>Western</b> .....15	<b>Herb</b> ..... 13
Canadian bacon, onions, green peppers, tomatoes, cheddar cheese.	Fresh and dried herbs, tomatoes, feta cheese.
<b>Mexican</b> .....15	<b>Build Your Own</b> ..... 15
Onions, green peppers, jalapenos, tomatoes, cumin, cilantro, cheddar cheese.	Your choice of cheese and three veggies.
<b>Greek</b> .....15	Add protein ..... 1.50
Onions, garlic, spinach, sun-dried tomatoes, feta cheese.	

# PANCAKES, WAFFLES, FRENCH TOAST

<b>Melanie's Multigrain Pancakes</b> 4.50/single, 7.50/double	<b>French Toast</b> ..... 11
Du Jour or Chocolate Chip .....5.50/single, 8.50/double	Stick Boy French Batard transformed into fabulous French Toast.
<b>Melanie's Waffle</b> ..... 10.50	<b>Stuffed French Toast</b> ..... 15.50
<b>Melanie's Fruit Waffle</b> ..... 14.50	Our fabulous French Toast layered with raspberry cream cheese, topped with strawberries, bananas, and homemade raspberry coulis, and whipped cream.
Our waffle topped with seasonal fruit, vanilla yogurt, honey, and cinnamon.	<b>Fresh Fruit and Granola</b> ..... 9
<b>Melanie's Pecan Waffle</b> .....14	Seasonal fruit with vanilla yogurt, homemade granola, and honey.
Our waffle with pecans, topped with whipped cream and cinnamon.	

# SIDES

Bacon (2 pieces) .....3	Hollandaise .....2
Canadian Bacon (2 pieces) .....3	Avocado Spread .....1
Tempeh (4 pieces) .....4	Gravy (Mushroom or Sausage) .....3
Soysage (2 pieces) .....3	Fruit (seasonal) .....3
Homefries .....3	Melanie's Toast .....2
Grits .....3	House Made Biscuit .....2
*Two Eggs Your Way .....5	

# BEVERAGES

## Coffee, Tea & Juice

Locally Roasted Organic Coffee from Hatchet Coffee .....3.25
Nitro Draft Cold Brew from Hatchet Coffee .....5
Organic Hot Tea from Asheville Tea Company .....3.25
Honey Lemon Ginger Tea Pot .....6
Orange Juice .....3.25
Fresh Squeezed Grapefruit Juice ..... 4.50/sm , 5.50/lg
Fresh Squeezed Carrot Juice ..... 5.50
Southern Sweet Tea .....3.25
Raspberry Peach Iced Herbal Tea .....3.25

## Fermented

Ask your server about seasonal probiotic beverages .... 6

## Alcohol

Melanie's Mimosa with Fresh Squeeze Grapefruit Juice ..... 9
House Mimosa with Orange Juice .....8
Mimosas for the Table (Bottle of Prosecco with Orange Juice or Grapefruit Juice) ..... 32
Boonshine Brewing Company Beer (Ask your server about what's on tap or in cans) .....6.50

\*Eggs and burgers are cooked to order. Consuming raw or undercooked meats or eggs may increase your risk of foodborne illness. Please alert your server of any food allergies prior to placing your order.



## BURGERS

North Fork Farm Grass Fed Beef, Zionville, NC

Sides: Homefries, Fruit, or Chips

Cheese: Cheddar, Swiss, Feta, Provolone, Goat Cheese, Homemade Pimento Cheese

<b>*Melanie's Burger</b> .....	15	<b>Housemade Veggie</b> .....	15
--------------------------------	----	-------------------------------	----

North Fork Farm grass fed beef burger, lettuce, tomato, house made pickles with choice of aioli (garlic & herb or southwest), and choice of cheese on Mel's bread.

House made veggie patty, lettuce, tomato, house made pickles with choice of aioli (garlic & herb or southwest), and choice of cheese on Mel's bread.

<b>*Bacon Avocado Burger</b> .....	17	<b>*Melanie's Patty Melt</b> .....	16
------------------------------------	----	------------------------------------	----

North Fork Farm Grass Fed Beef Burger, bacon, avocado, lettuce, tomato, house made pickles with choice of aioli (garlic & herb or southwest), and choice of cheese on Mel's bread.

Melanie's burger with caramelized onions, sauteed mushrooms, house 1000 island dressing, and Swiss cheese on Stick Boy Rye.

## SANDWICHES

<b>Hot Ham &amp; Cheese</b> .....	13	<b>Reuben</b> .....	15
-----------------------------------	----	---------------------	----

Canadian bacon, caramelized onions, garlic & herb aioli, cheddar and Asiago cheese on Stick Boy Rye.

Corned beef or Tempeh with kraut, house made 1000 Island dressing, and Swiss cheese on Stick Boy Rye.

<b>Philly</b> .....	14	<b>BLT Avocado or Pimiento</b> .....	13
---------------------	----	--------------------------------------	----

Chicken or Tempeh with sauteed onions, peppers, mushrooms, Philly sauce, and provolone on Mel's bread.

Bacon, local lettuce, sliced tomato, garlic & herb aioli with your choice of avocado or Melanie's homemade pimento cheese on Mel's bread.

<b>Caribbean Sammie</b> .....	14	<b>Tempeh Veggie Melt</b> .....	14
-------------------------------	----	---------------------------------	----

Chicken or Tempeh with sauteed peppers, onions, pineapple, jalapeno, jerk sauce, and provolone on Mel's bread.

Sauteed tempeh, onions, green peppers, mushrooms, tomatoes, fresh ginger, feta and provolone cheese on Mel's bread.

## SALADS

<b>Melanie's House Salad</b> .....	12	<b>Southern Chicken Salad</b> .....	13.50
------------------------------------	----	-------------------------------------	-------

Changes seasonally. Ask your server for details.

Made from scratch. Changes seasonally. Ask your server for details. Served with Melanie's toast and fruit.

Add protein .....	3
-------------------	---

<b>Side Salad</b> .....	6	<b>Chicken Salad Wrap</b> .....	13.50
-------------------------	---	---------------------------------	-------

Fresh mixed greens, onions, tomatoes, and mushrooms.

Our chicken salad wrapped in a tortilla with local mixed greens, tomatoes, and provolone cheese. With fresh fruit.

## SOUP

Add a grilled cheese sandwich to your soup.  
Swiss and Provolone on Stick Boy Multigrain bread ... 4

### Soup du Jour

Bowl with Melanie's Toast .....	8	Cup .....	5
---------------------------------	---	-----------	---

\*Eggs and burgers are cooked to order. Consuming raw or undercooked meats or eggs may increase your risk of foodborne illness. Please alert your server of any food allergies prior to placing your order.