Brunch Menu

Brunch menu served everyday from open until 3pm
$12 per person
Select two brunch options with your choice of Fresh Fruit Cocktail or Homestyle Potatoes. (Add additional item for $5)

Vegan Brunch Trio
$12 per person
Select two brunch options with your choice of Fresh Fruit Cocktail or Homestyle Potatoes. (Add additional item for $5)

- Crab Cake +$1
  House Made Patties of Chickpeas, Hearts of Palm and Artichokes Hearts Topped with our Vegan Tartar Sauce

- Vegan Waffle +$1
  Vegan and Dairy Free Waffles with Berry Compote, Powdered Sugar and Coconut Whipped Cream

- Smoked Apple Sage Sausage +$1
  Savory Combination of Apples and Sage Anchored with Yukon Gold Potatoes with a Subtle Hint of Hickory Smoke

- Parfait +$1
  Fresh Fruit, Granola (contains honey) and Almond Yogurt

- House Made Rosemary Gravy Made with Almond Milk and Vegan Sausage Served Over Home-made Vegan Biscuit

- Vegan Waffle +$1
  Vegan and Dairy Free Waffles with Berry Compote, Powdered Sugar and Coconut Whipped Cream

- Smoked Apple Sage Sausage +$1
  Savory Combination of Apples and Sage Anchored with Yukon Gold Potatoes with a Subtle Hint of Hickory Smoke

- Parfait +$1
  Fresh Fruit, Granola (contains honey) and Almond Yogurt

- House Made Rosemary Gravy Made with Almond Milk and Vegan Sausage Served Over Home-made Vegan Biscuit

Breakfast Sandwiches
Served from 7am-11am M-F
Served with side of Fruit Cocktail or Homestyle Potatoes
Substitute egg whites on any sandwich for no charge

- Morning “Matt-wich” - Two Eggs over medium, Provolone, Sausage Patty, Avocado & Red Pepper Remoulade on Croissant - $9.5
- Breakfast Wrap - Three Eggs scrambled, Pimento Cheese, Onions, Portobello & Sausage on Spinach Wrap - $9.50
- Belgian Breakfast Press - Bacon, Egg & Cheese on a Waffle - $8

Lunch Menu
Served Mon - Fri 11 - 3

Fresh Salads
Stone Fruit & Feta Salad – Seasonal stone fruit, served over baby spinach topped with feta, balsamic reduction, sunflower seeds with East Hill Honey balsamic vinaigrette dressing. $9.25
TLC Salad – Fresh field greens and tomatoes, topped with sunflower seeds & goat cheese, with house pesto vinaigrette... $9.25
Caprese Salad - Fresh mozzarella, vine ripened tomatoes, fresh basil, olive oil & balsamic reduction...$9.25
Sesame Chicken Salad – Tender chicken breast with mayo, sesame oil, celery & cilantro served on a bed of greens...$9.25
Add roasted chicken, cajun turkey breast or smoked bacon to any salad for $3

Sandwiches
Pick half a sandwich of your choice with a mini salad and Tomato Basil Soup or two mini salads...$12

- TLC BLT - Boars Head smoked bacon, field greens, tomato served on toasted sourdough with pesto mayo...$9.25
- Classic Grilled Cheese - An American classic; cheddar & provolone on sourdough...$6.5
- Apple Gouda Grilled Cheese - Smoked Gouda, crisp organic Gala apples, local East Hill Honey & balsamic reduction on thick sliced wheatberry...$8.75
- Ragin’ Cajun - Cajun turkey, bacon, caramelized onion, roasted red pepper, tomato & cheddar with remoulade sauce served hot on wheatberry toast...$10
- Pesto Chicken Press – Roasted chicken, tomato, onion, avocado & provolone with pesto mayo on served hot on Craft Bakery’s French Baguette...$10
- French Brie Press – Brie, smoked bacon & fig preserves served hot on Craft Bakery’s French Baguette...$9
- Veggie Delight - Roasted zucchini, red pepper, portabello & tomato with mozzarella on wheatberry...$9

Vegan Sandwiches
(Not available with Lunch Trio)
All Vegan Sandwiches served with potato chips as side.

- TLC Vegan Patty Melt - two large vegan burger patties, caramelized onions, portabello mushrooms, vegan mayonnaise and Chao Cheese on toasted sourdough...$11.25
- Spicy “Tricken” Sandwich - crispy vegan chicken strips tossed in an aged cayenne sauce, sliced pickles and vegan mayonnaise on toasted sourdough...$10

Vegan Crab Cake Poboy - in house patties Made of Hearts of Palm, Chickpeas and Artichokes Hearts, served on French Baguette, with lettuce, tomato, onion and vegan tartar sauce...$9
Intelligentsia Coffee
Espresso ... 2.75
Macchiato ... 3.5
Cappuccino ... 3.75
Latte ... 4/4.5/5/5.5
Mocha ... 5
Americano ... 3.5
Iced Latte ... 4.5
Angeleno ... 5.5
4 shots, local honey, cream, shaken, iced
Hot Chocolate ... 3.5
Cold Brew/Nitro ... 4.25/5

Drin Coffee
House Blend 2.5/3
Single Origin 5

Non-Dairy Options
Soy, Almond & Coconut .50
Oat Milk .75

Our Syrups
Vanilla, Hazelnut, Omanhene Chocolate, House made Caramel, Lavender .50

Kilogram Tea
Organic
Black, Green, White, Oolong & Herbal Loose Leaf Teas
See chalk board for details
Chai Latte 4.5
Matcha Latte 5
Classic Iced Tea 2.75

Milkshakes
Cold Brew Milkshake 6
Matcha Milkshake 6
Chai Milkshake 6

Big Jerk Soda
Ginger Beer 3
Lavender 3
Ask About Seasonal Flavors 3

Alcoholic
Bloody Mary’s $5 ea/Bottomless $10
Mimosa - $5 ea/Bottomless $10
(Bottomless only available with purchase of Brunch/Lunch Trio)

Fresh Fruit Smoothies
Downtowner-Strawberries, Banana, Greek Yogurt, Apple Juice 6
Fx35-Blueberries, Banana, Greek Yogurt, Coconut Milk, Local Honey 6
R75-Mango, Banana, Greek Yogurt, Orange Juice, Greek Yogurt, Honey 6
Choco-Nut-Peanut Butter, Banana, Omanhene Chocolate, Local Honey, Whole Milk 6
Triforce-Spinach, Oats, Strawberry, Banana, Peanut Butter, Local Honey 6
TLC Smoothie-Whey Protein, Omanhene Chocolate, Banana, Intelligentsia Cold Brew Concentrate, Local Honey
Princess Peach Peaches, Banana, Greek Yogurt, Whey Protein, Chia Seeds, Almond Butter 7

Pastries
Blueberry or Lemon Poppyseed Muffin 3.25
Everything Bagel w/Cream Cheese 3.5
Chocolate Chip Cookie 2.5
Apple Fritter 3.5
Daily Selection of Fresh Craft Bakery Pastries 4.5

Homemade Deserts
Espresso Cocoa Torte – Our signature flourless torte featuring Intelligentsia espresso topped with house made caramel drizzle, sliced almonds & whipped cream...$6
Barnhill’s Country Lime Pie - Family recipe key lime pie with cookie almond crust, berry compote and whipped cream...$6