STARTERS...

Orange Juice..........................small 2.19 large 2.59
Cinnamon Roll........................small 1.79 large 2.99
Blueberry Crumb Cake.............2.99
Bagels...........................................1.39 add cream cheese (+ 0.79)
Muffins........................................2.59 or
..................................................2.99 for 5 minis

Cilantro Corn Pancakes
Served over black beans and topped with an over medium egg, sour cream, salsa, shredded Vermont white cheddar and cilantro. 8.99

Burrito de Huesvos
Scrambled eggs with sweet yellow corn, roasted green peppers and onions, wrapped in two flour tortillas on a bed of black beans - smothered in spicy red salsa and Vermont white cheddar. 8.59
add bacon or avocado (+ 1.59 each)

Breakfast BLT
Sourdough, grilled and topped with spring mix, tomatoes, herb mayo and an over medium egg with a strip of crisp bacon on top. Served oven-fresh with your choice of grits or potatoes. 7.49

Tofu Scramble
Seasoned tofu sautéed with mixed veggies and served with whole wheat toast and your choice of potatoes or grits. 7.49

Hoppin’ Highland
Louisiana style black-eyed peas (vegetarian), served over our stone-ground grits, topped with grape tomatoes and Vermont white cheddar crisp. 5.29

Highland Breakfast
Two eggs scrambled with toast and your choice of bacon, ham, turkey sausage or SOYsage (+ 0.79) plus your choice of potatoes or grits. 6.49
substitute egg whites (+ 1.19)

Rustic Italian
Grilled rosemary garlic bread with melted mozzarella, sautéed mushrooms, spinach, tomatoes, onions, red peppers with an over-medium egg topped with marinara sauce, fresh basil and shredded Vermont white cheddar. Choice of grits or potatoes. 7.59
add tofu (+ 2.19) or grilled chicken (+ 2.99)

ENTREES...

Shrimp and Grits
Stone ground grits with sautéed seasoned shrimp and jalapeño cheddar cheese sauce then topped with chopped cilantro. Served with grilled jalapeño focaccia bread. 8.99

Country Fried Steak Benedict
Mama Dot’s family recipe of poached eggs and country fried steak topped with our zesty jalapeño cheddar cheese sauce on a toasted biscuit. 11.99
1/2 order 6.99

Fried Chicken Benedict
Egg poached medium and fried chicken topped with jalapeño cheddar cheese sauce on a toasted biscuit. 10.99
1/2 order 6.49

Cowboy Benedict
Two quesadillas, with seasoned black beans, Vermont white cheddar, poached eggs and hollandaise with a spicy corn relish. 9.99
1/2 order 5.99

Served with choice of grits or potatoes (except Cowboy Benedict)

BENEDICTS...

Classic Eggs Benedict
Two poached eggs, Canadian bacon topped with hollandaise sauce and toasted whole wheat English muffins. 8.99
1/2 order 5.29

Crab cakes Benedict
Two Lump crab cakes, poached eggs and sautéed spinach, topped with hollandaise and served on a toasted whole wheat English muffin. 12.99
1/2 order 7.29

CREATE YOUR OWN OMELET...

Served with potatoes or grits. 5.49 (plus filling)
sub egg whites (+ 1.19)

SIDES...

Vermont White Cheddar Tomatoes, Peanut Butter or Jalapeño Cheese..............................0.79 each
Toast..................................................1.39
Avocado........................................1.59
Jalapeño Focaccia..............................2.79
Hummus or Tofu.................................2.29
Fresh Fruit Cup.................................2.99

Turkey Sausage (2), Bacon (3), Ham, Potatoes, Grills or Eggs (2)......................................2.59
SOYsage (2)..........................................2.79
Egg Whites (2)....................................3.59
Smoked Salmon, Crab Cake (1), Shrimp (4), fried chicken (2) or grilled chicken.................................3.99

Granola
We bake rolled oats, hearty grains, nuts and dried fruit daily and serve it with milk. 4.59
add fresh berries (+ 1.69) or yogurt (+ 0.99)

Smoked Salmon Plate
Slices of smoked salmon on an open faced bagel with cream cheese, thin slices of red onion, fresh tomatoes, capers and spring mix. 8.59

ON THE LIGHT SIDE...

Oatmeal
Rolled oats cooked to order; please allow 15 minutes. Served with steamed milk and brown sugar butter. $4.99
add yogurt, French cream, pecans, candied walnuts or blueberry compote (+ 1.29 each)

Smoked Salmon Plate
Slices of smoked salmon on an open faced bagel with cream cheese, thin slices of red onion, fresh tomatoes, capers and spring mix. 8.59

Dessert Menu...

Sweet Potato Pancakes
Lightly sweet Southern style pancakes served with a warm caramelized brown sugar syrup and toasted pecans. 6.49
1/2 order 3.99

Ricotta Pancakes
Three pancakes with warm blueberry compote. 6.49
1/2 order 3.99

French Toast
Super thick slices of challah bread, topped with French cream and served with brown sugar butter on the side. 6.29
1/2 order 3.59
add fresh berries (+ 1.49 each)

Peanut Butter French Toast
Challah bread filled with peanut butter, dipped in batter, encrusted with bran flakes and topped with caramelized bananas in brown sugar butter. 10.99
1/2 order 5.99

GRILLED PROSPECTDEST...
**SANDWICHES...**

Served with chips and a pickle.
All 1/2-size sandwiches are served on your choice of our sliced fresh breads (this excludes Kaiser Rolls and focaccia).
Substitute fresh fruit, grits or potatoes (1.19)
Substitute a house or spinach salad (2.59)
Substitute a cup of soup or chicken chili (3.09)

**Caprese Salad**
Fresh mozzarella, basil and tomatoes on a bed of mixed greens - served with balsamic vinaigrette and toasted baguette slices. 7.49

**Thai Peanut Salad**
Grilled chicken or tofu with glass noodles, basi carrots, red peppers and peanut sauce served warm over spring mix*. 7.99
*shrimp (2.29)
*peanut sauce contains nuts

**Italian Chicken**
Red pepper pesto*, fresh basil and tomato with roasted chicken on ciabatta bread. 9.99
*pesto contains nuts

**Italian Vegetable**
Roasted red pepper, zucchini, squash, mushrooms with red pepper pesto*, fresh basil and tomato on ciabatta bread. 9.59
*pesto contains nuts

**Bayou Crabcake “Burger”**
Grilled lump crab meat - served with a spicy remoulade sauce and mixed greens on a grilled Kaiser roll. 10.99

**Thai Peanut Wrap**
Chicken or tofu with glass noodles, basi carrots, red peppers, peanut sauce* and mixed greens wrapped in a flour tortilla. 8.99
*shrimp (2.19)
*peanut sauce contains nuts

**Reuben**
Corned beef, swiss cheese, sauerkraut and spicy Russian dressing served on grilled rye bread. 9.99

**Corned Beef**
Corned beef, spicy mustard and swiss cheese served on grilled rye bread. 8.99

**Hummus**
Hummus spread on grilled sourdough with Vermont white cheddar, tomatoes, spring mix, red onion and balsamic vinaigrette. 8.99

**Pimento Cheese Sandwich**
Vermont white cheddar and pimento cheese with tomato slices on grilled sourdough. 7.99

**Mediterranean**
Rosemary garlic bread grilled and layered with fresh basil pesto*, goat cheese, spring mix and ripe tomatoes. 7.99
*pesto contains nuts

**Grilled Cheese**
Vermont white cheddar on Rosemary Garlic bread. 6.49

**“The Hill” Grill**
Grilled chicken breast with arugula, goat cheese, fig preserves and a balsamic glaze on fresh ciabatta bread. 9.99

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**HALF & HALF**
Pair any 1/2 sandwich with one of our delicious soups OR salads (1/2-size house or spinach only), crab cake burger (+1.99)

8.99

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**Caprese Sandwich**
Fresh mozzarella, basil, tomatoes, balsamic vinaigrette and olive oil on grilled sourdough. 5.99

**Roast Beef**
Roast beef topped with fresh mixed greens, tomato, onion, Vermont white cheddar and our spicy remoulade on grilled sourdough. 5.99

**Herb Roasted Turkey**
Herbed turkey with apricot mayo, avocado, tomato and lettuce crumbled with balsamic vinaigrette on grilled Honey Wheat. 6.99

**Highland Ham & Cheese**
Vermont white cheddar cheese melted with black forest ham - served with garlic mayo, balsamic vinaigrette, spring mix and tomato on a grilled baguette. 6.99

**Albacore Tuna Salad Sandwich**
Made with mango, mayo, fresh cilantro and jerk seasoning - served with balsamic vinaigrette, lettuce and tomato on a grilled Kaiser roll. 7.99

**Curried Chicken Sandwich Salad**
Roasted chicken salad* made with red grapes, curried mayo and toasted pecans - served with lettuce and tomato on a Kaiser roll. 7.99
*pesto contains nuts

**BBQ Sandwich**
Slow roasted pulled pork or chicken, smothered in our BBQ sauce, topped with creamy coleslaw and served on a grilled Kaiser roll. 8.99

**Hummus**
Hummus spread on grilled sourdough with Vermont white cheddar, tomatoes, spring mix, red onion and balsamic vinaigrette. 8.99

**Pimento Cheese Sandwich**
Vermont white cheddar and pimento cheese with tomato slices on grilled sourdough. 7.99

**Mediterranean**
Rosemary garlic bread grilled and layered with fresh basil pesto*, goat cheese, spring mix and ripe tomatoes. 7.99
*pesto contains nuts

**Grilled Cheese**
Vermont white cheddar on Rosemary Garlic bread. 6.49

**“The Hill” Grill**
Grilled chicken breast with arugula, goat cheese, fig preserves and a balsamic glaze on fresh ciabatta bread. 9.99

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**Soup of the Day**
Served with a slice of grilled jalapeno focaccia.
Cup. 3.59 Bowl. 5.99
*all soups are vegetarian

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**DRINKS...**

Our Own Locally-Roasted Coffee

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**SALAD & SOUP...**

**Peppered Fresh. Right now. With love.**

**Caprese Salad**
Fresh mozzarella, basil and tomatoes on a bed of mixed greens - served with balsamic vinaigrette and toasted baguette slices. 7.49

**Thai Peanut Salad**
Grilled chicken or tofu with glass noodles, basi carrots, red peppers and peanut sauce served warm over spring mix*. 7.99
*shrimp (2.29)
*peanut sauce contains nuts

**Italian Chicken**
Red pepper pesto*, fresh basil and tomato with roasted chicken on ciabatta bread. 9.99
*pesto contains nuts

**Italian Vegetable**
Roasted red pepper, zucchini, squash, mushrooms with red pepper pesto*, fresh basil and tomato on ciabatta bread. 9.59
*pesto contains nuts

**Bayou Crabcake “Burger”**
Grilled lump crab meat - served with a spicy remoulade sauce and mixed greens on a grilled Kaiser roll. 10.99

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**House Salad**
Mixed field greens, tomatoes, onions, and homemade croutons - served with balsamic vinaigrette. Full size includes a piece of our famous jalapeno focaccia. Full. 5.99 Side. 2.59

**Spinach Salad**
Fresh spinach, goat cheese, onions, strawberries and candied walnuts - served with balsamic vinaigrette. Full size includes a homemade mini muffin. Full. 6.99 Side. 3.59

**White Bean Chili**
Roasted sweet corn, roasted red peppers and onions - topped with Vermont cheddar cheese and served with a slice of grilled jalapeno focaccia. Cup. 3.59 Bowl. 5.99

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**Soup of the Day**
Served with a slice of grilled jalapeno focaccia.
Cup. 3.59 Bowl. 5.99
*all soups are vegetarian

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The consumption of raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasturized milk may increase your risk of foodborne illness.