

LUNCH

SOUP & SALA

SUB PORK BELLY OR SALMO

SOUP OF THE DAY	6
C A E S E R S A L A D overnight tomatoes, croutons, grilled chicken, parmesan reggiano & Caesar dressing	12
BABY KALE SALAD baby kale, grilled chicken, radishes, cucumber, carrots, manchego & white balsamic dressing	12
BEET SALAD arugula, roasted beets, radishes, goat cheese, roasted walnuts, berries, grilled chicken & strawberny-vanilla vinaigrette	12
C O B B S A L A D mixed greens, grilled chicken, bacon, blue cheese crumbles, tomatoes, avocado, hard boiled egg & blue cheese dressing	12
WEDGE SALAD. crispy iceberg lettuce & blue cheese dressing, topped with blue cheese crumbles, bacon, tomatoes & red onion ADD CHICKEN \$4 // PORK BELLY OR SALMON \$6	8

crispy iceberg lettuce & blue cheese dressing, topped with blue cheese crumbles, bacon, tomatoes & red onion •ADD CHICKEN \$4 // PORK BELLY OR SALMON \$6	
TACOS ORDER ANY 3 FOR \$10 - SERVED WITH YOUR CHOICE OF	SIDE
S T E A K tequila & lime marinated steak, charred onions, radishes & cotija cheese	5
C H I C K E N paprika & cilantro braised chicken, roasted tomato salsa & queso fresco	4
PORK BELLY wild turkey farm's smoked pork belly, cabbage chow chow, strawberry & sorghum glaze, charred green onion & cotija cheese	4
C A R N I T A S slow roasted pork shoulder, radish, smoked serrano pepper, mango salsa & queso fresco	4
S H R I M P pickled jalapeño, radish, salsa verde, cilantro &	6

queso fresco

SHARABLES

13

CALAMARI

LUNCH		fried calamari & sweet peppers with house made marinara, grilled lemon, herbs & parmesan		
A D S		PEANUT BUTTER HUMMUS served lavash crackers & topped with olive tapen	10 ade	
N ON SALADS	FOR \$2 6 12	CHARCUTERIE & CHEESE classic salami, soppresatta, Ashe county white cheddar, Ashe county marble blue, local honey, Lusty Monk mustard, nuts, lavash crackers	14	
lled esar dressing	00.5949	PLATES		
	12	SERVED WITH YOUR CHOICE OF SIDE		
s, cucumber, mic dressing	12	204 CHEESEBURGER two grass fed beef patties, american cheese, caramelized onions, bibb lettuce, heirloom tomato, house quick pickles & 204 sauc	13	
grilled grette	12	HOT HAM & CHEESE country ham, brie cheese, Lusty Monk whole grain mustard	12	
on, blue ado, essing	''	CRISPY SHRIMP SANDWICH bibb lettuce, tomato, house remoulade	10	
	8	SALMON BURGER* bibb lettuce, tomato, mayonnaise	12	
se dressing, s, bacon, OR SALMON \$6		FRIED CHICKEN SANDWICH pimento cheese, quick pickles, bbq sauce & a honey drizzle	12	
1 YOUR CHOICE OF	SIDE	NASHVILLE HOT CHICKEN free range chicken breast, house quick pickles, coleslaw & served with a side of potato salad	12	
ed	5	SPICY CHICKEN WRAP buffalo chicken, romaine lettuce, sliced red onions, cherry tomatos & blue cheese dressing	11	
asted	4	SHRIMP CAESAR WRAP grilled shrimp, romaine lettuce, overnight tomatoes, caesar dressing	11	
, cabbage glaze, charred	4	MEATLOAF SANDWICH pan seared meatloaf, tasso gravy, arugula & crispy onions	12	
moked o fresco	4	SEARED PORK BELLY WRAP pork belly, bibb lettuce, heirloom tomatoes & mayonnaise	11	
ilantro &	6	HOT CHICKEN SLIDERS four nashville hot chicken served on sweet hawa rolls with pickles, served with french fries	11 iian	