

BREAKFAST / LUNCH

Served 7am until 2:30pm

EGG PLATES AND OMELETS

Served with your choice of Fresh Fruit, Yukon Gold Potato Home Fries or Smoked Gouda Grits
Choice of Biscuit, Toast, Whole Wheat English Muffin, Bagel or Gluten Free Bun
Substitute Egg Whites or Egg Beaters +\$1.29

Midtown Breakfast Two Eggs Any Way and choice of Applewood Smoked Bacon, Jennings's Sausage, Turkey Sausage or Black Forest Ham ★	9.99
Huevos Tostada Scrambled Eggs with Peppers, Onions, and Chorizo on Fried Corn Tortillas served with Pico de Gallo, Lime Crema and a Side of Black Beans ★	9.99
Music City Eggs Benedict* Biscuit or English Muffin with Black Forest Ham, Poached Eggs, topped with Asparagus and Hollandaise (Substitute NOVA Salmon +\$3, Beef Tenderloin Medallions +\$8)	11.99
TN Trout Rainbow w/Two Fried Eggs ★	14.99
Short Rib w/ Coca-Cola® Barbeque Sauce & Two Fried Eggs ★	14.99
Steak & Eggs 5oz Grilled Prime USDA Beef Tenderloin Filet w/ Truffle Butter and 2 Eggs Any Way	29.99
Western Omelet Ham, White Onions, Red Bell Peppers ★	10.99
NOVA Salmon Omelet White Onions, Tomatoes, Goat Cheese ★	12.99
Florentine Omelet Spinach, Mushrooms, Caramelized Onions, Goat Cheese ★	10.99
BYO Omelet Two Egg Omelet with your Choice of Three Ingredients ★	9.99

Cheese★

White Cheddar
Smoked Gouda
Feta
Pepper Jack
Swiss
Mild Cheddar
Goat Cheese

Vegetable★

Caramelized Onion
Tomato
Spinach
Avocado
Red Peppers
Mushroom
Jalapenos

Meat★

Applewood Bacon
Chorizo
Turkey Sausage
Jennings's Sausage
Black Forest Ham
Add Crab Meat 9.99

Extra Ingredients \$1.29

BREADS

Toast (Sourdough or Wheat) w/ Butter and Jelly	1.59
Gluten Free Potato Bun w/ Butter and Jelly★	1.59
Bagel w/ Cream Cheese	2.99
Whole Wheat English Muffin w/ Butter and Jelly	1.59
Biscuit w/ Butter & Jelly	One for 1.99 Two for 2.99

SIDES/ A LA CARTE

One Cage Free Egg ★	1.29	Sausage Gravy	1.69
Potato Hash	1.99	Applewood Smoked Bacon ★	3.99
Smoked Gouda Grits	1.49	Jennings's Country Sausage Patty★	3.99
Tomato Slices ★	1.69	Turkey Sausage Patty ★	3.99
Avocado Half ★	1.99	Black Forest Ham (No Nitrites)	3.99
Seasonal Fruit ★	1.99	Chorizo ★	3.99
Hollandaise ★	1.99	Grilled★ or Fried Chicken Tenderloin (2pc)	5.99
Cream Cheese ★	.99	NOVA Salmon Side ★	8.99
Alabama White Sauce★	.99		

★ All Gluten Free Ingredients

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. PLEASE TURN FOR MORE SELECTIONS 5/3

BREAKFAST

Served 7am until 11am

BISCUITS AND SUCH

Served with your choice of Yukon Gold Potato Home Fries, Fresh Fruit,
Smoked Gouda Grits or Steel Cut Oatmeal

Midtown Biscuit Fried Egg and Cheddar Cheese with Bacon, Jennings's Country Sausage, Turkey Sausage or Black Forest Ham	8.99
Nashville Pig in a Blanket* Two Biscuit's w/ Mild Dry Rub Roasted Pork Tenderloin Served w/Two Fried Eggs and Sides of Alabama White Sauce & Sausage Gravy	9.99
Biscuits and Gravy Biscuits Sausage Gravy w/ Two Fried Eggs	8.99
NOVA Salmon on a Bagel with Cream Cheese, Red Onion and Capers	12.99
Fried Chicken Biscuit Fried Chicken Tenderloin and Fried Egg served with a Side of Spicy Alabama White Sauce & Sausage Gravy	9.99

Substitute Biscuit, Toast, Whole Wheat English Muffin, Bagel or Gluten Free Bun
Substitute Egg whites or Egg Beaters +\$1.29

BREADS

Toast (Sourdough or Wheat) w/ Butter and Jelly	1.59
Gluten Free Potato Bun ★	1.59
Bagel w/ Cream Cheese	2.99
Whole Wheat English Muffin w/ Butter and Jelly	1.59
Biscuits w /Butter & Jelly	One for 1.99 Two for 2.99

SWEET STUFF AND SMALL PLATES

Avocado Toast Whole Wheat Toast with Smashed Avocado and Fried Egg topped with Pico de Gallo, Olive Oil, Cracked Black Pepper, and Sea Salt	9.99
Challah French Toast topped with Jack Daniels Peach Compote and Whipped Cream	9.99
Two Pancakes with Maple Syrup & Butter served with w/Two Fried Eggs, and choice of Apple Wood Bacon, Jenning's Sausage, Turkey Sausage or Black Forest Ham	9.99
Shrimp and Grits Four Blackened Shrimp tossed with Bacon, Mushrooms, Tomatoes, and Scallions served on Smoked Gouda Grits, ★ with your choice of Biscuit, Toast, or Bagel	14.99
Spinach & Chipotle Hummus topped with Feta Cheese and served with Grilled Pita	9.99
Steel Cut Oatmeal with Dried Cranberries, Candied Walnuts, Milk and Butter, served with Side of Fruit ★	3.99
Nonfat Plain Yogurt with Gluten Free Granola, Fresh Berries and Honey ★	6.99

BEVERAGES

(Served All Day)

French Roast Coffee Regular or Decaf w/ Refills	3.00	Ginger ale w/ Refills	2.50
French Press 23oz	5.00	Milk (Skim, 2%, Whole)	Sm 1.99 Lg 3.99
Espresso	3.50	Fresh Squeezed Orange Juice	Sm 2.49 Lg 4.49
Latte, Cappuccino, or Americano	4.50	Apple, Cranberry, Pineapple, or Grapefruit Juice	Sm 1.99 Lg 3.99
Organic Numi Herbal Hot Tea	3.00	Tomato Juice or V8	Sm 1.99 Lg 3.99
Iced Tea w/ Refills	2.50	Bloody Mary	7.00
Fruit Tea	2.50	Mimosa	7.00
San Pellegrino Sparkling or Panna Still Water Liter	6.00		
Coke, Diet Coke, Sprite, Lemonade	2.50		

★ All Gluten Free Ingredients

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