

sample menu
menu changes frequently

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| frittata , changes daily (gf, v) | 6 |
| pimento cheese , with LUNCH crackers (v) | 8 |
| whipped goat cheese , with honeynut squash jam, mint, caramelized shallot and toast (v) | 10 |
| soup , italian wedding soup with beef & pork meatballs, greens, pearl couscous in a parmesan broth with crusty bread | 7 / 12 |
| simple salad , field lettuces with herbs and shaved radish, honey thyme vinaigrette, roasted pepitas (gf, v) | 10 |
| big salad , quinoa tabbouleh with parsley, mint, fennel, tomato confit, shallot, feta | 12 |
| sandwich , roast chicken, bacon, apple chutney, kale pesto, cheddar, greens and herbs on a sweet potato roll | 15 |
| plate lunch , mushroom cannelloni with locally foraged hen of the woods and oyster mushrooms, ricotta, bechamel and red sauce (v) | 18 |

farms we are proud to feature, university farm, cove creek farm, sequatchie cove farm, lost cove farm, myers farm, sequatchie cove creamery, sunburst trout, baker family pastures, halcyon farm, bountiful harvest farm, gautier & sons seafood, solace farms, tickbush honey

gf - gluten free
v - vegetarian