

## SMOOTHIE **make it a large +1**

**add boost +1:** whey . espresso . matcha . yogurt . ginger . golden turmeric . fresh mint . kale . basil  
**add shot +1:** vanilla . chocolate . white mocha . maple . sweet cream . fresh mint . chai spice . ginger  
**substitute+1:** almond milk . oat milk . maple . honey . stevia . brown sugar

<b>South Beach</b> ..... <b>6</b> strawberry . banana . oj	<b>Izzy Bella</b> ..... <b>7</b> fresh lemonade . fresh mint . strawberry . banana
<b>Super Green Machine</b> ..... <b>7</b> fresh kale . carrot . basil . banana . oj . milk	<b>Golden Goddess</b> ..... <b>8</b> golden turmeric . matcha . basil . kale . banana . cinnamon . lemonade
<b>Mango Matcha Energy</b> ..... <b>7</b> mango . matcha . pineapple . basil . fresh lemonade	<b>Underhill</b> ..... <b>7</b> blueberry . banana . fresh almond butter . milk
<b>Normando</b> ..... <b>6</b> pineapple . strawberry . basil . oj	<b>Natural</b> ..... <b>6</b> strawberry . peanut butter . banana . milk
<b>Californication</b> ..... <b>7</b> fresh avocado . fresh kale . fresh mint . banana . oj . milk	<b>Elvis</b> ..... <b>6</b> espresso . banana . peanut butter . chocolate . milk . cinnamon
<b>Mangolorian</b> ..... <b>7</b> mango . strawberry . banana . fresh mint . ginger . fresh lemonade	<b>Velvet Underground</b> ..... <b>7</b> espresso . white mocha . banana . our almond butter . cinnamon . milk

## TASTY BEVERAGE

### MILKSHAKE **make it a large +1**

<b>Cinnamon Vanilla</b> ..... <b>6</b>	<b>Fresh Lemon Mint</b> ..... <b>7</b>
<b>Chocolate</b> ..... <b>6</b>	<b>Matcha Green Tea</b> ..... <b>7</b>
<b>Strawberry &amp; Cream</b> ..... <b>6</b>	<b>Espresso &amp; Cocoa</b> ..... <b>7</b>

### COLD DRINK **make it a large +1**

<b>Fresh Daily Lemonade</b> ..... <b>3</b>	<b>“Traditional” Iced Tea</b> ..... <b>3</b>
<b>Frozen Lemonade</b> ..... <b>4</b>	<b>Green Iced Tea</b> ..... <b>3</b>
<b>Strawberry Lemonade</b> ..... <b>4</b>	<b>Blueberry Ginger Tea</b> ..... <b>4</b>
<b>Matcha Lemonade</b> ..... <b>6</b>	<b>Strawberry Green Tea</b> ..... <b>4</b>

## COFFEE/CAFE (hot or iced) **make it a large +1**

**add shot +1:** espresso . matcha . golden turmeric . white mocha . chocolate . vanilla . sweet cream . ginger . maple . honey . chai spice  
**substitute+1:** almond milk . oat milk . maple . honey . stevia . brown sugar

<b>Local Roast Hot Coffee</b> ..... <b>2</b> atlanta’s dirty nekkid roasters	<b>Golden Turmeric Latte</b> ..... <b>5</b> golden turmeric . espresso . milk . honey
<b>Cold Brew Coffee</b> ..... <b>4</b> slow steeped . low acid . extra smooth	<b>Cinnamon Vanilla Latte</b> ..... <b>5</b> vanilla . cinnamon . espresso . milk
<b>Sweet Cream Cold Brew</b> ..... <b>5</b> cold brew coffee . our sweet cream	<b>Mocha Latte</b> ..... <b>4</b> mocha . cinnamon . espresso . milk
<b>Latte</b> ..... <b>4</b> espresso . milk	<b>Adirondack Latte</b> ..... <b>5</b> ginger . maple . espresso . milk
<b>Americano</b> ..... <b>4</b> double shot espresso . over water	<b>Spiced Cocoa Latte</b> ..... <b>5</b> mocha . chai spice . brown sugar . milk . espresso
<b>Cafe au Lait</b> ..... <b>4</b> americano . frothed milk	<b>Matcha Latte</b> ..... <b>5</b> matcha green tea . milk . honey
<b>Sean’s Cuban</b> ..... <b>4</b> espresso . nutmeg . brown sugar . milk	<b>Honey Bee Hot Cider</b> ..... <b>5</b> steamed cider . cinnamon . whipped cream
<b>Rustic Chai Latte</b> ..... <b>5</b> our “chai” spice . brown sugar . espresso . milk	<b>Hot Cocoa</b> ..... <b>5</b> mocha . milk . cinnamon . whipped cream

## HOT TEA **make it a large +1**

<b>PG Tips</b> ..... <b>3</b> english black tea . (milk & sugar recommended)	<b>Green Tea Blend</b> ..... <b>3</b> city harvest blend . light fruit forward
<b>Earl Grey Blend</b> ..... <b>4</b> earl grey blend . bergamot	<b>Magic Turmeric Cider (herbal)</b> ..... <b>5</b> golden turmeric . lemon . ginger . honey . hot cider
<b>London Calling</b> ..... <b>5</b> earl grey . our sweet cream	<b>Ruby Sipper (herbal)</b> ..... <b>4</b> apple . hibiscus . rose hip . tangerine

## HOT DOG (all day) **make it a bowl +2**

### BUILD YOUR DOG (on toasted challah bun)

**pick your dog:** polish frank (beef) +5 . spicy andouille (pork) +6 . beyond sausage (plant base) +7  
**free topping:** sweet relish . sean’s sauce . dijon remoulade . sriracha . mayo . parm herb cream  
**fancy topping +1:** cheese sauce . beef chili . cheddar . feta . parmesan . grilled onion . roasted red bell pepper . pickled jalapeno . tomato . cucumber . elotes . black bean & corn salsa  
**extra fancy topping +3:** guacamole . avocado . crispy grilled pulled pork butt . hickory bacon . scrambled eggs w/cheese

### LET US BUILD YOUR DOG (sub beyond dog +2)

<b>Heart of the Park Dog</b> ..... <b>7</b> (pick your dog) . grilled onion . diced tomato . pickled remoulade . on toasted challah bun
<b>NaahWay Dog</b> ..... <b>7</b> (pick your dog) . roasted red bell pepper . grilled onion . relish . mustard . on toasted challah bun
<b>Guaca Elotes Dog</b> ..... <b>8</b> (pick your dog) . guacamole . mexican street corn . tomato . sriracha . on toasted challah bun
<b>I’m Nacho Dog</b> ..... <b>8</b> (pick your dog) . beef chili . cheese sauce . pickled jalapeno . tomato . on toasted challah bun
<b>Hickory Dickory Dog</b> ..... <b>8</b> (pick your dog) . hickory bacon . grilled onion . cheese sauce . pickled remoulade . toasted challah bun

## BREAKFAST (all day) **make it a bowl +2**

**choice for +1:** side, soup, or chips

<b>Solstice Omelette Wrap (v)</b> ..... <b>9</b> guacamole . blackbean & corn salsa . tomato . lemon tossed kale . parmesan herb cream . scrambled eggs . in tortilla wrap
<b>Farmer’s Breakfast Panini (v)</b> ..... <b>10</b> guacamole . cucumber . tomato . roasted bell pepper . grilled onion . lemon tossed kale . cheddar . parmesan herb cream . fried eggs . on cuban bun
<b>Piggy Apple Cheddar Egg Panini</b> ..... <b>9</b> hickory bacon . apple butter . fried egg . cheddar . pressed in butter toasted bread
<b>House Potato Breakfast Bowl</b> ..... <b>10</b> (choice of: patty sausage, fresh avocado, hickory bacon, crispy grilled pull pork, or veggie sausage) . fried egg . cheddar . tomato . grilled onion . over garlic roasted house potato
<b>Original Breakfast Amber Biscuit</b> ..... <b>9</b> (choice of: patty sausage, fresh avocado, hickory bacon, crispy grilled pull pork, or veggie sausage) . fried egg . cheddar . tomato . apple butter . grilled onion . on butter toasted Amber Biscuit
<b>Blueberry Breakfast Biscuit</b> ..... <b>10</b> patty sausage . fried egg . cheddar . blueberry compote . on butter toasted blueberry biscuit
<b>Pulled Pork &amp; Elotes Omelette Breakfast</b> ..... <b>9</b> crispy grilled pulled pork butt . mexican street corn . tomato . feta . fried egg . in tortilla wrap
<b>English Muffin Breakfast</b> ..... <b>9</b> hickory bacon . apple butter . fried egg . cheddar . parm herb cream . on artisan english muffin
<b>Monte Cristo Casserole</b> ..... <b>10</b> hickory ham . blueberry compote . swiss cheese . egg . cream . brioche
<b>Lemon Ricotta Pancakes (v)</b> ..... <b>6</b> flat top grilled lemon ricotta pancakes . blueberry compote . maple

## BAKERY/DESSERT

<b>Amber Biscuit</b> ..... <b>2</b> our famous southern cat-head biscuit	<b>Cinnamon Roll</b> ..... <b>5</b> cinnamon roll . cream cheese icing . candied pecan
<b>Jalapeno Cheddar Amber Biscuit</b> . <b>4</b> jalapeno . cheddar . chive . in our savory biscuit	<b>Ooey Goopy Blondie</b> ..... <b>5</b> soft & buttery goopy blondie bar
<b>Spanakopita</b> ..... <b>5</b> spinach . swiss . cream cheese . in a puff pastry	<b>Red Velvet Black &amp; White Cookie</b> . <b>4</b> red velvet cookie . chocolate dipped . vanilla drizzle
<b>Blueberry Orange Amber Biscuit</b> . <b>3</b> sweet blueberry Amber Biscuit . orange glaze	<b>Cranberry Scone</b> ..... <b>6</b> cranberry butter scone . cranberry glaze . candied zest
<b>Nana’s Chocolate Chip Cookie</b> ..... <b>3</b> nana’s recipe	<b>Salted Chocolate Basil Cake</b> ..... <b>5</b> salted chocolate basil cake . basil buttercream

## LUNCH (all day) **make it a bowl +2**

**choice for +1:** side, soup, or chips

<b>Holy Guacamole Chicken Salad Sandwich</b> ..... <b>9</b> sean’s chicken salad . guacamole . tomato . romaine . on toasted wheat
<b>Salmon Mousse Country Club Sandwich</b> ..... <b>12</b> roasted salmon & dill caper mousse . avocado . fried egg . tomato . cucumber . lemon tossed kale . feta . on toasted wheat
<b>Beltline Burrito (v)</b> ..... <b>9</b> black bean & corn salsa . quinoa . black rice . guacamole . toasted almond . shaved carrot . parmesan . lemon tossed kale . in tortilla wrap
<b>Sunshine Burrito (v)</b> ..... <b>9</b> mexican street corn . fresh avocado . feta . toasted almond . shaved carrot . lemon tossed kale . fresh tomato . quinoa . black rice . in tortilla wrap
<b>Thai Tuna Salad on Wheat</b> ..... <b>9</b> our thai peanut tuna salad . tomato . cucumber . on toasted wheat
<b>Crispy Pork Cheesesteak</b> ..... <b>9</b> crispy grilled pulled pork butt . grilled onion . roasted red bell pepper . cheese sauce . dijon remoulade . pickled jalapeno . on toasted philly bun
<b>Pulled Pork &amp; Elotes Burrito</b> ..... <b>9</b> crispy grilled pulled pork butt . mexican street corn . tomato . feta . romaine . in tortilla wrap

## PROTEIN

sean’s chicken salad +4 . dill salmon mousse +5 . hickory bacon +4 . patty sausage +4 . crispy grilled pulled pork butt +4 . thai peanut tuna salad +4 . spicy andouille +4 . fried eggs +4 . avocado +4 . beyond dog +7 . veggie sausage +4

## SALAD (all day) **make it a wrap +2**

**choice for +1:** side, soup, or chips

<b>Saint Germain Salad (v)</b> ..... <b>8</b> guacamole . black bean & corn salad . shaved carrot . quinoa . black rice . shaved almond . parmesan . over romaine
<b>Sunshine Salad (v)</b> ..... <b>8</b> mexican street corn . avocado . feta . toasted almond . shaved carrot . tomato . over lemon tossed kale
<b>Dill Salmon Mousse Cobb Salad</b> ..... <b>14</b> pan roasted salamon & dill caper mousse . fresh avocado . fried egg . tomato . grilled onion . cucumber . shaved carrot . cheddar . over romaine

## KIDS MENU (all ages / all day)

<b>Attack of the Killer Grilled Cheese (v)</b> ..... <b>8</b> sharp cheddar . parmesan herb cream . pressed in butter toasted bread
<b>Joy Division PB&amp;J (v)</b> ..... <b>8</b> fresh blueberry compote . split banana . maple . peanut butter . pressed in cuban bun
<b>Avocado Toast Deluxe (v)</b> ..... <b>8</b> fresh avocado . guacamole . fresh tomato . cucumber . on toast

## SIDE

<b>Amber Biscuit</b> ..... <b>2</b>	<b>Chick Pea Salad</b> ..... <b>4</b>
<b>Garlic Roasted House Potatoes</b> ..... <b>4</b>	<b>Blueberry &amp; Toasted Almond Parfait</b> . <b>4</b>
<b>Burnt Garlic &amp; Cheddar Grits</b> ..... <b>4</b>	<b>Fresh Fruit</b> ..... <b>4</b>

## SOUP **add an Amber Biscuit +1**

<b>Tomato Basil Bisque</b> ..... <b>4</b>	<b>McLendon Beef Chili</b> ..... <b>4</b>
---	---