

SMOOTHIE

what size: regular . large +1 . split +1

nutri boost +1: whey . espresso . matcha . ginger reduction . golden turmeric . kale almond butter . mint . basil . lavender milk tea

substitute +1: almond milk . oat milk . maple . honey . stevia . brown sugar

South Beach 7 strawberry . banana . orange juice	Izzy Bella 7 lemonade . mint . strawberry . banana
Super Green Machine 7 kale . carrot . basil . banana . orange juice . milk	Golden Goddess 8 golden turmeric . matcha . basil . kale . banana . cinnamon . lemonade
Mango Matcha Energy 8 mango . matcha . pineapple . basil . lemonade	Raspberry Beret 8 raspberry . ginger reduction . mint . lemonade
Normando 7 pineapple . strawberry . basil . orange juice	Natural 7 strawberry . peanut butter . banana . milk
Californication 7 avocado . kale . mint . banana . orange juice . milk	Elvis 7 espresso . banana . peanut butter . chocolate . milk . cinnamon
Mangolorian 8 mango . strawberry . banana . mint . ginger . lemonade	Underhill 7 blueberry . banana . almond butter . milk

BUILD YOUR OWN SMOOTHIE +7 **what size:** regular . large +1 . split +1
choose your base: (choose 1) lemonade . orange juice . milk . almond milk +1 . oat milk +1
choose your fruit (up to 2) mango . strawberry . raspberry . blueberry . banana . pineapple
healthy extra: (up to 1) carrot . basil . mint . kale . peanut butter
pick your sweet (choose 1) sugar . brown sugar . maple +1 . honey +1 . stevia +1
nutri boosts +1: avocado . matcha . turmeric . ginger . espresso . whey . almond butter

COLD DRINKS

what size: regular . large +1 . split +1

Fresh Daily Lemonade 3	“Traditional” Iced Tea 3
Frozen Lemonade 4	Green Iced Tea 3
Strawberry Lemonade 4	Blueberry Ginger Tea 4
Matcha Lemonade 6	Strawberry Green Tea 4

COFFEE

what size: regular . large +1 . split +1
how would you like it prepared: iced . hot . frozen +1

add shot +1: espresso . matcha . turmeric . white mocha . lavender milk tea . vanilla ginger . chocolate . caramel . mint . hazelnut . sweet cream . cold foam . whipped cream

substitute +1: almond milk . oat milk . maple . honey . stevia . brown sugar

Local Roast Hot Coffee 2 atlanta's dirty nekkid roasters	Golden Turmeric Latte 6 golden turmeric . espresso . milk . honey
Cold Brew Coffee 5 slow steeped . low acid . smooth	Cinnamon Vanilla Latte 5 vanilla . cinnamon . espresso . milk
Sweet Cream Cold Brew 6 cold brew coffee . our sweet cream	Mocha Latte 5 mocha . cinnamon . espresso . milk
Cold Foam Cold Brew 6 vanilla cold foam . cold brew . cinnamon sugar	Adirondack Latte 6 our ginger reduction . maple . espresso . milk
Shaken Espresso 6 espresso & brown sugar shaken over ice . cold foam	Rustic Chai Latte 6 our “chai” spice . brown sugar . espresso . milk
Americano 5 double shot espresso . over water	Honey Lavender Latte 6 lavender milk tea . honey
Latte 5 espresso . milk	Matcha Latte 5 matcha green tea . milk . honey
Galao 5 espresso . foamed milk	Hot Cider 4 steamed spiced apple cider
Sean's Cuban 5 espresso . nutmeg . brown sugar . milk	Hot Cocoa 6 mocha . milk . cinnamon . whipped cream

HOT TEA

what size: regular . large +1 . split +1

Earl Grey Blend 4 earl grey black tea blend . bergamot	Green Tea Blend 4 city harvest blend . light fruit foward
London Calling 5 earl grey black tea blend . sweet cream	Magic Turmeric (herbal) 5 turmeric . lemon . ginger reduction . honey
Lavender Milk Tea 5 lavender milk tea	Ruby Sipper (herbal) 5 apple . hibiscus . rose hip . tangerine

BAKERY

Amber Biscuit 3 southern “cat-head” biscuit . served w/ honey	Chocolate Lava Cookie 5 buttery chocolate cookie . soft chocolate center
Maple Bacon Cheddar Biscuit 6 hickory maple bacon . cheddar . Amber Biscuit	Ooey Goey Blondie 6 soft & buttery goey blondie bar
Chicken Pesto Puff Pie 8 chicken . pesto . sun dried tomato . basil . puff pastry	Nana's Chocolate Chip Cookie 3 nana's recipe
Maria's Old Fashion Doughnut 4 fresh daily old fashion . cinnamon sugar glaze	Winter Festival Biscotti 5 white chocolate . cranberry . orange zest
Blueberry Orange Amber Biscuit 4 sweet blueberry Amber Biscuit . orange glaze	Apple Cheddar Hand Pie 8 spiced apple . cheddar . in buttery pie crust

MILKSHAKE

what size: regular . large +1 . split +1
topping +1: sprinkles . strawberry . mango . cinnamon sugar

Vanilla Milkshake 6 vanilla bean custard shake . whipped cream	Mango Milkshake 7 mango custard shake . whipped cream
Chocolate Milkshake 6 chocolate custard shake . whipped cream	Banana Foster Milkshake 7 caramel banana custard shake . whipped cream
Strawberry Milkshake 6 strawberry custard shake . whipped cream	Green Tea Milkshake 7 matcha custard shake . whipped cream
Raspberry Mint Milkshake 6 raspberry mint custard shake . whipped cream	Espresso Custard Milkshake 7 espresso custard shake . whipped cream

BREAKFAST

(all day) **make it a bowl +2**
choice for +2: side, soup, or chips

Solstice Omelette Wrap (v) 10 guacamole . black bean & corn salsa . tomato . lemon tossed kale . parmesan herb cream . scrambled eggs . in tortilla wrap	Farmer's Breakfast Panini (v) 10 guacamole . cucumber . tomato . roasted bell pepper . grilled onion . lemon tossed kale . cheddar . parmesan herb cream . fried eggs . on cuban bun
Bacon Egg & Cheese Croissant 10 hickory bacon . apple butter . fried egg . cheddar . parm herb cream . our butter toasted croissant	House Potato Breakfast Bowl 10 (choice of: patty sausage, avocado, hickory bacon, crispy grilled pulled pork, or veggie sausage) . fried egg . cheddar . tomato . grilled onion . over garlic roasted house potato
Original Breakfast Amber Biscuit 10 (choice of: patty sausage, avocado, hickory bacon, crispy grilled pulled pork, or veggie sausage) . fried egg . cheddar . tomato . apple butter . grilled onion . on butter toasted Amber Biscuit	Pulled Pork & Elotes Breakfast Wrap 10 crispy grilled pulled pork butt . mexican street corn . tomato . feta . fried egg . in tortilla wrap
Breakfast Pocket (limited made daily) 10 southern breakfast sausage . eggs . cheddar . chives . roasted bell pepper . in a butter crust pocket	

LUNCH

(all day) **make it a bowl +2**
choice for +2: side, soup, or chips

Holy Guacamole Chicken Salad Sandwich 10 sean's chicken salad . guacamole . tomato . romaine . on toasted wheat	Salmon Mousse Club Sandwich 14 roasted salmon & dill caper mousse . tomato . cucumber . feta . on toasted wheat
Beltline Burrito (v) 10 black bean & corn salsa . quinoa . black rice . guacamole . toasted almond . shaved carrot . parmesan . lemon tossed kale . in tortilla wrap	Sunshine Burrito (v) 10 mexican street corn . avocado . feta . toasted almond . shaved carrot . lemon tossed kale . tomato . quinoa . black rice . in tortilla wrap
Little Candler Cheese Steak 11 crispy grilled pulled pork butt . grilled onion . roasted red bell pepper . pickled jalapeno . tomato . cheese sauce . dijon remoulade . on butter toasted philly bun	Pulled Pork & Elotes Burrito 11 crispy grilled pulled pork butt . mexican street corn . tomato . feta . romaine . in tortilla wrap

PROTEIN

sean's chicken salad +5 . dill salmon mousse +6 . hickory bacon +4 . crispy grilled pulled pork butt +6 . southern patty sausage +4 . andouille sausage +6 . avocado +4 . fried eggs +4 . beyond sausage +8 . veggie sausage +4

SALAD

(all day) **make it a wrap +2**
choice for +2: side, soup, or chips

Saint Germain Salad (v) 9 guacamole . black bean & corn salad . shaved carrot . quinoa . black rice . shaved almond . parmesan . over romaine	Sunshine Salad (v) 9 mexican street corn . avocado . feta . toasted almond . shaved carrot . tomato . over lemon tossed kale
Dill Salmon Mousse Cobb Salad 14 pan roasted salamon & dill caper mousse . avocado . tomato . grilled onion . cucumber . shaved carrot . cheddar . over romaine	

HOT DOG

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

pick your dog: polish frank (beef) . andouille (pork) +1 . beyond sausage (plant) +3

Heart of the Park Dog 7 (pick your dog) . grilled onion . tomato . pickled remoulade . on toasted challah bun	NahhWay Dog 7 (pick your dog) . roasted red bell pepper . grilled onion . relish . mustard . on toasted challah bun
Guac Elotes Dog 8 (pick your dog) . guacamole . mexican street corn . tomato . feta . sriracha . on toasted challah bun	Hickory Nacho Dog 8 (pick your dog) . hickory bacon . cheese sauce . pickled jalapeno . tomato . on toasted challah bun

BUILD YOUR OWN DOG

(on toasted challah bun)

pick your dog: polish frank (beef) +5 . andouille (pork) +6 . beyond sausage (plant base) +8

free topping: yellow mustard . ketchup . sweet relish . sean's sauce . dijon remoulade . sriracha . cholula hot sauce . mayonaise

fancy topping +1: cheese sauce . grilled onion . pickled jalapeno . tomato . roasted red bell pepper . elotes . parm herb cream . cheddar . feta . parmesan

extra fancy topping +3: avocado . guacamole . hickory bacon . scrambled egg & cheese

KID

(all age) (all day)

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

SIDE

add a side or soup to an entree for +2

Amber Biscuit 3	Chick Pea Salad 4
Garlic Roasted House Potatoes 4	Blueberry & Toasted Almond Parfait 4
Dill Pickle Mac & Cheese 4	Fresh Fruit 4

SOUP

add a side or soup to an entree for +2

Tomato Basil Bisque 4	Roasted Chicken Apple Chowder 5
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