

SMOOTHIE

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

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

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

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

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 . fresh mint . kale . peanut butter . cinnamon . nutmeg

pick your sweet (choose 2) sugar . brown sugar . maple +1 . honey +1 . stevia +1

nutri boosts +1: matcha . whey . golden turmeric . ginger reduction . espresso . almond butter . lavender milk tea . avocado

COLD DRINK

add shot +1: strawberry . blueberry . vanilla . mint . ginger . matcha . make it frozen

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
Raspberry Mint Lemonade	5	Strawberry Green Tea	4
Mango Ginger Lemonade	5	Ginger Arnold Palmer	5

COFFEE

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

choice of hot or iced {or frozen +1}

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

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

Local Roast Hot Coffee	2	Sean's Cuban	5
atlanta's dirty nekkid roasters		espresso . nutmeg . brown sugar . milk	
Cold Brew Coffee	5	Cinnamon Vanilla Latte	5
slow steeped . low acid . smooth		vanilla . cinnamon . espresso . milk	
Shaken Espresso	6	Mocha Latte	5
espresso shaken over ice . cold foam . cinnamon sugar		mocha . cinnamon . espresso . milk	
Sweet Cream Cold Brew	6	Adirondack Latte	6
cold brew coffee . our sweet cream		our ginger reduction . maple . espresso . milk	
Cold Foam Cold Brew	6	Rustic Chai Latte	6
vanilla cold foam . cold brew . cinnamon sugar		sean's chai blend . brown sugar . espresso . milk	
Frozen Vanilla Latte	6	Golden Turmeric Latte	6
espresso . vanilla sweet cream . whipped cream		golden turmeric . espresso . milk . honey	
Americano	4	Matcha Latte	6
long black espresso		matcha green tea . milk . honey	
Latte	5	Honey Lavender Latte	6
espresso . milk		lavender milk tea . honey	
Vienna	5	Hot Cocoa	6
long black espresso . whipped cream		mocha . milk . cinnamon . whipped cream	

HOT TEA

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

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

BAKERY

Amber Biscuit	3	Alfajores {dulce de leche crumb cookie}	5
Blueberry Orange Amber Biscuit	4	Ooey Goey Blondie	6
Key Lime Cream Doughnut	6	Nana's Chocolate Chip Cookie	3
Chicken Pot Pie	8	Rainbow Lemon Bundt	6
Spinach Mushroom Ricotta Puff	6	Strawberry Rose Pop-Tart	6

MILKSHAKE

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

topping +1: sprinkles . strawberry . mango . cinnamon sugar

Vanilla Milkshake	5	Mango Milkshake	6
Chocolate Milkshake	5	Honey Cinnamon Milkshake	6
Strawberry Milkshake	6	Green Tea Milkshake	6

SOFT SERVE CUSTARD

choice of: cup . waffle cone +1 . or waffle hat +1

topping +1: sprinkles . strawberry . mango . cinnamon sugar

Sean's Vanilla Custard	4	Salted Chocolate Custard	4
Twirl	4	Strawberry Sundae	5
Mango Sundae	5	Maple Cinnamon Sundae	5

BREAKFAST {ALL DAY}

make it a salad bowl +2
make it a plate +2: choice of either one side or 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, Apple & Brie Croissant	10
hickory bacon . apple butter . fried egg . melted brie . parm herb cream . butter toasted croissant	
Potato Hash Breakfast Bowl	10
{choice of: patty sausage, hickory bacon, pulled pork, double eggs, avocado, or veggie sausage} . fried egg . cheddar . tomato . grilled onion . over hash skillet potatoes	
Original Breakfast Amber Biscuit	10
{choice of: patty sausage, hickory bacon, pulled pork, double eggs, avocado, 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 salad bowl +2
make it a plate +2: choice of either one side or 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 . wild rice . guacamole . toasted almond . shaved carrot . feta . lemon tossed kale . in tortilla wrap	
Sunshine Burrito {v}	10
mexican street corn . avocado . feta . toasted almond . shaved carrot . lemon tossed kale . tomato . quinoa . wild rice . in tortilla wrap	
Blueberry Brie Pork Melt	11
crispy grilled pulled pork butt . blueberry compote . melted brie . parmesan herb cream . grilled onion . in butter toasted philly bun	
Pulled Pork & Elotes Burrito	11
crispy grilled pulled pork butt . mexican street corn . tomato . feta . romaine . in tortilla wrap	
Lasagna {limited made daily}	12
sean's classic italian sausage & beef lasagna	

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 +5

SALAD {ALL DAY}

make it a wrap +2
make it a plate +2: choice of either one side or soup, {or chips}

Saint Germain Salad {v}	9
guacamole . black bean & corn salad . shaved carrot . quinoa . wild rice . shaved almond . feta . 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 salmon & dill caper mousse . avocado . tomato . grilled onion . cucumber . shaved carrot . cheddar . over romaine	

HOT DOG {ALL DAY}

make it a salad bowl +2
make it a plate +2: choice of either one side or soup, {or chips}

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	
Guacy 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 . three cheese melt . pickled jalapeno . tomato . toasted challah bun	
Build Your Own Dog	5
pick your dog: polish frank (beef) . andouille (pork) +1 . beyond sausage (plant base) +3	
free topping: yellow mustard . ketchup . sweet relish . sean's sauce . dijon remoulade . sriracha . cholula hot sauce . mayonaise	
fancy topping +1: three cheese melt . grilled onion . pickled jalapeno . tomato . roasted red bell pepper . parm herb cream . cheddar . feta . brie	
extra fancy topping +3: avocado . guacamole . elotes . hickory bacon . scrambled egg & cheese	

KID {ALL DAY} {ALL AGES}

make it a salad bowl +2
make it a plate +2: choice of either one side or soup, {or chips}

Attack of the Killer Grilled Cheese {v}	7
sharp cheddar . parm herb cream . pressed in butter toasted bread	
Joy Division PB&J {v}	7
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

Amber Biscuit	3	Chick Pea Salad	4
Hash Skillet Potatoes	4	Elotes {mexican street corn salad}	4
Burnt Garlic & Cheddar Grits	5	Lemon Kale & Almond	4
Blueberry & Toasted Almond Parfait	4	Wild Rice & Quinoa Medley	4
Fresh Fruit Cup	4	Dill Pickle Mac & Cheese	5

SOUP

Tomato Basil Bisque	4	Chicken Corn Chowder	5
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