

will power

- atlanta fresh yoghurt**, caramelized peaches, marcona almonds, toasted coconut 6
- steel cut whole oat porridge**, local honey, fruit 6
- housemade granola**, atlanta fresh greek-style yoghurt 6

eat your greens

- raw kale salad**, buttermilk, sunflower seeds, blue cheese 7
- burrata**, grilled asparagus, arugula pesto, pine nuts 9
- brussel leaf salad**, red cabbage, carrot, pumpkin seed vinaigrette 7

sweet

- nick's soon to be famous french toast**
mascarpone stuffed local brioche & choice of...
 - housemade strawberry infused maple syrup 10
 - housemade blueberry pecan maple syrup 10

- vanilla and ricotta pancakes**
blueberry compote, maple syrup 9

skillet eggs

- 2 eggs with sourdough toast &...**
 - roasted mushroom and sausage 9
 - fresh tomato & basil salsa, brioche crumbs 9
 - creamed local spinach 9
 - tomato & bacon jam 9
 - heuvos divorciados, black beans, salsa verde, salsa roja 9

	sides
	nitrate-free bacon 4
	two eggs any-style 4
sausage (choice of chicken or pork) 4	pimento cheese grits 3
	potato hash 3
	garlic parsley fries 3
	grilled tomatoes 3
	roasted mushrooms 3
	fresh local fruit salad 3
	toast & housemade jam 2

savory

- "croque monsieur/madame"**, ham and cheese stuffed french toast, swiss cheese crust, with or without fried egg 7/8
- roasted vegetable frittata**, melted cheddar & mozz, tomato salsa 9
- the full monty**, 2 eggs any style, bacon, sausage, mushrooms, grilled tomato, potato hash, toast 14
- housemade corned beef hash**, fried eggs, chive hollandaise 10
- eggs royale**, grilled sourdough, 2 poached eggs, house smoked salmon, dill hollandaise 12

a little somethin' extra

- double decker burger**, sharp cheddar, caramelized onions, roasted shrooms, truffle mayo, local arugula, H&F egg bun
- housemade garlic parsley fries, pickles 12 (add bacon 3)

lemon grilled gulf grouper

- corn & edamame succotash, smoked tomato vinaigrette 21

steak & eggs

- 6 oz steak, fried egg, sautéed spinach, pimento grits, red wine reduction 22

{n.a. coffees}

- cup of joe (regular or decaf) 2.5 **refills included*
- cappuccino (regular or decaf 4, double 5.5)
- latte (regular or decaf 4, double 5.5)
- espresso ((regular or decaf 3.25, double 5)

{n.a. teas}

- cup of tea 3 (green, chamomile, earl grey)
- unsweetened iced tea 2.5 **refills included*

{n.a. juices}

	glass (12oz)	1/2 carafe (17oz)	carafe (34oz)
freshly squeezed orange	3.5	5	9
freshly squeezed grapefruit	3.5	5	9
cranberry	3.5	5	9
whole milk	3.5	5	9



