

Signature Soups 3.50/7.00

- Chicken & Dumplings
- Chili VGN GF
- Tomato Soup V
- Potato Leek V GF
- Spicy Chicken Verde GF

Salads

- Signature Kale Salad VGN GF 4.00
- Citrus Salad VGN GF 4.00
- Classic Caesar 6.00
- Garden Salad VGN GF 3.50/6.00
- Greek Salad V GF 8.00

Add Blackened or Grilled Salmon, Chicken, or Shrimp to any Salad 4.00

Carolina Cobb Salad GF 10.00

Local Cage-Free Eggs, Local Grilled Chicken, Blue Cheese Crumbles, Avocado, Applewood Bacon & Tomato

Sandwiches

- Served with Housemade Chips, Fries, Kale or Garden Salad
- NC Shrimp Po' Boy & Spicy Remoulade 10.00
 - Short Rib French Dip Au Jus 10.00
 - Grilled Chicken Sandwich 9.00
 - Vietnamese Pulled Pork Banh Mi 9.00
 - N.Y. Reuben (Corned Beef or Turkey) 9.00
 - Tofu Tacos VGN GF 8.00
 - Grilled Cheese V 4.00
 - Classic BLT (Add Avocado 1.00) 7.00

Handmade Burgers

- Local Beef 9.00
- Veggie Burger V 8.50
- Salmon Burger w/ Sriracha Aioli 9.00
- Add Caramelized Onions or Cheese 1.00
- Add Applewood Bacon or Avocado 1.50

Panini

- Fresh Mozzarella, Tomato, Spinach & Pesto V 9.00
- Grilled Chicken, Provolone & Sundried Tomato Pesto 9.00
- Caribbean: Avocado, Tomato, Plantains & Charred Red Onion VGN 9.00
- Ham, Dijon, Havarti & Caramelized Apples 9.00
- NC BBQ w/ Cheddar & Caramelized Onion 9.00

Green Machine Smoothie 4.50

Amazing combination of Fresh local spinach, kale & fresh fruit. So good you don't even know it's green!

Chef Signature Specials*

Simply Amazing Blackened Salmon GF 15
with Fresh Seasonal Veggies
(Salmon also served Grilled)

Local Shrimp Spedino 15
Marinated in Olive Oil & Garlic
Served with Lemon Butter & Fresh Grilled Seasonal Veggies

Local Chicken Picatta 14
with Fresh Grilled Local Veggies & Wilted Greens

Grilled Marinated Chicken Breast 14
with Goat Cheese, Lemon Butter & Fresh Veggies

Pappardelle Bolognese 15
Local Smith Angus Beef & Pork in a rich housemade tomato sauce

Steak Frites 15
Petite Local Filet of Beef with Housemade Fries & Grilled Veggies

Slowly Braised Beef Short Ribs 15
with Creamy Mashed Potatoes & Wilted Spinach

Signature Dal (VV) 9
Slow cooked, fragrant stew of organic lentils, chickpeas & veggies. Served w/organic Lundberg Rice & grilled naan

Local NC Shrimp PO' Boy 10
Beautiful large fried shrimp w/housemade delicately spiced remoulade on a freshly baked bun

*** All Entrées Served with Kale or Garden Salad Fruit or Berry Salads Add 1.00**

Refectory Bakeshop

Using Organic Flour blend never bleached or bromated; Organic whole oats, Lyon's Farms Rhubarb & Strawberries, Celebrity Farms Goat Cheese, Maple View Milk & Cream, Latta's Eggs & Bee Free Honey (VEGAN & RAW dessert friendly); Maple View Farms Milk & Cream

LAVAZZA ESPRESSO

Genuinely delicious, the icon of authentic Italian espresso. Mochas & flavored Torani syrups in Caramel, Hazelnut, Vanilla, Pumpkin & sugar free.
• Cappuccino • Latte • Chai Tea • Espresso