

LUNCH MENU

ALL ITEMS ARE SERVED WITH YOUR CHOICE OF CHIPS OR AN APPLE.
SUBSTITUTE A SUPERFOOD SIDE SALAD FOR \$3 EXTRA.

\$6 BENTON'S BLT :

Benton's bacon, sliced tomato, lettuce and vinegar mayo served on Bluff View Healthy Multigrain bread.

\$5 HOMEMADE PB&J :

Our homemade roasted peanut butter & seasonal preserves served on Bluff View Healthy Multigrain bread.

\$5 GRILLED CHEESE :

Sharp and white cheddar cheese on sliced sourdough bread.

\$7 HAM & TURKEY CLUB :

Roasted turkey breast and Benton's country ham, lettuce, tomato, cheddar and white cheddar, vinegar mayo, our homemade honey mustard on triple stack toasted Sourdough bread.

\$7 TURKEY & BRIE PITA :

Roasted turkey breast, homemade raspberry preserves, creamy brie cheese, vinegar mayo and fresh spinach in toasted pita pockets.

\$7 GARDEN VEGGIE :

Roasted vegetables, tomato, roasted red pepper, red onion, avocado, spinach, fresh pepper mix, Pepper Jack cheese, sun dried tomato spread served on Bluff View Healthy Multigrain bread.

\$9 SUPERFOOD SALAD :

Raw kale, swiss chard, brussels, spinach, broccoli, blueberries, dried cranberries & currants, sliced almonds, chickpeas and toasted coconut. Tossed with our homemade Lemon Pop-pyseed Green Tea Coconut Vinaigrette.

DON'T FORGET TO ASK ABOUT OUR
DAILY LUNCH SPECIALS.

BREAKFAST MENU

HOMEMADE GRANOLA..\$3.50

- + \$1.00 Vanilla Yogurt
- + \$0.75 Milk of Choice
- + \$1.50 Seasonal Fruit

M&H BAGEL.....\$2.50

PLAIN OR EVERYTHING

Served with plain or veggie cream cheese.

STEEL CUT OATMEAL..\$3.50

- + \$0.75 Nuts & Brown Sugar
- + \$1.00 Ripe Berries & Cream
- + \$0.50 Honey
- + \$0.75 Milk of Choice

KY NOVA LOX BAGEL....\$7

Shuckman's Smoked Salmon, M & H toasted bagel, plain cream cheese, red onion, capers, sliced tomato and fresh dill.

S.O.S..... \$6.50

M & H breakfast sausage, fresh spinach, caramelized onions and shallots, onion spread, poached egg, white cheddar cheese on a ciabatta roll.

ELVIS..... \$4

Creamy peanut butter, caramelized sweet banana, local honey on a sourdough roll.

BUILD YOUR OWN.....\$6.50

Grab a sheet and tell us how you would like us to make your breakfast sandwich.

HARD BOILED EGG.....\$1

BANANA\$1

FRESH FRUIT CUP.....\$2

VEGGIE WRAP.....\$4.50

Roasted fresh vegetables, sun dried tomato spread, egg and sliced tomato on a flour tortilla.

BACON, EGG & CHEESE..\$6

Applewood Smoked bacon, egg, white cheddar and vinegar mayo on a ciabatta roll.

TN HAM & APPLE.....\$5.50

Benton's Country Ham, fresh granny smith apple, yellow cheddar and M & H honey mustard on a sourdough roll.

FARMHOUSE BISCUIT....\$7.50

M & H breakfast sausage, Benton's Bacon, tomato jam, egg, arugula, white cheddar, caramelized onions and shallots on a homemade buttermilk biscuit.

MEGA BISCUIT.....\$6.50

M & H breakfast sausage, fresh spinach, egg, roasted red pepper spread, caramelized onion and shallots, white cheddar on a homemade buttermilk biscuit.

**ASK ABOUT OUR OTHER BREAKFAST OPTIONS AND SPECIALS
THAT MAY NOT BE LISTED ON THIS MENU!**