

# THREE SISTERS

N 35° 45' 08"

**BREAKFAST**

W 83° 45' 50"

## ENTRÉES

### EGGS ANY STYLE

Gluten Free or Sourdough Toast

### SALAD OF LOCAL GREENS

Sunnyside Farm Egg, Grains, Sliced Avocado and Mustard Vinaigrette

### POACHED FARM EGGS

Shelton Farm Grits, Broccolini and Roasted Wild Mushrooms

### EGG WHITE FRITTATA

Greens, Sweet Potato, Caramelized Onions and Parmesan

### FINE HERB OMELET

Charred Fennel, Lacinato, Kale, Buttered Leeks and Brebis Cheese

### SALMON HASH

Poached Eggs, Potatoes, Greens, Roasted Wild Mushrooms and Herb Coulis

### MOUNTAIN CONTINENTAL

Pomegranate Almond Yogurt, Bruléed Grapefruit and Seeded English Muffin

### GRIDDLE CAKE OF THE DAY

Spiced Oatmeal, Apple Butter and Hickory Maple Syrup

### SMASHED AVOCADO TOAST

Sourdough Toast and Marinated Vegetables

### COCONUT CHIA PUDDING

Flax Seed Maple Crumble, Pomegranate and Toasted Coconut

## HOUSE MADE SIDES

Buttermilk Biscuits and Gravy

Stone Cut Oatmeal

Shelton Farm Grits

Bacon or Sausage

Apple Chicken Sausage

Pastry of the Day

Seasonal Fruit

## GREEN JUICE

Kale, Cucumber, Green Apple and Ginger

## SUNSHINE JUICE

Carrot, Turmeric, Ginger, Coconut Water and Pineapple

*\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have a medical condition*