

THREE SISTERS

N 35° 45' 08"

BREAKFAST

W 83° 45' 50"

ENTRÉES

SUNNY SIDE EGG STIR FRY*

Ginger Soy, Roasted Sweet Potatoes, Avocado, Snap Peas, Flax Seed, and Oat Groats

SALAD OF LOCAL GREENS*

Sunny Side Farm Egg, Avocado, Grains, and Shaved Vegetables with Mustard Vinaigrette

CHORIZO AND BACON TAMALE OMELET*

Black Bean Purée, Sundried Tomatoes, Pickled Red Onions, and Avocado

THREE SISTERS BREAKFAST SANDWICH*

Cheesy English Muffin, Bacon, Blackberry Farm Feta, Sundried Tomatoes, Arugula, and a Fried Egg

STONE CUT OATMEAL

Grain & Nut Granola, Blackberries, and Brown Sugar

SOURDOUGH GRIDDLE CAKES

Banana Jam and Toasted Pecans

AVOCADO TOAST

Sourdough Toast, Shaved Vegetables, Pickled Red Onions, and Everything Spice

COCONUT CHIA PUDDING

Strawberries, Muscadine Jam, and Flax Seed Crumble

EGGS ANY STYLE*

Sourdough Toast or Gluten Free Sourdough Toast

SIDES

BUTTERMILK BISCUITS

SHELTON FARM GRITS

BACON

PORK SAUSAGE

SEASONAL FRUIT

PASTRY OR MUFFIN OF THE DAY

STONE CUT OATMEAL

GREEK ALMOND YOGURT PARFAIT

CELERY JUICE

ORANGE JUICE

GREEN JUICE

Green Apple, Kale, Cucumber, Parsley, Lemon, and Ginger

SAMPLE MENU

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