

Biscuits All Day

Classic Bacon + Egg + Cheese 3.50

Squealer Sausage + Egg + Cheese 3.50

Double Squealer Double Sausage + Egg + Cheese 4.50

Smoker Slow Smoked Pork + Egg + Cheese 4.50

Green Acres Avocado + Tomato + Egg + Cheese 3.70

Wake Up Bowl Brown Rice + Beans + Egg + Sweet Potato + Kale + Cinnamon Crème 6.50

Croissant Chocolate or Blueberry 3.50

Yogurt Parfait 5 or Build Your Own .55oz

Bowls

Choose: Slow Smoked Pork, Chicken, Tofu or Diced Sweet Potato

Thai Curry Bowl* Sweet & Spicy Red Curry + Brown Rice + Marinated Veggies + Peanuts + Greens 8.95

Cool Buzz Bowl Brown Rice + Beans + Creamy Chipotle Sauce + Greens 8.50

Cheesy Bowl Brown Rice + Beans + Queso Cheese + Greens 8.25

Fire in the Bowl* Brown Rice + Beans + Habaneros + Greens 8.75

Chico Pico Bowl* Brown Rice + Beans + Pico de Gallo + Greens 8.50

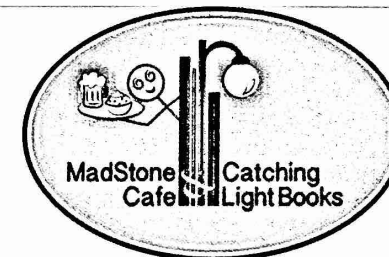
Banjo Bowl Slow Smoked Pork + Sweet Baby Ray's + Brown Rice + Beans + Marinated Veggies + Greens 8.50

Pizza by the Slice (from Mad Batter Food & Film, Downtown Sylva)

Cheese, Pepperoni or Veggie (Spinach, Tomato, & Feta) 3.70
Ranch .50

Combo Slice of Pizza + Drink 5.59

*Vegan Option Available All Bowls, Nachos & Salads are Gluten Free



Frozen Yogurt & Topping Bar

Available All Day

Espresso & Gourmet Coffees

Nachos

Tortilla Chips + Queso Cheese + Beans 5.95

Choose 2 toppings

Sour Cream	Kale
Cool Buzz Sauce	Jalapenos
Diced Tomato	Habanero
Pico de Gallo (Tomato, Onion, & Cilantro)	

Add Slow Smoked Pork, Chicken, Tofu or Sweet Potato to Nacho or Salad 2.95

Salads

House Salad Kale + Feta + Walnuts + Dried Cranberries 5.99
Mini 3.50

Dressings: House-made Balsamic, Ranch or Thai Peanut

Thai Peanut Kale Salad House-made Thai Peanut Dressing + Marinated Veggies + Chopped Peanuts 5.99 Mini 3.50

Extras

Avocado 3 slices 1.40	Diced Tomato 1
Sour Cream or Cool Buzz 1	Marinated Veggies 1.40
Cinnamon Crème 1	Sweet Potato 2
Pico de Gallo 1	Jalapeno 1
Diced Tomato 1	Habanero 1
Slice of Bacon 1	Kale 1