

AUTUMN MENU



MORNING FARE

SERVED ALL DAY

EGG WHITES 2.00 | BUCKWHEAT CRÊPE 2.00

OATMEAL CRÈME BRÛLÉE

100% natural whole grain oats with custard crème, bananas and berries. Cup 5.50 | Crock 6.50

GF THE BREAKFAST CRÊPE

Scrambled eggs, NC Cheddar and choice of applewood bacon, turkey bacon, andouille sausage or smoked ham + fried red potatoes. 12.75 | Add extra meat: 2.00 each

GF SIMPLY STRAWBERRY CRÊPES

Fresh cut strawberries, homespun whipped cream. 11.75
Add fresh bananas, Nutella® or sweet vanilla cream: 2.0

CINNAMON APPLE GULÉE

Egg battered crêpe stuffed with assorted baked cinnamon apples. Served with sweet vanilla cream.
Short Stack 9.00 | Tall Stack 12.50

GF TRADITIONAL CRÊPES

Three delicate crêpes with pure maple syrup & brown sugar OR fresh lemon & white sugar. 9.00
Add a side of Nutella 2.75

GF CRÊPES BENEDICT

Two crepes and two poached fresh eggs* with smoked ham and bacon cream sauce. 13.00

CALIFORNIA BENEDICT

Two crepes & 2 poached fresh eggs* with avocado, turkey & Roma tomatoes. Topped with bacon cream sauce 13.00

GF AL'S EGGS

Thinly sliced steak, scrambled eggs, caramelized onion, potato, baby spinach, Ashe County Cheddar, gruyere 13.75

CREPE MADAME

Egg battered crêpe with hardwood smoked ham, gruyere cheese, cream sauce, fried egg* & bacon jam. 13.50

GF EGG & GRILLED VEGETABLE CRÊPE

Scrambled eggs & grilled vegetables with provolone cheese. Served with pesto & roasted red pepper sauces. 12.75

CHICKEN + "WAFFLES"

Crispy fried chicken breast tossed in maple bourbon sauce. Served with two strips of applewood bacon and a delicate crêpe. 13.50 | Add bacon cream sauce. 1.25

GF THE GREEK CRÊPE

Scrambled eggs, Feta, Roma tomato, baby spinach & choice of Pesto or Roasted Red Pepper Sauce. 12.50

COFFEE BAR

ADD: VANILLA, MOCHA, CARAMEL, ALMOND 1.00
ADD BOURBON CREAM 4.00 (21+)

BREWED COFFEE

Bottomless.
Ethiopian Harrar
or Finger Lakes Decaf

ESPRESSO
Bolivian Dark 3.50

CAPPUCCINO | LATTE
Hot or Iced
Bolivian Dark + Milk 4.50

CHAI
Hot or Iced
Pumpkin or Spiced 5.50

ORGANIC RISHI TEA
Assorted - your choice. 3.00

AFFOGATO
Espresso, vanilla ice cream,
Nutella® & almonds 6.50

HOT APPLE CIDER
4.00 | Add Caramel 1.00

HOT CHOCOLATE
Milk or White Cocoa 4.00 +
Raspberry or Caramel 1.00

SMOOTHIES

ALL \$6.00. ADD FRESH BANANA 1.00

STRAWBERRY	RASPBERRY	SPICED CHAI
MANGO	CHOCOLATE	VANILLA CHAI

SOFT DRINKS & JUICES

SODA
Pepsi - Diet Pepsi - Sierra
Mist - Mountain Dew -
Lemonade 3.00

BOTTLED WATER
Still 2.00 | Perrier 4.00

FRESH BREWED
SWEET | UNSWEET TEA
3.00 | Add Raspberry 1.00

FRESHLY SQUEEZED OJ
cup 4.00 pint 6.00

JUICE
OJ, Grapefruit, Apple,
Cranberry sm 2.00, lg 3.50

APPLE CIDER
cup 4.00 pint 6.00

CRISP AUTUMN COCKTAILS

SANGRIA
Staff recipe. Made daily.

MAPLE KISS
A touch of NYS maple syrup + sparkling wine 6.00

APPLE FROSTY
Frozen Apple Cider + Moscato 7.00

CIDER MIMOSA
Glass 7.00 | Carafe 30.00

SPECIALTY MIMOSA
with La Marca Prosecco OR Freshly Squeezed Orange Juice
Glass 7.00 | Carafe 30.00

TRADITIONAL MIMOSA
Cranberry, Orange or Grapefruit
Glass 6.00 | Carafe 20.00

BLOODY MARY
Sake + spicy bloody mary mix 6.00

TWISTED TEA
Sake, half lemonade, half iced tea 6.00

MUDSLIDE
Bourbon Cream, Iced Coffee + Chocolate 8.00

ORDERING HAS NEVER BEEN EASIER!
SIMPLY CRÊPES DELIVERED

SIDES

FRUIT
Fresh mixed fruit 4.00 | add sweet crème 1.50

YOGURT POT
Lowfat vanilla + granola & fresh fruit 4.00

CRÊPE
Single traditional 3.00 | add strawberries 2.00

CROISSANT
Plain buttery 3.00 | add Nutella® 2.00

GRITS
Warm & buttery 3.00 | add Ashe County Cheddar 2.00

POTATOES
Hand cut crispy red 4.00 | add melted cheddar 2.00
Poutine 8.50 | Loaded: bacon, cheddar & sour cream 8.50

MEATS
Spicy andouille sausage, Smoked turkey bacon or Applewood
bacon 4.00 each



GF - Available Gluten Free. Ask your server for details.

*These items can be cooked to order. Consuming Raw or under-cooked meats, poultry, seafood, shellfish or eggs cooked to order may increase your risk of foodborne illness.

GRUBHUB
ez cater

SAVORY CRÊPES

SUB GLUTEN FREE BUCKWHEAT CRÊPE 2.00

OKTOBERFEST CRÊPE

German sausage & maple sugared sauerkraut stuffed crêpe. Topped with apfel marnier sauce and potato salad. 14.00

POMMES BRIE

Hardwood smoked ham, brie cheese, caramelized onion and bacon jam with freshly sliced apples. 14.00

GF MONTE CRÊPE-O

Hardwood smoked ham, roasted turkey & Gruyere cheese stuffed inside a pan-fried, egg battered crêpe. Served with raspberry sauce. 13.00

GF CHICKEN TARRAGON

Grilled chicken, broccoli & mushrooms in a tarragon cream sauce with aged parmesan. 14.25

CHICKEN CORDON BLEU

Panko-breaded deep fried crêpe stuffed with hardwood smoked ham, chicken, spinach + gruyere. Topped with Alfredo. 14.50

GF THE RUGBY

Shaved Angus steak, russian dressing, lettuce, cheddar, pickles, sautéed onions in a sesame seed crêpe. With fried red potatoes. 15.00 | Add applewood bacon \$2

GF TURKEY B.L.A.T.

House roasted turkey breast with applewood bacon, mixed greens, avocado, Roma tomato, smoked Gouda cheese & maple mustard vinaigrette. Served cold. 14.75

GF 🐟 SMOKED SALMON

Chilled smoked salmon, greens, red onion, caper dill cream & maple mustard vinaigrette. 13.00

GF MEDITERRANEAN CHICKEN

Grilled chicken, mixed greens, hummus, red onion, kalamata olive, feta, Roma tomato, lemon oregano vinaigrette. 14.25

GF PHILLY CHEESE STEAK

Shaved Angus steak, caramelized onions, button mushrooms & melted provolone cheese. With fried red potatoes. 14.25

GF 🐟 THE SEAFOOD

Basil cream sauce, sea scallops, jumbo shrimp, codfish, spinach, bell pepper + roasted pepper sauce. 17.00 | extra shrimp \$6

GF 🐟 SHRIMP + GRITS

A bowl of warm & cheesy grits with jumbo shrimp, andouille sausage & smoky bacon. 14.00 Add a fried egg*. 2.00

PANTRY SOUPS & SALADS

SOUP SELECTION

Onion Soup Gratinée: Crock only

Tomato Basil Bisque | Grandma Mae's Minestrone Cup 4.75 Crock 6.50



ADD AVOCADO \$3, CHICKEN \$3, TOFU \$3, SHRIMP \$6
+ STUFF YOUR SALAD IN A CRÊPE \$2

GF HOUSE SALAD

Mixed greens, cucumber, tomato, red onion & balsamic vinaigrette. side 6.50 entree 10.50 Add crumbled bleu 1.50

GF HARVEST SALAD

Field greens, crisp apples, candied walnuts, crumbly bleu + garlic citrus vinaigrette. small 8.50 entrée 12.50

GF SIMPLY SALAD

Field greens, strawberries, candied walnuts, crumbly bleu, almonds & maple mustard vinaigrette. side 8.50 entrée 12.50

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STARTERS

CHOOSE 3 FOR 21.00



BRUSSELS SPROUTS + GOAT CHEESE

Warm & crispy sprouts, shallots & bacon tossed in a sweet & tangy balsamic dressing. Served with creamy chèvre. 8.00

CRISPY CRÊPE CHIPS

Cinnamon & sweet vanilla cream
or Sea salt & hummus. 6.50

FRIED PICKLES

Hand cut & crêpe-battered to order with ranch dressing. 8.00

LOADED CRISPY RED POTATOES

NC cheddar, applewood smoked bacon & sour cream. 8.50

POUTINE

A Canadian favorite. Red Potatoes, beef gravy, local cheese curds. 8.50 Add a fried egg* 2.00

FRIED CHEESE

Creamy cheese curds hand tossed in crêpe batter and flash fried. Served with house marinara. 8.75

SWEET CRÊPES

REGULAR 9.75 | PETITE 8.00

GF THE PUMPKIN CRÊPE

Homemade pumpkin pie filling, sweet cream, streusel crumble + vanilla bean ice cream.

CINNAMON APPLE CRÊPE

Grandma Mae's fresh baked cinnamon apples, sweet cream, caramel + vanilla bean ice cream

GF BANANAS & CREAM

Crème brûlée custard, sautéed bananas, candied walnuts + whipped cream.

GF FRESH STRAWBERRY

Fresh cut strawberries, whipped cream & vanilla bean ice cream. Drizzled in strawberry sauce.

GF CHOCOLATE BANANA SPLIT

Bananas, strawberries, vanilla bean ice cream, chocolate sauce, whipped cream. Add walnuts or toasted almond slices \$2 each.

FUDGE BROWNIE

Fudgy brownie, chocolate fudge, vanilla bean ice cream, chocolate sauce and whipped cream. Add walnuts \$2.

OREO COOKIE CRÊPE

Oreo® cookie crumble, sweet cream, chocolate sauce, whipped cream and vanilla bean ice cream.

GF NUTELLA FRUIT

Nutella® and fresh strawberries or sautéed bananas, with chocolate sauce and vanilla bean ice cream.

CHOCOLATE MOUSSE

Chocolate mousse, fresh berries and whipped cream with chocolate sauce. Add toasted almond slices \$2.

OUR RECIPES ARE MADE FROM SCRATCH DAILY,
WITH QUALITY, LOCALLY SOURCED INGREDIENTS.

Chicken | Prestige Farms - Raleigh, NC

Peanuts | Packers Southern Tradition- Rich Square, NC

Goat Cheese | Paradox Farm - West End, NC

Milk | Milkco Inc. - Asheville, NC

Eggs | Parker & Reichmond - Andrews, NC

Eggplant | JW Johnson - Canton, NC

Cheddar | Ashe County Cheese - Ashe County, NC

Ice Cream | Maola Milk & Ice Cream Co - New Bern, NC

