

## MORNING FARE

\$2 SUBSTITUTES: EGG WHITES | BUCKWHEAT CRÊPE

OATMEAL CRÈME BRÛLÉE

CUP 5.5 | CROCK 6.5

100% natural whole grain oats with crème, banana & berries

**GF** THE BREAKFAST CRÊPE 12.5

Scrambled eggs, Ashe County cheddar & choice of applewood bacon, andouille sausage, maple sausage or smoked ham + fried red potatoes. Add extra meat: \$2 each

**GF** BERRY GULÉE

SHORT STACK 9, TALL STACK 12.5

Egg battered crêpe stuffed with assorted fresh berries. Served with sweet vanilla cream.

**GF** SIMPLY STRAWBERRY CRÊPES 11.5

Fresh cut strawberries, homespun whipped cream. Add: Banana, Raspberry, Blueberry, Nutella, Sweet Cream \$2 each

**GF** TRADITIONAL CRÊPES 9

3 crêpes with pure maple syrup & brown sugar  
OR Fresh lemon & white sugar

**GF** CREPES BENEDICT 12.5

Two crepes piled high with 2 poached eggs\*, Canadian bacon & bacon cream sauce.

**GF**  SMOKED SALMON 12.5

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

**GF** EGG & GRILLED VEGETABLE CRÊPE 12

Whisked eggs, seasonal grilled vegetables & provolone cheese + pesto and roasted red pepper sauces

**GF** AL'S EGGS 13.5

Shaved Angus steak and whisked eggs + caramelized onion, potatoes, baby spinach, Ashe County Cheddar & Gruyere.

CRÊPE MADAME 13

Egg battered crêpe with hardwood smoked ham, Gruyere cheese, cream sauce, fried egg\* & Vanilla Porter bacon jam

CHICKEN + "WAFFLES" 13

Crispy fried chicken breast tossed in maple bourbon sauce served over smoky applewood bacon and a delicate crêpe.

**GF** SAVORY CHEDDAR SCALLION CRÊPES 13

with 2 fried eggs\* & smoky applewood bacon. Drizzled in pure maple syrup and Sriracha sauce.

## COMPLEMENTS | \$4.00 EACH

CRÊPE: Single traditional | add strawberries \$2

FRUIT: Fresh mixed fruit cup

YOGURT: lowfat vanilla w. granola & fruit

POTATO: Hand cut crispy red | add cheddar \$2

GRITS: Warm & Buttery | Optional: add Ashe County cheddar cheese or pure maple syrup + brown sugar

MEAT: Andouille Sausage, Maple Sausage, Applewood Bacon



## PANTRY SOUPS & HAND TOSSED SALADS

ADD CHICKEN \$3 ADD SHRIMP \$6 ADD TOFU \$3

WRAP YOUR SALAD IN A CREPE \$2

SOUP SELECTION | CUP 4.5 CROCK 6.5

Onion Soup Gratinée (Crock Only)

Creamy Asparagus Soup

Tomato Basil Bisque

**GF** HOUSE SALAD 6

With balsamic vinaigrette. Add crumbled bleu \$1

**GF** GOAT CHEESE & GREENS | SMALL 8 ENTRÉE 12

Field greens, raspberries, oranges, goat cheese, roasted asparagus + Citrus Vinaigrette

**GF** SIMPLY SALAD | SMALL 8 ENTRÉE 12

Field greens, strawberries, candied walnuts, crumbled bleu, almonds & maple mustard vinaigrette

PRIVATE EVENT SPACE AVAILABLE  
ASK ABOUT OUR CATERING SERVICES



## SPRING MENU

### STARTERS

CHOOSE 3 FOR \$20

BRUSSELS SPROUTS + GOAT CHEESE 7.5

Warm & crispy sprouts, shallots & bacon tossed in a sweet and tangy balsamic dressing. Served w. a dollop of creamy chèvre.

CRISPY CINNAMON CHIPS 6.5

with sweet vanilla cream

FRIED PICKLES 7.5

Hand cut & crêpe-battered to order with ranch dressing

FRIED CHEESE 9

Local cheese curds, crêpe-battered to order with marinara

LOADED POTATOES 8

Ashe County Cheddar, apple wood smoked bacon, sour cream

POUTINE 8

A Canadian favorite. Red Potatoes, beef gravy, Ashe County cheese curds. Add a fried egg\* \$2

**GF** WILD MUSHROOM FLATBREAD 9

Delicate crepe topped with creamy ricotta, wild mushroom tapenade, gruyere cheese, arugula + truffle oil

### CRÊPE ENTREES

SUB GLUTEN FREE BUCKWHEAT CRÊPE +\$2

**GF** GOAT CHEESE & ARUGULA CRÊPES 14

Local goat cheese, portobello mushrooms, warm Roma tomato basil relish + fresh arugula.

**GF** HAM & ROASTED ASPARAGUS CRÊPES 13.5

Hardwood smoked ham, Sopraffina ricotta + roasted asparagus. Topped with melted Gruyere + Alfredo.

**GF** MANICOTTI-ITALIAN STYLE CRÊPES 13

Sopraffina ricotta, spinach, marinara + aged parmesan. Add chicken \$3 Add shrimp \$6

CHICKEN CORDON BLEU 14

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

**GF** CHICKEN TARRAGON 14

Chicken, broccoli, mushrooms, tarragon cream sauce + parmesan

**GF** ROASTED TURKEY & SMOKED GOUDA 14

Roasted turkey, greens, applewood bacon, smoked Gouda, Roma tomato, maple mustard vinaigrette. Served cold.

**GF** MEDITERRANEAN CHICKEN 14

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

**GF** BUFFALO CHICKEN 13.5

Crispy or grilled chicken + lettuce, Buffalo sauce & bleu cheese

**GF** THE RUGBY 15


Shaved Angus steak, Russian dressing, cheddar, lettuce, pickles, sautéed onions. With fried potatoes. Add applewood bacon \$2

**GF** PHILLY CHEESE STEAK 14

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

**GF** THAI CURRY CREPE 13.5

A zippy red Thai coconut & peanut curry + red bell pepper, spinach & onion. Choice of chicken or tofu. Shrimp: \$4

 SHRIMP & GRITS 13

BAM! A bowl of warm & cheesy grits with jumbo shrimp, Andouille sausage & smoky bacon. Add a fried egg\* \$2

**GF**  THE SEAFOOD - NEW RECIPE! 18

Sea scallops, jumbo shrimp, cod & baby spinach in a Thai basil creme sauce. Served with red pepper sauce. Extra shrimp +\$6

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

## SWEETLY INDULGENT CRÊPES

REGULAR 9.5 | PETITE 8

SUB GLUTEN FREE BUCKWHEAT CRÊPE \$2

### STRAWBERRY RHUBARB CRISP

Warm strawberry rhubarb crisp and sweet vanilla cream.  
Served with vanilla bean ice cream.

### GF BERRIES & CREAM

Fresh berries, creme brûlée custard + whipped cream.

### GF CHOCOLATE BANANA SPLIT

Bananas, strawberries, vanilla bean ice cream, chocolate sauce, whipped cream

### THE PIERRE

Brownie, peanut butter crème, chocolate sauce, whipped cream, vanilla bean ice cream + smoky applewood bacon

### FUDGE BROWNIE

with vanilla bean ice cream, chocolate fudge, chocolate sauce, whipped cream

### GF NUTELLA FRUIT

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

### GF CHOCOLATE MOUSSE

Chocolate mousse with fresh berries & whipped cream

### OREO COOKIE CRÊPE

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

### GF THE ROBERTI

A crêpe you'd expect from a street vendor in Paris! Warm Nutella, toasted almonds, coconut flakes and fresh banana.

## FOR THE LITTLE ONES

UNDER AGE 6

WITH CHOICE OF APPLES, BANANA OR MIXED FRUIT

### GF PB & J 6.5

Creamy peanut butter & strawberry sauce

### GF FLUFFERNUTTER 6.5

Creamy peanut butter and Marshmallow Fluff

### GF GRILLED CHEESE 6.5

with melted Cheddar | add ham \$1.00

### GF CHEESE PIZZA 6.5

with Gruyere & Marinara

### GF SCRAMBLED EGG 6.5

with whisked egg & Cheddar | add ham \$1.00

## WEEK DAY BREAKFAST SPECIAL MON - FRI | 7:30 - 10:30AM

INCLUDES A FREE CUP OF JOE!

### BREAKFAST SANDWICH 7.5

2 eggs scrambled, cheddar  
& apple wood bacon on a fresh baked croissant

### GREEK BREAKFAST CRÊPE 6.5

2 eggs scrambled, feta, tomato, spinach.  
With pesto or roasted red pepper sauce.

### OATMEAL CRÈME BRÛLÉE 6.5

Crock of our signature oatmeal

### FRESH BAKED CROISSANT 4

with Nutella \$2

## FROM THE BARISTA

SHOTS OF FLAVOR +\$1.00

VANILLA, HAZELNUT, AMARETTO, PEPPERMINT,  
SUGAR FREE VANILLA, SUGAR FREE HAZELNUT

### AFFOGATO 6.5

Hot espresso with vanilla ice cream, Nutella & almonds

### ESPRESSO 3.5

CAPPUCCINO | LATTE  
4.5

Add Mocha, White Mocha,  
Caramel, Amaretto, Vanilla  
Chai \$1.00

### FROZEN COFFEES 6

Mocha, Vanilla, Vanilla Chai

### HOT CHOCOLATES 4

Milk or White Chocolate  
Add Raspberry, Amaretto,  
Peppermint or Caramel  
+\$1.00

### COFFEE

Seneca Blend  
Jamaican Me Crazy

### ORGANIC NUMI TEA

### FRESH BREW ICED TEA

Sweet & Unsweet Available

## SMOOTHIES 6

ADD FRESH BANANA +\$1.00

### STRAWBERRY

### CHOCOLATE

### VANILLA CHAI

### MANGO

### VANILLA BEAN

## SOFT DRINKS & JUICES

### SODA

Pepsi - Diet Pepsi - Sierra Mist -  
Mountain Dew

### LEMONADE

### BOTTLED WATER 2

### PERRIER 4

### JUICES

SMALL 2, LARGE 3.5  
OJ, Grapefruit, Apple,  
Cranberry

FRESH SQUEEZED OJ  
small \$4 large \$6

### FRESH BREWED

SWEET | UNSWEET TEA

## COCKTAILS 6

### TRADITIONAL MIMOSA

GLASS:6 CARAFE:20

Cranberry, Orange or Grapefruit

### PREMIUM MIMOSA

GLASS:7 CARAFE:30

with La Marca Prosecco or Freshly Squeezed OJ

### BLOODY MARY

### TWISTED TEA

sake, half lemonade, half iced tea

## "MADE FROM SCRATCH"

WE SOURCE FRESH, QUALITY INGREDIENTS TO USE IN  
OUR RECIPES... ALL MADE IN OUR KITCHEN!



BON APPETIT!



## COMMITMENT TO LOCAL FARMERS

Chicken | Prestige Farms - Raleigh, NC

Peanuts | Packers Southern Tradition- Rich Square, NC

Strawberries | Lewis Farms - Rocky Point, NC

Texas Pete Hot Sauce | Winston Salem, 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

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

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