

Hours:

Mon-Fri (b'fast) 7-10:30 (lunch) 11-2

Sat (b'fast) 8:30-10:30 (lunch) 11:00-2:30



Takeout orders - 501.400.8458

Plates

- @ **Up & @ 'Em** 8
2 eggs your way, sausage or bacon, #brown or grits, white or whole grain toast
Sub Butcher & Public bologna or House-made Canadian bacon (+2.5)
- @ **Biscuits & Gravy** 7
Buttermilk biscuits, sausage gravy, fried eggs
- @ **Pennycake Platter** 8
Mini pancakes served w/ honey butter, Canadian maple syrup and bacon
- @ **Om-nom-let** 9
1) Ham, cheddar, onion, bell pepper
2) Shrimp, feta, spinach, mushrooms
Served w/white or whole grain

Sammies

- @ **B.E.L.T.** 7.5
Cherrywood-smoked bacon, fried egg, greens, and tomato
*Bagel or biscuit
Add avocado (+1)*
- @ **Oeuf Madame** 8.5
Griddled ham & swiss topped w/a fried egg
White or whole grain
- @ **Nutella & Banana** 7.5
Griddled Nutella, banana, powdered sugar
White or whole grain
- @ **Tomato Jam & Herbed Cream Cheese** 8.5
Tomato jam, herbed cream cheese, fried egg and bacon
Bagel or biscuit

Bowls

- @ **Shrimp and Grits** 9
Southern-style sauteed shrimp with veggies and ham over cheese grits
Add fried egg (+1.5)
- @ **B'fast Parfait** 7.5
Yogurt, fruit & house-made granola
- @ **Power Bowl** 8.5
Egg white scramble w/turkey, spinach, feta, sun-dried tomatoes and red onions

Add-ons

Avocado	1	Herbed cream cheese	1.5
Bacon jam	1	Honey butter	1.95
Tomato jam	1	Maple syrup	1.95
Cheddar	.5		

Beverages

Soda Fountain	1.95	Coffee Float	3.5
Iced Tea	1.95	Juice	1.95
Coffee	2.25	Milk	1.95

Kids Corner

- 1) 4 pennycakes, slice of bacon, Canadian Maple syrup 5
- 2) Cheese grits w/a slice of toast 5
- 3) Kids parfait; yogurt, fresh fruit and house-made granola 5

A La Carte

Granola	2.95
Biscuit and gravy	2.5
Fruit	2.95
Pennycakes w/Canadian Maple syrup	3.5
2 slices bacon or	
2 sausage patties	2.5
House-made Canadian bacon	2.95
Butcher & Public bologna	3.25
1 egg cooked your way	1.5
#browns	1.95
Cheese grits	1.95
Bagel and cream cheese	2.95
2 Slices of toast/honey butter	2.5

Proudly serving Loblolly Ice Cream, Butcher & Public Bologna, Arkansas Honey & Grade A Pure Canadian Maple Syrup