

★All Gluten Free Ingredients

BREAKFAST

Served 7am until 11am

BISCUITS AND SUCH

Served with your choice of Home Fries, Fresh Fruit,
Smoked Gouda Grits or Steel Cut Oatmeal

Substitute Biscuit, Toast, Whole Wheat English Muffin, Bagel or Gluten Free Bun
Substitute Egg whites or Egg Beaters +\$1.29

Midtown Biscuit Egg and Cheddar Cheese with Bacon, Turkey Bacon, Jennings's Sausage or Turkey Sausage	8.99
Nashville Pig in a Biscuit Mild Dry Rub Roasted Pork Tenderloin & Fried Egg	9.99
Biscuit and Gravy One Biscuit Split & topped with Sausage Gravy w/ Two Eggs	9.99
NOVA Salmon on a Bagel Cream Cheese, Tomato, Red Onion and Capers	12.99
Fried Chicken Biscuit Fried Chicken Tenderloin and Fried Egg served with a Side of Spicy Alabama White Sauce	9.99
BELT Bacon, Fried Egg, Lettuce, Tomato	8.99

BREADS

Toast (Sourdough, Wheat, or Pumpernickel) w/ Butter and Jelly	1.59
Gluten Free Potato Bun ★	1.59
Bagel (Regular, Everything or Wheat) w/ Cream Cheese	2.99
Whole Wheat English Muffin w/ Butter and Jelly	1.59
Biscuits w/Butter & Jelly	one for 1.99 Two for 2.99

SWEET STUFF AND SMALL PLATES

Shrimp and Grits Four Blackened Shrimp tossed with Bacon, Mushrooms, Tomatoes, and Scallions served on Smoked Gouda Grits, ★ with your choice Biscuit, Toast, or Bagel	14.99
Oikos Nonfat Greek Plain Yogurt with Gluten Free Granola, Fresh Berries and Honey ★	6.99
Gluten Free Granola or Muesli Choice of Milk ★	3.99
Spinach & Chipotle Hummus topped with Feta Cheese and served with Grilled Pita	9.99
Challah French Toast topped with Jack Daniels Peach Compote and Whipped Cream	9.99
Steel Cut Oatmeal with Dried Cranberries, Candied Walnuts, Milk and Butter, served with Side of Fruit ★	3.99
Two Pancakes with Maple Syrup & Butter served with Two Eggs, and choice of Apple Wood Bacon, Turkey Bacon, Jennings's Sausage or Turkey Sausage	9.99
Avocado Toast Whole Wheat Toast with Smashed Avocado and Fried Egg topped with Pico de Gallo, Olive Oil, Cracked Black Pepper, and Sea Salt	7.99

BEVERAGES

(Served All Day)

Coffee Regular or Decaf - Refills	2.50	Milk (Skim, 2%, Whole, Chocolate)	Sm 1.99 Lg 3.99
Espresso	3.50	Almond Milk	Sm 2.49 Lg 4.49
Latte, Cappuccino, or Americano	4.50	Fresh Squeezed Orange Juice	Sm 2.49 Lg 4.49
Organic Numi Herbal Hot Tea	3.00	Apple, Cranberry, Pineapple, or Grapefruit Juice	Sm 1.99 Lg 3.99
Iced Tea – Refills	2.50	Tomato Juice or V8	Sm 1.99 Lg 3.99
Fruit Tea	2.50	Bloody Mary	7.00
San Pellegrino Sparkling or Panna Still Water LTR	6.00	Mimosa	7.00
Coke, Diet Coke, Sprite, Lemonade, Gingerale – Refills	2.50		

Please turn over for more selections

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BREAKFAST / LUNCH

Served 7am until 2:30pm

EGG PLATES AND OMELETS

Served with your choice of Fresh Fruit, Home Fries, Smoked Gouda Grits or Steel Cut Oatmeal
Choice of Biscuit, Toast, Whole Wheat English Muffin, Bagel or Gluten Free Bun
Substitute Egg Whites or Egg Beater +\$1.29

Midtown Breakfast Two Eggs Any Way and choice of Applewood smoked Bacon, Turkey Bacon, Jennings's Sausage, Turkey Sausage or Jennings's Sorghum Cured Ham ★	9.99
Huevos Tostada Scrambled Eggs with Peppers, Onions, and Chorizo on Fried Corn Tortillas served with Pico de Gallo, Lime Crema and a Side of Black Beans ★	9.99
Music City Eggs Benedict Biscuit or English Muffin with Jennings's Sorghum Cured Ham, Poached Eggs, topped with Asparagus and Hollandaise (Substitute NOVA Salmon +\$3)	11.99
TN Trout Grilled Bob White Springs Only, Tennessee Trout with Two Eggs ★	14.99
Short Rib w/ Coca-Cola® Barbeque Sauce & Two Eggs ★	13.99
Western Omelet Jennings's Sorghum Ham, White Onions, Red Bell Peppers ★	10.99
NOVA Salmon Omelet White Onions, Tomatoes, Goat Cheese ★	12.99
Florentine Omelet Spinach, Mushrooms, Caramelized Onions, Goat Cheese ★	10.99
BYO Omelet Two Egg Omelet with your Choice of Two Toppings ★	9.99

Cheese 1.49★

White Cheddar
Smoked Gouda
Feta
Pepper Jack
Swiss
Mild Cheddar
Goat Cheese

Vegetable 1.29★

Caramelized Onion
Tomato
Spinach
Avocado
Red Peppers
Mushroom
Jalapenos
Spicy Tomato Sauce

Meat 1.99★

Applewood Bacon
Chorizo
Turkey Sausage
Jennings's Sausage
Jennings's Sorghum Cured Ham
Add Crab Meat 9.99

BREADS

Toast (Sourdough, Wheat, or Pumpernickel) w/ Butter and Jelly	1.59
Gluten Free Potato Bun w/ Butter and Jelly★	1.59
Bagel (Regular, Everything or Wheat) w/ Cream Cheese	2.99
Whole Wheat English Muffin w/ Butter and Jelly	1.59
Biscuit w/ Butter & Jelly	One for 1.99 Two for 2.99

SIDES/ A LA CARTE

One Cage Free Egg ★	1.29	Applewood Smoked Bacon ★	3.99
Home Fries	1.99	Turkey Bacon★	3.99
Smoked Gouda Grits	1.49	Jennings's Country Sausage Patty★	3.99
Tomato Slices ★	1.69	Turkey Sausage Patty ★	3.99
Avocado Half ★	1.99	Jennings's Sorghum Cured Thick Cut Bacon★	4.99
Seasonal Fruit ★	1.99	Jennings's Smoked Sorghum Cured Ham★	3.99
Housemade Applesauce ★	1.99	Benton's Country Ham	6.50
Hollandaise ★	1.99	Chorizo ★	3.99
Cream Cheese ★	.99	Grilled★ or Fried Chicken Tenderloin (2pc)	5.99
Cottage Cheese ★	1.99	NOVA Salmon Side ★	8.99
Sausage Gravy	1.69		
Alabama White Sauce★	.99		

Please turn over for more selections