




Bantam + Bidy



SNACKS & SOUP *side of carrots & celery or gluten free crackers +1*

- Vegetarian Chili** with sour cream & cheddar^V 6.5 cup/9 bowl
- Organic Black Bean Soup** with tabasco cream^{GF} 6 cup/9 bowl
- Soup of the Day** 6 cup/9 bowl
- Chicken Brunswick Stew** with jalapeño cornbread^{GF} 6.5 cup/9 bowl
- Crispy Chicken Wings^{GF}**
Buffalo or Lemon Pepper 8.95 6 pc / 14.95 12 pc
- Deviled Eggs** bourbon smoked paprika^{GF} 6.5
- Fried Chicken Tenders** wasabi honey^{GF} 3 for 6, 6 for 12
 *Spicy on Request.*
- Fried Green Tomatoes** with fresh goat cheese^{V&GF} 8
- Pimento Cheese** Fresh veggies, gluten free crackers, and pickled okra^V 10
- Chicken Nachos** grilled or fried chicken, chipotle cheese sauce, pico de gallo, scallions & sour cream^{GF} avocado +2, fresh jalapeño +.50 14

ENTRÉES *All entrees served with gluten free jalapeño cornbread. Substitute cheddar biscuit + 1. Substitute soup + 1. Substitute fried green tomatoes as a side + 1.50*

- Meatloaf** White Oak Pastures grass-fed beef, tomato gravy, two sides^{GF} 17.25
- Fresh Vegetable Plate** selection of 4 sides^V 14.95
- Fried Chicken Tenders** wasabi honey, two sides^{GF} 18
 *Spicy on Request.*
- Roast Chicken Stew** fresh herbs, potatoes, cheddar biscuit served on top avocado +2, jalapeños +.50 16.5
- Sautéed Salmon Filet** 5 ounce filet, dill mustard sauce, two sides^{GF} à la carte salmon 10.95 18.95
- Fried Shrimp Basket** 8 shrimp & creole mayo, two sides^{GF} 18
 *Spicy on Request.*

BREAKFAST ALL DAY *gluten free waffles upon request +2*

- Fried Chicken & Cheddar Waffle** syrup, honey butter 18.5
bacon cheddar waffle + 1.5, homemade bourbon-pecan syrup + 1.5 100% maple syrup +2.5
- Banana Bread Waffle** baked with pecans and ripe banana 15
3 fried chicken tenders + 5, 100% maple syrup +1.99

SIDES | 3.95 *all sides are gluten free, side salad upon request*

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|--------------------------------------|-------------------------------------|--|-------------------------------------|
| Marsh Hen Mill Grits ^V | Broccoli Jalapeño Slaw ^V | Pickled Beets & Goat Cheese ^V | Fried Brussels Sprouts ^V |
| House-Cut Fries ^V | Kale Caesar Salad ^V | Cheddar Mac & Cheese ^V | Fried Okra, Jalapeños ^V |
| Cheddar Mashed Potatoes ^V | Black Eyed Peas with Ham Hock | Broccoli Cheese Casserole ^V | Spicy Collard Greens ^V |
| Sweet Potato Fries ^V | Candied Yams ^V | Sautéed Spinach & Garlic ^V | Green Beans w/ Smoked Turkey |

SALADS *Add to any salad: fried chicken tenders, roast chicken + 5, salmon filet +7.50, five shrimp +7. Additional side of dressing + .50*

- Big Greek Salad** mixed greens, tomato, red onion, olives, feta, cucumber, oregano^{V&GF} 12.75
- Power House Salad** mixed greens, farm egg, broccoli, tomato, radish, organic almonds^{V&GF} 12.95
- Organic Spinach Salad** organic spinach, quinoa, apples, goat cheese, sunflower seeds^{V&GF} 12.5
- Southern Cobb** mixed greens with Applewood Smoked bacon, tomato, avocado, farm egg, blue cheese, pecans^{GF} 12.95
- Homemade Dressings** balsamic vinaigrette, blue cheese, buttermilk ranch, carrot ginger vinaigrette or caesar dressing

SANDWICHES *Includes choice of one side. Add the following to any sandwich: avocado + 2, blue cheese, pimento cheese, Applewood Smoked bacon or fried farm egg* + 1, Gluten free bread available + 1.50. Substitute soup + 1*

- Royale with Cheese** fried chicken breast, pimento cheese, Applewood Smoked bacon on a homemade biscuit 14
- Chicken Salad** lettuce, tomato, Applewood Smoked bacon in whole wheat wrap 14.5
- Blackened Chicken Burger** lettuce, tomato, Creole mayo on potato bun 16
- Fried Chicken Sandwich** lettuce, bread & butter pickles, Creole mayo on potato bun 12.95
 *Spicy on Request.*

Try our Blue Corn Antioxidant ICED Tea \$5

BUSINESS LUNCH PLATE 13.45

Served with gluten free jalapeño cornbread & soda or brewed tea. No substitutions. Dine-in only. No discounts apply. Mon-Fri, 11:30am-2pm

¼ Chicken + one side

Meatloaf + one side

Roast Chicken Stew

ROAST CHICKEN^{GF}

*Served with a choice of bbq sauce, beer mustard, piri piri or wasabi honey, two sides & cornbread. *All white meat +2. No skin upon request.*

¼ Chicken 14.25 | ½ Chicken 16.5

SATURDAY & SUNDAY BRUNCH

No substitutions. Dine-in only. No discounts apply.

Saturday and Sunday 8am - 3pm

Cinnamon Roll Waffle 15

Our famous cinnamon roll waffle with Royal Icing

Shrimp and Grits 18.95

with Creole Butter and two fried eggs

Saturday and Sunday 11:30am - 6pm while supplies last

Chicken Fried Chicken with cream gravy^{GF} 20

with corn bread and choice of two sides

Avocado Toast 14

Colette bakery farm bread, boiled egg, lettuces and pumpkin seeds add sautéed salmon +7.5

BREAKFAST Available until 11:30AM Mon-Fri, 3PM Sat & Sun | Gluten free waffle upon request +2

Gluten free bread upon request + 1.50. All egg whites + .25


Additional side of maple syrup, sour cream, genuine Hatch Green Chile Salsa or wasabi honey + .50

3-Egg Omelete* spinach, goat cheese, Marsh Hen Mill grits^{V&GF}
fried or roast chicken, sausage or bacon + 5,
broccoli or tomato +1 **14.5**


Western Omelete ham, sautéed onions, bell peppers, cheddar,
cheese, genuine Hatch Green Chile Salsa served with Marsh Hen Mill
grits^{GF} **14.5**

The Southern* three farm eggs, Marsh Hen Mill grits, pimento
cheese, fried okra, Applewood Smoked bacon, cornbread^{GF} **16.5**


Southern Deluxe* three farm eggs, Marsh Hen Mill grits,
pimento cheese, fried okra, Applewood Smoked bacon with 2
buttermilk pancakes *gluten free pancakes upon request.* + 1.50 **18.95**

3-Egg Burrito* black beans, cheddar, sour cream, rice, genuine
Hatch Green Chile Salsa in a whole wheat tortilla
have it in a bowl, no tortilla +just ask!
fried or roast chicken, sausage or Applewood Smoked bacon + 5
 Spicy on Request **12**

Protein Scramble* three farm eggs, roast or fried chicken,
cheddar or goat cheese, scallions, fresh fruit^{GF} **15**

Big Chicken Skillet chicken home fries, peppers and onions,
cheddar cheese, three chicken tenders, and three eggs your way^{GF}
 Spicy on Request **18.5**

Build Your Own Biscuit Egg your way, any cheese
fried or roasted chicken, pork or chicken sausage, applewood bacon + 5 **5**

Biscuits & Gravy sausage gravy, buttermilk cheddar biscuits **14**
farm egg* + 2, pimento cheese + 1, three chicken tenders + 5,
 Spicy on Request


Cheddar Waffle syrup, honey butter **12.95**
homemade bourbon-pecan syrup + 1.50, 100% maple syrup + 2.5

Fried Chicken & Cheddar Waffle syrup, honey butter
bacon cheddar waffle + 1.50, homemade bourbon-pecan syrup + 1.50,
100% maple syrup + 2.5 **18.5**

Banana Bread Waffle baked with pecans and ripe banana **15**
3 fried chicken tenders + 5, 100% maple syrup +2.5

Buttermilk Pancakes 3 buttermilk pancakes, honey butter,
12.5
syrup fresh berries + 2, chocolate chips + 1, whipped cream + .50,
gluten free pancakes upon request + 1.50, 100% maple syrup +2.5

French Toast fresh berries, syrup, powdered sugar^V **14**
100% maple syrup + 2.5

Breakfast Tacos 4 tacos with scrambled eggs, pico de gallo,
genuine Hatch Green Chile Salsa, cheddar cheese^V **8.95**
fried or roast chicken, pork or chicken sausage, or Applewood Smoked bacon +5
avocado + 2, fresh jalapenos + .50,  Spicy on Request

Chilaquiles* tortillas, sunny-side up egg, kale, avocado, **12.95**
genuine Hatch Green Chile Salsa, sour cream^{V&GF} *Sat & Sun Only*
roast or fried chicken + 5

BREAKFAST SIDES

Applewood Smoked Bacon ^{GF}	5	Potato Home Fries ^{V&GF}	3.95
Pork Sausage Patties ^{GF}	5	Single Pancake ^V	4.5
Chicken Sausage ^{GF}	5	<i>gluten free upon request + .50</i>	
Yogurt, Granola, Fresh Berries, Honey ^{V&GF}	6	Cheddar Biscuit ^V	3.5
		Fresh Fruit ^{V&GF}	3.5

Farm Egg, Your Way* ^{V&GF}	2.5
Texas Toast ^V	2
<i>gluten free upon request + 1</i>	
Marsh Hen Mill Grits ^{V&GF}	3.95

LITTLE CLUCKER'S MENU | 8.95

Includes organic juice or milk. 10 & under. NO EXCEPTIONS.

Gluten free bread available upon request + 1.50

Fried Chicken Sandwich mayo, toasted bun, choice of side

The Southern Junior one egg, grits, fresh fruit with apple smoked bacon

Crispy Chicken Macaroni & Cheese^{GF}

Fried Chicken Tenders with BBQ Sauce^{GF} choice of side

Fresh Vegetable Plate^{V&GF} selection of three sides

JUICES 16 OZ^{GF}

House made Strawberry Lemonade	3.5
Sugar Free Lemonade	3.5
Blue Corn Antioxidant Tea	5
The Green Monster	6.95
spinach, apple, cucumber, celery, lemon	
Apple Zing	6.95
carrot, apple, ginger	
Orange fresh squeezed	6.95

FAMILY MEAL | 64 Serves 3 - 5, take-out only please. Don't forget about dessert!

Choice of our Whole Roast Chicken^{GF} or Chicken Tenders^{GF} (20 pieces) or Meatloaf^{GF} (24 oz) served with a family-sized organic green salad and cornbread^{GF} (4). *Substitute gluten free bread (4) +3 or cheddar biscuits (4) +2 upon request.*

Choice of dressings, 3 large sides & a half gallon of sweet or unsweet Tea. Strawberry lemonade +2

Please allow 30 minutes to prepare, no substitutions.

Please note, we take care to provide a safe gluten free dining experience, however we are not a gluten free establishment. Additionally, nut, dairy and soy are used in various recipes throughout the menu. If you have allergies to these or any other items please ask for the chef or manager to ensure a safe dining experience. Thank you.

**These items may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.*

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