

Savory - Fresh - Local



Come Break Bread with Us!



Hours of Operation

Monday : 7 AM - 4 PM
Tuesday : 7 AM - 4 PM
Wednesday : Closed
Thursday : 7 AM - 7 PM
Friday : 7 AM - 7 PM
Saturday : 9 AM - 3 PM
Sunday : Closed

407b Broad Street Rome, GA 30165
706.290.3636

Breakfast

Served From 7AM Until 10:30 AM On Weekdays
9AM Until 12 PM On Saturday

BREAKFAST SANDWICH **\$8.50**

Local pastured egg patty and choice of cheese (cheddar, pepper jack, swiss, provolone, vegan) on choice of house bread (white, whole wheat, sourdough rye, high fiber multigrain, cinnamon swirl).

SPECIALTY BREADS ADD +\$1.75

(jalapeño cheddar, olive rosemary, tomato basil, multigrain sourdough)

TOASTED AND GRILLED WITH BUTTER. VEGAN BUTTER AVAILABLE.

ADD LOCAL SAUSAGE PATTY OR BERKSHIRE BACON \$3.50



AVOCADO TOAST **\$5.75**

Choice of bread toasted and buttered with smashed avocado

CATHEAD CHEESE AND HERB BISCUIT

GRILLED AND BUTTERED	\$2.25
WITH CHEESE AND EGG	\$4.75
LOADED CHEESE, EGG, AND MEAT	\$8.25



QUICHE

Choose spinach and goat cheese or bacon and cheddar. Made with local pastured eggs.

SLICE \$6.25 | WHOLE \$29.00

GRITS BOWL (GLUTEN FRIENDLY) **\$5.25**

Creamy grits served with choice of cheese and egg
Add Meat \$3.50

PORRIDGE BOWL **\$5.25**

Organic 7 grain hot cereal with fruit and walnuts. Topped with butter, cinnamon, and coconut sugar.

VEGAN UPON REQUEST

GREEK YOGURT AND SEASONAL FRUIT **\$4.75**

Greek yogurt topped with seasonal fruit and coconut sugar.

A LA CARTE ITEMS **\$3.25**

Pasture Raised Egg Patty /Toast /Meat / Hot Cereal



Lunch

Served Weekdays 10:30 AM Until Close &
Served Saturdays 12 PM To Close

CHOOSE 2

PAIR ANY 2 \$11.25

Mini Sandwich	Slice of Quiche + \$2.50
Specialty Bread + \$1.25	Quinoa Pilaf
Mini Rainbow Salad	Side of Mediterranean Slaw
	Bowl of Soup

HOUSE FAVORITE SANDWICHES

HOT ITALIAN \$12.25

House Made sourdough hoagie buttered & grilled.
Assortment of Italian Meats, Black forest Ham, provolone cheese with lettuce, tomato, mayo & mustard.

BANH MI \$11.75

House Made Sourdough Hoagie, grilled & buttered with choice of chicken, pork, or sauteed mushrooms. Choose cilantro or jalapeno mayo. Topped with sliced cucumbers, daikon pickles, & fresh cilantro.

GRILLED FRESH MOZZARELLA \$11.50

Melted fresh mozzarella, lettuce, tomato, pesto mayo and balsamic drizzle on choice of bread. Grilled with butter.

FIGGY PIGGY \$11.25

Grilled ham, cheddar cheese, spinach, mustard, and organic fig jam on choice of house bread. Grilled with butter.

THE VEGETARIAN \$10.25

THE VEGAN - \$11.50

Lettuce, tomato, mayo (or vegan mayo), mustard, vinaigrette slaw, choice of cheese. Served cold or toasted/ grilled with butter, vegan butter. Can sub avocado for vegan cheese on the vegan.

SUNFLOUR BLT \$11.25

Berkshire bacon, lettuce, tomato and mayo on a choice of bread. Available soft or toasted.

ITALY MEETS SWITZERLAND \$12.50

Turkey and Swiss with lettuce, tomato, mayo, and mustard on olive rosemary bread. served cold or toasted.

MEATLOAF SANDWICH \$11.75

Local beef, gf breadcrumbs, classic recipe. Served with lettuce, tomato, mayo, mustard on choice toasted bread.

SALADS

EAT THE RAINBOW Reg \$11.25 Mini \$6.25

Local greens topped with pickled beets, shredded carrots, shredded red cabbage, sweet lunchbox peppers, pickled Persian cucumbers, blueberries, blackberries, and goat cheese. Choice of balsamic or raspberry vinaigrette on the side.

ADD EXTRA PROTEIN \$3.50

SOUTHERN MEDITERRANEAN Reg \$13.25 Mini \$7.25

Local greens and organic spinach topped with seasoned garbanzo beans, whole kalamata, olives, castelvetrano olives, rainbow tomatoes, pickled Persian cucumbers, dried figs, roasted almonds, pickled artichokes and quinoa pilaf. Balsamic dressing on the side.

ITALIAN SALAD Reg \$12.25 Mini \$7.50

Local greens and radicchio topped with shredded carrots, shredded red cabbage, sweet lunchbox peppers, pickled Persian cucumbers, pesto mozzarella balls, balsamic onions, castelvetrano olives, Kalamata olives, capers, rainbow tomatoes, grapes, and shaved Asiago, Romano, and Parmesan cheese blend. Balsamic dressing on side.

BUILD YOUR OWN SANDWICH

Choose Springer Mtn chicken salad, uncured turkey, uncured ham, grilled chicken. Choose bread and cheese. Served with lettuce, tomato, mayo, and mustard. Cold or toasted/ grilled

HOUSE BREAD CHOICES

REGULAR BREAD:

white / whole wheat / sourdough rye / cinnamon swirl / high fiber multigrain

SPECIALTY BREAD: +\$1.75

jalapeño cheddar / olive rosemary / tomato basil / sourdough multigrain



CHEESE CHOICES

Sharp Cheddar/ Swiss / Provolone/ Pepperjack

ADD ONS:

Extra Protein: Berkshire bacon, local sausage, ham, or sautéed mushrooms \$3.50

Extra Veggies: (Up to 3)

Pickled onions, sliced seedless cucumbers, pickled Persian cucumbers, lettuce, grated carrots, spinach +\$1.75

Avocado \$3.50

From The Bakery

MUFFINS AND MINI LOAVES

wild blueberry/ morning glory/ pumpkin chocolate chip /
GF lemon lavender/ seasonal flavors

SINGLE MUFFIN	\$4.35
HALF-DOZEN MUFFINS	\$20.50
DOZEN MUFFINS	\$28

COOKIES

GF pecan snowball/ GF almond thumbprint/ sourdough
chocolate chip/ orange cardamom/GF snickerdoodles

\$3.00 EACH / \$13.50 HALF DOZEN / \$27.00 DOZEN

BARs AND SCONES

LINZER TART BAR	\$4.25
CARAMEL TOFFEE CRUNCH BAR	\$3.95
PECAN PIE BAR	\$4.25
GLUTEN FREE APRICOT BAR	\$3.25
GF AND REGULAR SCONE	\$3.50

OTHER SWEET TREATS

LEMON CURD TARTS	\$3.75
OATMEAL CREAM PIES	\$5.50
CINNAMON ROLLS with cream cheese frosting	\$4.75

DECADENT TREATS

TIRAMISU **\$7.95**

TRIFLE **\$7.95**

Creamy mascarpone, assorted crumbled muffin
flavors, fruit

Available without wheat as mascarpone parfait

YOGURT PARFAIT **\$8.75**

Greek yogurt with seasonal fruit and fruit sauce

REGULAR BREAD: Regular **\$6.95** | Mini **\$4.75**
White | Whole Wheat | Rye | High-fiber Multigrain |
Cinnamon Raisin

SPECIALTY BREADS: Regular **\$8.95** | Mini **\$6.95**
Olive Rosemary | Tomato Basil | Sourdough | Jalapeno
Cheddar

*Gluten Free (GF) Bread by Special Order before Wednesdays at
2pm Sandwich bun size or dinner roll size

Beverages

COFFEE & TEA

**SINGLE-SOURCE HONDURAN
ORGANIC FRENCH PRESS** **\$3.25**

20 OZ FRENCH PRESS **\$4.95**

FRENCH PRESS FOR TWO **\$6.50**

HOT TEA

Loose leaf and bagged available.. ask to see the tea menu

SINGLE **\$2.75**

DOUBLE STRENGTH **\$5.15**

POT FOR TWO **\$5.15**

CANS & BOTTLES

ORGANIC ITALIAN SODA **\$4.25**

SPECIALTY SODA **\$3.50**

JUICEBOX - REGULAR/SMALL **\$1.75/\$1**

SAN PELLEGRINO CAN **\$2.25**

**LITER SPRING WATER
SPARKLING OR STILL** **\$4.25**

**500 ML DEER PARK
SPRING WATER** **\$2.50**

500 ML FIJI WATER **\$3.25**

ORANGE JUICE **\$2.75**

KIDS' MENU

**SUNBUTTER & JELLY MINI
SANDWICH** **\$4.95**

GRILLED CHEESE **\$5.25**

MAC 'N' CHEESE **\$3.25**

HAM & CHEESE MINI SANDWICH **\$6.95**

**TURKEY & CHEESE MINI
SANDWICH** **\$6.95**