



OMELETS

The Big Chomp

Eggs or egg whites stuffed with grilled chicken, grilled flank steak, charred tomato relish, fresh spinach, and Havarti.....**11** (egg, dairy)

The Creole

Eggs or egg whites, grilled chicken or grilled shrimp, trinity, fresh herbs, hearty creole tomato sauce.....**9** (egg, shellfish if ordering shrimp)

Duck Duck Bacon

Eggs or egg whites, duck confit, applewood smoked bacon, caramelized onions, brie, arugula, duck and fig demi glace.....**12** (egg, dairy)

The Omeco: AKA "The Omelet Taco"

Eggs or egg whites, choice of grilled flank steak, grilled shrimp, or grilled chicken, black beans, pico de gallo, avocado, queso and corn tortillas.....**10** (egg, shellfish if ordering shrimp, dairy)

BREAKFAST ENTREES

Eggs Benedict

Jumbo lump crab cakes, poached eggs, sautéed spinach, saffron hollandaise.....**15** (shellfish, egg, dairy, gluten)

+ Add 1 oz. smoked salmon.....**3**

Avocado Toast

Toasted brioche, mashed avocado, micro greens, charred tomato relish, topped with a sunny side up or poached egg.....**11** (gluten, egg)

+ Add 1 oz. smoked salmon.....**3**

Breakfast Burrito Wrap

Grilled chicken or grilled flank steak, scrambled eggs, roasted corn, black beans, sautéed peppers, onions, and cojita cheese.....**10** (gluten, dairy)

Grab-N-Go Options: *Based on availability determined by the chef

Chomp Nola Gluten Free Protein Muffins.....**2.50 for 1 or 15 for a half dozen** (tree nuts, egg, dairy, soy)

4 Hard boiled eggs.....**3** (egg)

4 Egg bites.....**6** (egg)

Granola with fruit parfait.....**7** (dairy, gluten)

Breakfast sandwiches.....**3** (gluten, egg)

Breakfast wrap....**Half 3 or Whole 6** (egg, gluten)

Sides:

2 Protein pancakes, 7oz.....**6** (gluten)

1 Protein waffle, 7oz.....**6** (gluten)

+ Add chocolate chips, blueberries, banana, nuts.....**1 per topping**

Extra side of 100% Natural Maple syrup....**1**

8oz Oatmeal.....**2**

+ Add nuts, brown sugar, raisins.....**1 per topping**

8 oz Grits.....**2**

Bacon.....**1 per slice**

****Dishes can be modified to meet Vegetarian or Vegan diets upon request.**



TO BEGIN

Bison Slider

Two 3oz open faced bison slider, red wine caramelized onions, grilled tomato, bibb lettuce and cranberry goat cheese.....**12** (dairy, gluten)

Roasted Sweet Potato Hummus | Traditional Hummus

Served with your choice of sweet apple bread, pita bread, vegetables.....**8** (gluten, egg)

Pita Pizza

Prosciutto, caramelized onion, arugula, tomato, portobello, pesto, parmesan reggiano.....**10** (gluten)

Chef's Choice Charcuterie Board

Small: 3 meats, 3 cheeses, 2 sides and bread (Option to add more meat).....**12** (dairy, gluten)

Hoke Poke Bowl

Sushi grade salmon, tuna, or yellowtail (4 oz for small and 8 oz for large), oriental seasoning and sauces, white rice, avocado, edamame, seaweed, crunchy wontons, sesame seed, ginger, arugula.....**Small 14 | Large 18** (soy beans, gluten)

SOUPS

French Onion Soup Sandwich

Toasted baguette, Dijon, caramelized onion, fresh oregano, melted blended cheese mix.....**6** (dairy, gluten)

+ Add protein option - Steak or brisket, dipped in beef and onion broth.....**3**

SALADS

Wedge Salad

Iceberg wedge, flash fried shrimp or grilled shrimp, tomatoes, radish, cucumber, remoulade sauce, brown butter panko crumbs.....**12** (shellfish, egg, gluten)

Caesar Salad

Grilled romaine, Parmesan Reggiano cheese, brioche croutons, caramelized garlic cloves, homemade Caesar dressing.....**11** (gluten, dairy, egg)

Warm Beet Salad

Arugula, bleu, sautéed garbanzo beans, apples, pistachios, and sweet chili vinaigrette.....**12** (dairy, nuts)

+ Add protein to any salad from la carte menu for additional charge

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SANDWICHES

Turkey on Brioche

Roasted turkey breast, portobellos, arugula, feta, warm bacon fig vinaigrette, on toasted walnut, cranberry.....**11** (*dairy, nuts, gluten*)

Roast Beef Baguette

Marinated beef with bleu cheese horseradish dressing, tomatoes, bibb lettuce, avocado and micro greens.....**10** (*dairy, gluten*)

Chicken Salad Sandwich (To Go)

Lettuce tomato on toasted brioche.....**8** (*egg, gluten*)

Tuna Salad Sandwich (To Go)

Lettuce tomato on brioche.....**8** (*egg, gluten, fish*)

ENTREES

Lasagna

Ground turkey breast, vegetables, marinara, topped with cauliflower crust and smoked mozzarella and parmesan.....**14** (*dairy*)

Pan Seared Cobia

Brown butter, caramelized garlic cloves, Romesco, mashed sweet potatoes, shiitake mushrooms and spinach.....**16** (*dairy, sauce contains nuts*)

Pork Loin

Marinated grilled pork loin, apple chutney, pureed white beans, braised greens, shaved crispy prosciutto.....**14**

Chicken

Avocado oil, fresh herb, basted grilled chicken breast, with pappardelle, cannellini beans, Panzanella Tuscan chopped salad (no bread).....**15**

Grilled Flank Steak

Grilled flank steak topped with pickled peppers, cilantro chimichurri, and a roasted pepper stuffed with street corn, beans and cojita, drizzled with a sriracha sour cream sauce.....**14** (*dairy*)

A LA CARTE: Create your own!

PROTEINS (5oz.)	SEAFOOD (5oz.)	VEGGIES (4oz.)...\$6	STARCHES (3oz.)...\$5	SAUCES (2oz.)...\$1
<ul style="list-style-type: none"> - Flank Steak..8 - 96/4 Ground Beef..8 - Roasted Turkey Breast..9 - Pork Loin..7 - Grilled Chicken Breast..6 	<ul style="list-style-type: none"> - Tuna (<i>grilled or seared</i>)..12 - Salmon (<i>grilled or seared</i>)..12 - Shrimp (<i>grilled, fried, sautéed, or seared</i>)..12 	<ul style="list-style-type: none"> - Roasted Mixed Veg - Green Beans - Lettuce - Tomato - Avocado - Portobellos - Brussel Sprouts - Spinach - Broccoli 	<ul style="list-style-type: none"> - Brown Rice - Jasmine Rice - Roasted Sweet Potato - Mashed Sweet Potato - Roasted Red Potato 	<ul style="list-style-type: none"> - Chimichurri - Honey Mustard - Tiger Sauce - Ketchup - Mustard - Mayo - Hummus - Romesco - Bleu Cheese - Balsamic Vinaigrette - Ranch - Remoulade

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KIDS MENU:

***All kid's menu items come with one side of your choice.*

Entrees

Beef Burger

Pretzel bun or regular bun, dressed.....**8** (egg, gluten)

Brioche Grilled Cheese.....**5** (dairy, gluten)

Quesadilla

Chicken, beef or cheese.....**8** (gluten dairy)

Mac-N-Cheese.....**4** (gluten dairy)

+ Option to add ground beef

4 Chicken Strips.....**7** (gluten)

Hot Dog.....**5**

Personal Cheese or Pepperoni Pizza.....**10** (gluten, dairy)

Shrimp

Fried or grilled.....**10** (shellfish, gluten (if fried))

Fruit Plate

Assortment of fresh fruits served with your choice of caramel sauce, yogurt or peanut butter.....**8**

Veggie Plate

Assortment of fresh vegetables served with your choice of ranch, bleu cheese, hummus or peanut butter.....**8**

Sides

French fries.....**3**

Sweet potato fries.....**3**

Tater tots.....**3**

Fruit cup.....**3**

Apple sauce.....**2**

Chips and salsa, sour cream, or guacamole.....**5**

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