



## Sample Menu

*Subject to change, provided for example*

### Daily Breakfast Offerings

**Cook-to-order style:** two eggs your way, avocado toast, apple-sage turkey sausage, vegan proteins, steel-cut oatmeal with slivered almonds and seasonal compote, seasonal fruit and vegetables from [Mountain Food Products](#), assorted local breads from [Bracken Mountain Bakery](#), almond yogurt, Greek yogurt, pecan or cashew butter, omega-3 seed blend, and coffee from [Pisgah Coffee Roasters](#).

**Every Sunday:** Chef-inspired brunch followed by an afternoon Happy Hour with seasonal mocktails and appetizers to welcome incoming guests.

### Lunches

**Ground Turkey Burger on brioche bun (GF available),** petite greens, tomato, red onion, avocado, pesto aioli, with Tomato Bisque and Mixed Greens with Strawberry Balsamic Vinaigrette.

**Veggie option:** *Housemade Black Bean and Quinoa Burger*

**Strawberry-Farro Salad:** Mixed greens, local strawberries, farro, candied pecans, goat cheese, strawberry-balsamic vinaigrette

**Lunch sides:** Farmers market salad with roasted shallot vinaigrette

### Dinners

**Grilled Filet Mignon** with roasted carrot puree, petite arugula salad, cilantro-basil chimichurri

**Pan-Seared Gulf Grouper Creole** with butternut squash risotto, garlic-braised snap beans, Creole tomato shallot sauce

**Veggie option:** *Cashew zucchini cakes*

**Every Friday, Chef-inspired three-course gourmet meal:**

**First course choices:** corn chowder, roasted beet tartare, grilled peaches and prosciutto

**Dinner course:** Chicken Cordon Bleu with prosciutto, smoked gouda, garlic-roasted brussel sprouts, dijon beurre blanc

**Dessert course choices:** Flourless chocolate cake, crème brulee, pineapple-ginger gazpacho.

### Love Notes

We honor all food allergies and intolerances. Meal delivery and to-go meals are always available. We serve seasonal and local whenever possible, while serving portions that meet individual needs. Produce, fresh fruit and vegan protein come from Mountain Food Products in Asheville, coffee from Pisgah Coffee Roasters in Pisgah Forest, bread from Bracken Mountain Bakery in Brevard, and honey from Killer Bees Honey in Lake Toxaway.

**Our overall food philosophy: food is love.**