



Sample Menu

Subject to change, provided for example

Breakfast

À la carte: eggs your way, house-made breakfast sausage, frittata, steel-cut oats with a selection of toppings (caramelized bananas, pecan praline, berry compote, toasted almonds), seasonal fruit and vegetables from [Mountain Food Products](#), assorted local breads from [Bracken Mountain Bakery](#), almond yogurt, Greek yogurt, house-made nut butters, smoothie bar, omega-3 seed blend, coffee from [Pisgah Coffee Roasters](#)

Weekly rotating specials: steak and eggs, egg in a basket, vegan cheesy grits, and more

Every Sunday: afternoon Happy Hour with seasonal mocktails and appetizers

Lunch

Pulled turkey sandwich: choice of bread or lettuce bun, cranberry aioli, shallots, celery, baby arugula

Skyterra grain bowl: watercress and arugula mix, brown rice, puffed millet, avocado, charred corn, local sungold tomatoes, clover sprouts

Protein options to add or substitute: mahi, snapper, grouper, shrimp, house-roasted turkey breast, pork tenderloin medallions, flank steak

Vegan/Vegetarian protein options to add or substitute: house-made mushroom patties, cashew zucchini cakes, black bean burger, chickpea protein patties, local wild mushroom blend, tempeh, organic tofu, seitan

Lunch sides: soup of the day, side salad, fruit cup, roasted vegetable medley

Dinner

Trout En Papillote: local rainbow trout wrapped and baked in paper with seasonal vegetables and risotto

White Bean and Kale Cassoulet: local king trumpet mushrooms, smoked potatoes, herb gremolata
(vegan, gluten-free)

Every Thursday: Chef-inspired three-course dinner

Appetizer: prosciutto-wrapped stuffed figs, lobster cocktail, vegan ceviche

Entrée: roasted prime rib, chargrilled asparagus, sherry-glazed wild mushrooms, demi-glace

Desserts: peach and blueberry poptarts, strawberry shortcake, seasonal ice creams and sorbets
(dairy-free), chocolate cream pie (vegan, gluten-free)

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.