

# rise and shine

monday through friday 8 a.m. – 11 a.m.  
saturday and sunday 9 a.m. – 3 p.m.

Please check the  
chalkboards for  
today's specials. }



## SIDES

Full list on back page

- ☞☑ yellow grits
- ☞☑ potatoes
- ☑ toast
- biscuits
- ☑ vegan biscuits

**Try with gravy!**

*\*Eggs are cooked to order, and consuming raw or undercooked eggs may increase your risk of foodborne illness.*

### ☑ **El Rey\*** \$8.25

A flour tortilla layered with pintos, salsa, scrambled eggs or tofu, and cheese. Topped with a dollop of sour cream. Sub vegan cheese \$1.00  
☑ without cheese, eggs, and sour cream.

### ☑ **Breakfast Burrito\*** \$8.25

A flour tortilla filled with scrambled eggs or tofu and black bean chili, covered with melted cheese, salsa, and a dollop of sour cream. Sub vegan cheese \$1.00  
☑ without cheese, eggs, and sour cream.

### ☑ **Tofu & Veggies** \$8.25

Cubed tofu and assorted veggies stir-fried with soy sauce and nutritional yeast. Add egg \$1.95 Add cheese \$1.95 Add vegan cheese \$2.95

### ☞☑ **Potatoes & Veggies** \$7.75

Chunks of taters, and assorted veggies stir-fried with soy sauce and nutritional yeast. Add egg \$1.95 Add cheese \$1.95 Add vegan cheese \$2.95

### ☞☑ **Breakfast Reuben** \$9.95

House-made tempeh 'bacon', sauerkraut, vegan cheese, and sriracha 'mayo' on a ☞ english muffin, with your choice of fruit cup or petite salad.

### ☞☑ **Veggie Omelette** \$7.95

Assorted grilled vegetables with melted white cheddar. Sub vegan cheese \$1.00

### ☞☑ **Cowboy Omelette** \$7.95

Cheese omelette with our salsa and sour cream. Sub vegan cheese \$1.00

### ☞☑ **Cheese Omelette** \$6.95

Three-egg omelette with melted white cheddar. Sub vegan cheese \$1.00

**Special Omelette** See chalkboard for today's selection.

**Two Eggs Any Style\*** a la carte \$3.95 platter \$7.95

Scrambled or fried to your liking. Platter includes your choice of potatoes or grits, and biscuit or toast.

### **Fried Egg Sandwich\*** \$5.25

One egg on a toasted bagel (plain or everything) with melted white cheddar. Add soysage patties (2) \$3.25 Sub vegan cheese \$1.00 Add tempeh bacon (3) \$3.25

### **Fancy F.E.S.\*** \$6.25

A tasty twist on our fried egg sandwich. Your choice of bagel (plain or everything) comes with Sriracha mayo and arugula. Add tempeh bacon (3) \$3.25 Add soysage (2) \$3.25

**Quiche of the Day\*** See chalkboard for today's selection.

Comes with your choice of mixed greens salad or fruit.

  
breakfast and brunch at the grit

## 45 RPM Pancakes \$6.95

Grit-style buttermilk pancakes served with butter and syrup.

Try real maple syrup for \$2.95 Single cake \$3.75

**Special 'Cakes** See chalkboard for today's selection.

**Fruit Cup** \$3.95

Assorted fruits in season.

**Bagel with Cream Cheese** \$3.50

Choose from plain or everything bagel.

**Rosa's Bagel** \$5.25

Melted cheese, fresh tomato slices, Italian spices, and our vinaigrette dressing. Choose plain or everything bagel. Sub vegan cheese \$1.00

**Biscuits & Yeast or White "Sausage" Gravy** \$4.95

**Grits 'n' Gravy (Yeast or White "Sausage")** \$3.95

## WANT LUNCH, NOT BRUNCH?

(weekends only)

**House Salad** \$9.95

A mountain of crisp lettuces with carrots, purple cabbage, cucumbers, tomatoes, and red onion topped with your choice of sautéed tofu cubes or shredded white cheddar. Sub vegan cheese 1.00 Served with your choice of dressing. **Gf** without tofu. All of our dressings are **V** Vegan and **Gf** Gluten-free!

- V** lemon-tahini    **V** vinaigrette    **V** ginger sesame
- V** ranch            **V** tzatziki

**Mixed Greens Salad** \$5.25

Baby field greens with carrots, cucumber, red cabbage, and your choice of dressing.

**Loaded Nachos** \$9.50

A generous serving of corn chips, melted cheese, our black bean chili, lettuce, red onions, sour cream, and our housemade salsa.

**V** without sour cream. Sub vegan cheese 1.00

**Grilled Cheese Smelt** \$7.95

Our homemade whole wheat bread toasted with melted cheddar and finished with fresh spinach and tomato. Athens' biggest and best grilled cheese sandwich.

**Grit T.L.T.** \$9.95

Our housemade bread loaded with our own tempeh bacon, lettuce, and tomatoes. Dressed with wasabi mayo, and served with fruit or or mixed greens salad.

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GLUTEN FREE



VEGAN



VEGAN OPTION

## SIDES

**Gf V** yellow grits \$2.25

**Gf** cheese grits \$2.50

**Gf V** potatoes \$2.25

biscuits \$2.25

**V** vegan biscuits \$2.50

**V** toast \$1.50

cinnamon toast \$1.75

**V** bagel \$1.95

**Gf V** english muffin \$2.25

**V** yeast gravy \$2.25

white "sausage" gravy \$2.25 **V** vegan cheese \$2.95

soysage patties (2) \$3.25

**Gf V** tempeh bacon (3) \$3.25

one pancake \$3.75

one egg \$1.95

**Gf V** real maple syrup \$2.95

**V** salsa \$2.75

sour cream \$.95

**V** cup of tofu \$3.95

**V** cup of black bean chili \$3.95

**V** sautéed veggies \$3.95

**V** vegan cheese \$2.95

## BEVERAGES



**Mimosa**

\$5.95

Ask about our beer and wine list!

### COLD

iced tea

\$2.25

lemonade

\$2.25

Arnold Palmer

\$2.25

Martinelli Apple Juice

\$2.50

Coke, Diet Coke

\$2.50

Root Beer

\$2.50

Bunkhouse Ginger Ale (local)

\$2.50

Montane

Sparkling Water (local)

\$2.25

Orangina

\$2.50

orange juice

\$3.25

regular milk

Sm. \$1.50 Lg. \$2.50

soy milk

Sm. \$2.00 Lg. \$3.00

oat milk

Sm. \$2.00 Lg. \$3.00



### HOT

Jittery Joe's Grit blend

coffee regular or decaf \$2.95

tea (black or herbal) \$2.50

hot chocolate \$2.50

sub soy milk or oat milk \$.75

The Grit merchandise available here and at our webstore! T-shirts, cookbooks, puzzles, prints, and more!

[WWW.THEGRIT.COM](http://WWW.THEGRIT.COM)

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