THE FIFTH FORK

BREAKFAST

SLICED FRUITS & BERRIES with Sorghum Yogurt	\$18	CHARLOTTE BAGEL Plain, Whole Wheat or Everything served with Cream Cheese	\$8
STEEL CUT OATMEAL Fresh Berries, Brown Sugar, Toasted Almonds, Cinnamon and Raisins	\$15	BAKERY Choice of Butter Croissant, Cinnamon Pinwheel, Danish Pastry, Muffin of the Day	\$8
CHIA PARFAIT Strawberry, Organic Vanilla Sorghum Yogurt, Homemade Coconut Granola	\$15	BREAD Honey Wheat, Sunflower Seed, Sourdough, White or English Muffin served with Whipped Butter and Fruit Preserves	\$7
FRESH BERRY SMOOTHIE Mixed Berries, Carolina Honey and Organic Greek Yogurt	\$12	TROPICAL ACAI SMOOTHIE Acai Berries, Bananas, Mangoes and Almond Milk	\$14
Smoothie Enhancements: Vanilla Protein	Powder, Choco	late Protein Powder or Collagen Powder \$5	
SOUTHE	ERN FA	VORITES	
BISCUITS & GRAVY Homemade Buttermilk Biscuits, Carolina Pride Pork Sausage Gravy	\$16	SEA ISLAND HEIRLOOM PURPLE CORN GRITS Ashe County Cheddar, Whipped Butter	\$14
CAROLINA SKILLET Choice of Cage Free Eggs, BBQ Steak Tips, Fried Green Tomato, Ashe County Habanero Cheddar Hollandaise, Grilled Asparagus	\$28	"Southern cooking warms the heart and feeds the soul"	
AVOCADO TOAST Cage Free Eggs Any Style, Lemon Mascarpone, Sour Dough Bread, Grilled Asparagus, Balsamic Roasted Tomatoes and Second Hill Farm Frisee		SUSTAINABLY SOURCED SMOKED SALMON Caper Berries, Pickled Red Onions, Chive Cream Cheese, Cured Tomatoes, Choice of Bagel	\$22
BRASWELL FARMS CAGE FREE EGG OMELET Choose from: Bacon, Ham, Cheese, Spinach, Sautéed Mushroom, Onion, Tomato, Bell Pepper & House Potato. Served with Toast	\$24 rs	VEGETARIAN SKILLET Cage Free Egg Whites Any Style, Spinach, Goat Cheese, Pepperonata, Crispy Hash Brown, Crumbled Vegan Sausage, Ashe County Cheddar Cheese, Grilled Asparagus	\$24 ·
ALL AMERICAN Two Cage Free Eggs Any Style, House Potatoes, Choice of Breakfast Meat, Grilled Tomato, Toas Coffee and Juice		TRADITIONAL EGGS BENEDICT Cage Free Poached Eggs, Canadian Bacon, Asparagus, Hollandaise	\$26
ADDITIONAL PROTEIN Applewood Smoked Bacon, Turkey Bacon, Grille Black Forest Ham, Chicken Sausage, Country	\$10 ed	MORNING SUNRISE Choice of Classic French Toast, Griddle Cake or Belgian Waffles served with Fresh Berries,	\$20

\$8

Powdered Sugar and Vermont Maple Syrup

Pork Sausage, Vegan Sausage

Asparagus, Roasted Tomatoes

Crispy Hash Brown, Breakfast Potatoes, Grilled

SIDES