



LUNCH

WEDNESDAY - FRIDAY

11a - 2p

SMALL PLATES

fried green tomatoes, **PIMENTO CHEESE**, caramelized onion & balsamic jam **8**

steamed **PEI MUSSELS**, white wine, garlic, herbs, grape tomatoes, herbed focaccia **14**

ROASTED RED PEPPER HUMMUS, cucumbers, kalamata olives, feta, pita bread **12**

hand cut **FRIES**, cheese curd, ham gravy **12**

SALADS

SPRING MIX, cucumbers, grape tomatoes, sliced red onion, shaved parmigiano reggiano, creamy parmesan dressing **8**

GRILLED ROMAINE, shaved parmigiano reggiano, caesar dressing*, herbed focaccia **10**

ARUGULA, salami, pepperoni, grape tomatoes, banana peppers, kalamata olives, smoked artichokes, mozzarella, balsamic vinaigrette **13**

ICEBERG WEDGE, applewood smoked bacon, red onion, tomatoes, creamy blue cheese dressing **8**

add

grilled **salmon*** **10**

grilled **tempeh** **8**

sautéed **shrimp** **10**

fried **chicken tenders** **10**

scoop **chicken salad** **8**

SIDES

hand cut fries **5**

macaroni & cheese **6.5**

petite spring mix **4.5**

chips & pico **5**

pasta salad **5**

soup **5.5**

SANDWICHES, BURGERS & ENTRÉES

SHRIMP N' GRITS, sautéed shrimp, stone ground pimento cheese grits, country ham gravy, collards **18**

grilled herbed focaccia, **MOZZARELLA & PROSCIUTTO**, caramelized onion & balsamic jam **14**

wood grilled **CHICKEN or SALMON* PASTA**, wild mushrooms, spinach, capers, red onion, lemon-dill cream, rotini, herbed focaccia **17**

GRILLED TEMPEH, roasted red pepper hummus, spring mix, cucumber, tomato, multi-grain wheat bread **14**

ROOT BURGER,* applewood smoked bacon, pimento cheese, onion straws, cheerwine barbeque sauce, bun **18**

herb roasted pulled **CHICKEN SALAD**, granny smith apples, toasted walnuts, fresh dill, lettuce, tomato, croissant **14**

SALMON BLT,* smoked bacon, spring mix, tomato, sundried tomato aioli, multi-grain wheat bread **18**

crispy **FRIED CHICKEN TACOS**, pickled onions, pico de gallo, cotija, iceberg lettuce, mayo, valentina hot sauce, flour tortilla **16**

sub **SHRIMP** **18** sub **TEMPEH** **14**

216 east union street, morganton, north carolina 28655 p: 828.433.1540 No outside food permitted. 20% gratuities on parties 6 or more.

*Consuming raw or under cooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.