

A LOCAL FAMILY OWNED MARKET. OUR GOAL IS TO HELP BRING OVER 100 LOCAL VENDORS, FARMERS & CONSUMERS TOGETHER IN ONE CONVENIENT LOCATION.
SHOP LOCAL & SUPPORT YOUR COMMUNITY.



704 256 3642
107 W. SOUTH MAIN STREET
BREAKFAST & LUNCH SERVED
9AM-3PM DAILY (limited menu 7am-9am)

HOME STYLE GRIT BOWL

SEASONED HOME FRIED POTATOES, GARLIC CHEESE GRITS, AMERICAN CHEESE, CHOICE OF HAM, BACON OR SAUSAGE AND TOPPED WITH ONE EGG (scrambled, over medium, over easy or sunny side up).....**7.99**

BREAKFAST SANDWICH

HARD FRIED FARM FRESH EGG, HAM, BACON OR SAUSAGE, AMERICAN CHEESE; SERVED ON A TOASTED BAGEL (plain or everything bagel), BISCUIT OR WHITE TOAST.....**5.50**

FARM FRESH SCRAMBLE PLATTER

THREE FARM FRESH EGGS, HAM, BACON OR SAUSAGE, DICED TOMATOES, CHEDDAR CHEESE, BABY SPINACH; ALL SCRAMBLED TOGETHER, SERVED WITH A SLICE OF TOAST, BISCUIT OR TWO FLOUR TORTILLAS.....**7.99**

HOUSE MADE QUICHE (with a side of your choice: see reverse side of menu for sides)

- 1) SAUSAGE, ROASTED RED BELL PEPPER, ONION AND AGED CHEDDAR CHEESE.....**6.29**
- 2) THOMAS FARMS GOAT CHEESE, SPINACH AND VINE RIPE TOMATOES.....**6.29**
- TAKE HOME A WHOLE QUICHE FOR DINNER TONIGHT (OR BREAKFAST TOMORROW).....**17.00**

THE VEG HEAD

 MULTI GRAIN TOAST TOPPED WITH FRESH AVOCADO, SMALL CUP OF MIXED BERRIES AND SEASONED HOME FRIED POTATOES.....**7.99**


BREAKFAST BURRITO

FARM FRESH SCRAMBLED EGGS, BLACK FOREST HAM, BACON OR SAUSAGE (or no meat, all veggies), HOME FRIED POTATOES, CHEDDAR CHEESE; ROLLED IN A TORTILLA, SERVED WITH SALSA ON THE SIDE.....**7.99**

OATMEAL

CINNAMON, MAPLE & OATS BLENDED TOGETHER AND TOPPED WITH FRESH BLUEBERRIES.....**3.99**


VEGAN BREAKFAST PLATTER

 DOUBLE ORDER OF HOME FRIED POTATOES, SPINACH, TOMATO, ROASTED RED BELL PEPPER AND ONION: ALL GRILLED AND MIXED TOGETHER, SERVED WITH A SLICE OF TOAST, TWO FLOUR TORTILLAS OR A CUP OF BLUEBERRIES.....**7.99**

FRENCH TOAST (GLUTEN FREE CINNAMON RAISIN OPTION \$1.00 ADDITIONAL)

THICK CUT LOCAL CHALLAH BREAD, DUNKED IN OUR SIGNATURE CINNAMON MIXTURE TOPPED WITH FRESH BLUEBERRIES OR STRAWBERRIES AND CINNAMON MAPLE SUGAR SPRINKLE.....**6.99**

AMISH GRANOLA DELIGHT

 GRANOLA, BLUEBERRY QUINOA, BANANA, FRESH STRAWBERRIES AND SEASONAL BLUEBERRIES, DRIZZLED WITH LOCAL, ORGANIC VANILLA YOGURT, SERVED IN A CLASSIC MASON JAR.....**8.99**

BISCUITS AND SAUSAGE GRAVY (WEEKENDS ONLY)

TWO BUTTERMILK BISCUITS, TOPPED WITH A GENEROUS HELPING OF HOUSE MADE SAUSAGE GRAVY**5.29**


PANCAKES ADD FRESH BLUEBERRIES, STRAWBERRY, SNICKERDOODLE OR CHOCOLATE CHIPS FOR \$1.00 ADDL

- SINGLE PANCAKE.....**1.75**
- THREE (3) BUTTERMILK PANCAKES.....**5.00**
- FIVE (5) BUTTERMILK PANCAKES.....**7.50**

A la Carte

- LOCAL FARM FRESH EGG (specify cooking style).....**1.00**
- SAVORY SAUSAGE PATTY OR BLACK FOREST HAM...**1.50**
- LOCAL, ORGANIC CHICKEN PATTY SAUSAGE.....**2.49**
- HICKORY SMOKED BACON (2 SLICES).....**2.25**
- WHITE TOAST OR BUTTERMILK BISCUIT
SERVED WARM AND BUTTERED.....**1.00**
- TOASTED BAGEL; PLAIN OR EVERYTHING
SERVED WITH PLAIN CREAM CHEESE**2.00**
- MULTI GRAIN OR RYE TOAST
SERVED WARM AND BUTTERED.....**1.50**
- HOME FRIED POTATOES
RED POTATOES, SAUTEED WITH OUR HOUSE MADE TATER SEASONING.....**2.00**
- SOUTHERN GARLIC CHEESE GRITS
SAVORY GARLIC AND CHEDDAR CHEESE.....**2.00**
- SMALL CUP OF FRUIT (mixed berries and grapes)....**1.80**

KIDDLETS MENU

- GRILLED AMERICAN CHEESE SANDWICH ON WHITE
 PEANUT BUTTER AND JELLY ON WHITE BREAD
COLD TURKEY AND AMERICAN CHEESE ON WHITE
ONE SCRAMBLED EGG & 1 SLICE OF BACON
ONE PIECE OF FRENCH TOAST WITH FRESH BERRIES
SERVED WITH A CHOICE OF SIDE (see reverse for side choices) & JUICE BOX \$5.49
(SUB MULTI GRAIN BREAD ADDITIONAL .50)

**FOOD ALLERGY WARNING: PLEASE ASK A STAFF MEMBER ABOUT INGREDIENTS USED IN YOUR MEAL BEFORE ORDERING IF YOU HAVE ALLERGIES OR DIETARY RESTRICTIONS—
THANK, YOU, CHEF**

SUPER COOL SANDWICHES

MEDITERRANEAN CHICKEN WRAP

BAKED CHICKEN, ROASTED RED BELL PEPPER HUMMUS, MIXED GREENS, SHAVED RED ONION, FETA CHEESE & FINISHED WITH GREEK DRESSING IN A TORTILLA.....7.99

VEGAN POWER WRAP

HOUSE MADE RED BELL PEPPER HUMMUS, AVOCADO, QUINOA, MIXED GREENS, CUCUMBER & TOMATO IN A TORTILLA.....7.99

OLD SCHOOL SANDWICH

POP'S FAVORITE—BLACK FOREST HAM, OVEN ROASTED TURKEY, AMERICAN CHEESE, TOMATO, ROMAINE, MUSTARD & MAYO ON WHITE BREAD (ADD BACON FOR AN ADDITIONAL \$2.25).....6.99

CHICKEN/BACON/RANCH WRAP

OVEN ROASTED CHICKEN, LETTUCE MIX, TOMATO, BACON, CHEDDAR & RANCH DRESSING IN A TORTILLA.....9.29

BUFFALO CHICKEN WRAP

OVEN ROASTED CHICKEN; TOSSED IN BUFFALO SAUCE, TOMATO, CELERY, LETTUCE, CHEDDAR & RANCH IN A TORTILLA.....7.99

HERBED CHICKEN SALAD SANDWICH

ROASTED CHICKEN, RED GRAPES, CRISP CELERY, TOASTED SUNFLOWER SEEDS, TOSSED WITH MAYO, TOPPED WITH LETTUCE; SERVED ON WARM HERBED FOCACCIA BREAD, CROISSANT OR WRAP.....6.99

ALBACORE TUNA SALAD SANDWICH

WHITE ALBACORE, TOSSED IN DUKE'S MAYO, WHOLE GRAIN MUSTARD, CELERY, CAPERS & ONION ON MULTIGRAIN TOAST WITH A SLICE OF TOMATO AND LETTUCE.....7.99

GREEN STUFF ON PLATES

PROVISIONS HOUSE SALAD

MIXED GREENS, CANDIED WALNUTS, FETA CHEESE, DRIED CRANBERRIES, TOSSED WITH BALSAMIC VINAIGRETTE...6.99

BUFFALO CHICKEN SALAD

MIXED GREENS, TOMATOES, CELERY, CHEDDAR, ROASTED CHICKEN TOSSED IN BUFFALO & TOSSED IN RANCH.....8.99

TACO SALAD

MIXED GREENS, TOMATO, CUCUMBER, BLACK BEAN/CORN MIXTURE, AVOCADO, SHREDDED CHEESE & FRITOS TOSSED IN A HOUSE MADE CILANTRO VINAIGRETTE (CAN BE MADE VEGAN: JUST OMIT THE CHEESE).....9.99

GREEK SALAD

MIXED GREENS, TOMATO, CUCUMBER, FETA, RED ONION, KALAMATA, TOSSED IN HOUSEMADE GREEK DRESSING..7.49

PROVISIONS CHEF SALAD

GARDEN GREEN MIX, SLICED TURKEY, BLACK FOREST HAM, AGED CHEDDAR CHEESE, BACON, RIPE TOMATOES & HARD BOILED EGG TOSSED IN OUR HOUSE MADE BUTTERMILK RANCH DRESSING.....8.49

ITALIAN CHOPPED SALAD

HARD SALAMI, HAM, PEPPERONI, MIXED GREENS, TOMATOES, & PARMESAN ALL TOSSED IN ITALIAN DRESSING.....8.99

SO FRESH SALAD

 LETTUCE MIX TOPPED WITH ROASTED CAULIFLOWER, QUINOA, ROASTED MUSHROOMS, ROASTED RED BELL PEPPER, TOASTED EDAMAME, DRIZZLED WITH A FRESH LEMON TAHINI VINAIGRETTE.....8.49

BOWL OF SOUP AND SMALL SALAD

BOWL OF ANY OF OUR SOUPS, FOCACCIA BREAD (OR GF TOAST) AND A SIDE SALAD (MIXED GREENS, TOMATO, CHEDDAR, CUCUMBER, CROUTONS, RED ONION): CHOICE OR BALSAMIC OR RANCH DRESSING.....7.99

*****ADD OVEN ROASTED CHICKEN, TUNA SALAD OR CHICKEN SALAD TO ANY SALAD 3.00**

G.B.D. SANDWICHES (GOLDEN BROWN DELICIOUS)

TURKEY SWISS PANINI

OVEN ROASTED TURKEY, AGED SWISS CHEESE, CHIPOTLE SPREAD ON HERBED FOCACCIA BREAD.....6.99

ITALIAN HERO

HARD SALAMI, BLACK FOREST HAM, PEPPERONI, MOZZARELLA, HOUSE MADE MUFFALATA OLIVE SPREAD, & ITALIAN DRESSING, SERVED TOASTED AND PRESSED ON ITALIAN BREAD.....8.99

MEATLOAF SANDWICH AKA "THE CARL"

GROUND BEEF/TURKEY LOAF (NO VEGGIES), LIGHT HORSERADISH SAUCE, CHEDDAR, ON GRILLED SOURDOUGH.....10.49

THE VEGGIE

MOZZARELLA, ROASTED RED BELL PEPPER, BABY SPINACH, PESTO SPREAD, SERVED TOASTED AND PRESSED ON HERBED FOCACCIA.....8.49

PIMIENTO CHEESE & HAM MELT

LOCALLY SOURCED PIMIENTO CHEESE, BLACK FOREST HAM, TOASTED AND GRILLED ON SOURDOUGH.....7.49

CHEF POSKO'S TACOS: VEGAN KOREAN OR CHICKEN KOREAN

*KOREAN MARINATED CHICKEN OR VEGAN CHICKEN, PICKLED RED ONION, SLAW WITH SESAME, FRESH CILANTRO..8.49

THE BEST CORNED BEEF REUBEN

THINLY SLICE CORNED BEEF (TURKEY OR VEGETARIAN AVAILABLE AS WELL), AGED SWISS CHEESE, SAUERKRAUT, HOUSE MADE 1000 ISLAND DRESSING GRILLED ON MARBLED RYE BREAD.....10.99

THE CLASSIC B. L. T.

HICKORY SMOKED BACON, RIPE TOMATOES, ROMAINE LETTUCE, DUKE'S MAYO ON TOASTED SOURDOUGH.....6.99


FRENCH TOAST SANDWICH

NOT SURE IF THIS BREAKFAST OR LUNCH, BUT IT'S DELICIOUS: BACON, FRIED EGG, AMERICAN CHEESE, CHIPOTLE SPREAD IN BETWEEN OUR TASTY FRENCH TOAST, SERVED WITH SYRUP OF COURSE.....8.99

*****ADD AVOCADO TO ANY SANDWICH.....1.29*****

SIDES

SANDWICHES AND QUICHE COME WITH A CHOICE OF:

- ◆ KALE SALAD 
- ◆ PASTA SALAD
- ◆ POTATO SALAD (w/ bacon)
- ◆ GARLIC CHEESE GRITS
- ◆ CUP OF SOUP
- ◆ BAG OF CHIPS
- ◆ BREAKFAST POTATOES
- ◆ APPLE SAUCE OR MANDARIN ORANGES
- ◆ MIXED FRUIT (+.80)
- ◆ UPGRADE TO A BOWL OF SOUP (+1.99)
- ◆ all extra dressings are .50

SOUP FROM SCRATCH

(ALL GLUTEN FREE)

TOMATO BASIL (can be vegan)

BROCCOLI & CHEDDAR

SERVED WITH LOCALLY MADE FOCACCIA

THIRD SOUP OF THE DAY? JUST ASK LISA

\$4.49/ BOWL

TAKE HOME A QUART OF SOUP FOR JUST \$8.99

***SUBSTITUTE LOCAL GLUTEN FREE BREAD ON ANY HOT OR COLD SANDWICH FOR \$1.00 ***