

# Monuts Favorites

**All You Avo’ Wanted** \$14  
avocado toast, two local farm eggs\*, maple sriracha home fries, and your choice of bacon, sausage (pork or chicken), or fruit salad

**Bacon + Guac Breakfast Burrito** \$12 [WEEKDAYS ONLY]  
flour tortilla, queso fresco, scrambled eggs, guacamole, applewood smoked bacon, maple sriracha home fries

**Chicken and Pickle Biscuit** \$9  
biscuit, ranch, bread and butter pickles, chili-infused honey, crispy fried chicken. *Add a farm egg\* \$1.75*

**Turkish Eggs and Avocado** \$12  
focaccia, za’atar butter, lemon-garlic yogurt, avocado, honey harissa, kale all dressed up in zhug, fried hard egg

**Lox of Love** \$12  
toasted bagel, house cured gravlax\*, cream cheese, tomatoes, cucumbers, capers, red onion, black pepper

**Turkey, Avocado & Bacon** \$12  
sourdough bread, roast turkey, applewood smoked bacon, sharp cheddar, tomato, green leaf lettuce, avocado mash, aioli\*

**Quiche with Side Salad or Soup** \$10  
changes often— ask the staff or check our online store for details!

**Seasonal Granola Bowl** \$6.50  
greek yogurt, maple-pecan granola, apple compote

# Build-Your-Own Sandwich

**Bagel or Biscuit** \$2.25

**Bagel Varieties:** Plain, Salted, Everything, Sesame

**Cheese:** White Cheddar (\$1.75), Plain Cream Cheese (\$1), Chevre Cream Cheese (\$1.25), Scallion-Chive Cream Cheese (\$1.50), Honey Rosemary Cream Cheese (\$1.50), Tofutti (\$1)

**Veggies:** Salad Greens (free), Red Onion (free), Tomato (\$0.75), Avocado (\$1.25)

**Meat:** Applewood Smoked Bacon (\$3), Housemade Breakfast Sausage (\$3)

**Condiments:** Housemade Jam (\$1), Maple Sriracha (\$0.75), Aioli\* (\$0.50), Peanut Butter (\$1.25)

**Egg:** Local Farm Egg\* (\$1.75), Local Egg White (\$1.75)

# Seasonal Specials

**Eggspanola** \$10  
bagel, melty manchego, farm egg\*, pimenton aioli, rosemary-garlic roasted potatoes, braised greens

**Pep It Up** \$10  
bagel, melty white cheddar, applewood smoked bacon, pepper jelly, avocado, farm egg\*

**Tarragon Chicken Salad, Pickled Red Onion, Local Green** \$12  
Focaccia, tarragon chicken salad, pickled red onions, local greens

**Fall Squealer** \$10  
biscuit, melty white cheddar, pumpkin butter, caramelized onions, house breakfast sausage, farm egg\*

**Apple of My Eye** \$12  
focaccia, applewood smoked bacon, arugula pesto, aioli, arugula, caramelized onion jam, NC apples, rosemary manchego

**Kale, Apple, Farro & Hazelnut Salad** \$12  
lacinato kale, NC apples, farro, brown butter bread crumbs, toasted hazelnuts, honey-lemon vinaigrette, pecorino

# Sides

Housemade Soup	\$5.00
House Salad	\$5/\$9
Two Farm Eggs*	\$3.50
Avocado Toast	\$5.25
House Sausage Links (2)	\$4.00
Applewood Smoked Bacon (2)	\$4.00
Maple Sriracha Home Fries	\$3.50
Fruit Salad	\$4.75
Buttered Sourdough Toast (2)	\$3.50

Looking for  
**The Usual?**  
You can still build your own here!  
Buy 3 sides, save \$1!



# Drip Coffee

Good Ole’ Drip ( <i>one free refill included</i> )	\$3.00
Japanese Method Iced Coffee	\$3.50

# Espresso [regular or decaf]

Espresso	\$2.75
Macchiato	\$3.25
Cortado	\$3.50
Red Eye	\$3.75
Cappuccino	\$3.75
Café Americano (hot/iced)	\$3.00
Latte (hot/iced)	\$4.00
Mocha Latte (hot/iced)	\$4.50
Caramel Latte (hot/iced)	\$4.50
Vanilla Latte (hot/iced)	\$4.50

# Seasonal Drinks

**Pumpkin Butter Latte (hot/iced)** \$5  
Little Waves’ Ternura espresso , steamed milk and cinnamon and nutmeg spiced pumpkin butter. Alt milk available

**Golden Milk Latte (hot/iced)** \$5  
A lightly sweetened milk based latte infused with the warming flavors of turmeric, cinnamon, cloves, cardamom, ginger and black pepper. Alt milk available

**Cardamom Rose Latte (hot/iced)** \$5  
Little Waves’ Ternura espresso with a cardamom syrup and rosewater. Alt milk available

**Apple Grey (hot/iced)** \$4  
Earl grey-infused apple cider spiced with ginger and fall spices.

# Tea

Unsweetened House Iced Tea	\$2.75
Chai Latte (hot/iced)	\$5.00
Matcha Latte (hot/iced)	\$4.50
Asheville Tea Company Hot Tea	\$2.50
London Fog	\$3.75

# Other Drinks

Mimosa	\$7.00
Natalie’s Fresh Squeezed OJ	\$2.75
Whole or Chocolate Milk	\$2.25
Spindrift/Coke/Diet Coke/Sprite	\$1.75
Bottled Water	\$1.25
Hot Chocolate & Whipped Cream	\$3.00

Looking for a beer? Check out our cooler to the right of the dining room!

\*Eating raw or undercooked eggs, seafood, or shellfish may be harmful to your health. Our aioli contains pasteurized egg yolk. Please inform staff of any allergies or aversions when ordering. Not all ingredients are listed on this menu. Substitutions politely