

BREAKFAST SPECIALTIES

House Pancakes (short stacks) 16

Two freshly made pancakes house whipped cream, powdered sugar, Vermont blend syrup
 ~ Served with sausage or bacon ~

The Basic Breakfast 20

Two eggs, artisan multigrain toast, heirloom cheddar grits (or sub roasted potatoes), and choice of 1 (honey ham, applewood bacon, chorizo, Italian sausage, chicken or avocado)

Southwestern Hash TW 18

Choice of (honey ham, chorizo, Italian sausage, chicken, or veg) in a wood fired hash of roasted potatoes, caramelized onion, roasted red pepper, corn, mozzarella blend, topped with two over easy eggs and red pepper coulis
 ~ Add a half avocado +2 ~

Rock Shrimp Scramble 20

Florida rock shrimp, chorizo, eggs, heirloom peppers, mozzarella blend, oven toasted white bread

Steak N' Eggs 32

8oz filet mignon, Midwest choice grade, potato hash, avocado, sliced tomatoes, two eggs

House Smoked Cajun Redfish Dip 26

Lahvosh crackers, house pickled veggies, house pickles

Shrimp & Grits TW 24

Wild caught American shrimp, chorizo, cheddar grits, heirloom peppers, sunny side up egg.
 ~ ~Add Chef's local catch +12 ~

Chefs Huevos Ranchero 24 new

House made ranchero sauce, baked seasoned crisp, prairie fire bean dip, choice of eggs, avocado slice, cilantro pickled onion garnish

Frittata 🍃 18

House made frittata of arugula, red onion, and mozzarella blend, feta cheese, tomatoes
 ~ Sides - avocado & seasonal fruit ~

SOUPS & SALADS

Tomato Basil Bisque Cup 7 | Bowl 12

Third Wave Salad 12

Mixed greens, fresh strawberries, almonds, feta, red onion, balsamic vinaigrette

Harmony Garden Hummus 🍃 22

House made hummus, toasted pita, pickled carrots, Za'atar herbs, cherry tomato, spring onion, cucumber garnish, EVOO

Caesar Salad 12

Artisan romaine, lemon herb breadcrumbs, Parmesan Reggiano ~ Add silver-sided Spanish anchovies +2

~ Add ~

Fresh local Catch MKT | Wild Alaskan salmon +14

~

+8 choice of ~ Shrimp | Chicken breast | Chicken salad scoop

SANDWICHES comes with choice of side

Fish Sandwich TW 25

Fresh catch - blackened or grilled, lettuce, tomato, onion, datil pickle, rémoulade, Hawaiian brioche

Chef's House Ground Prime Burger TW 22

Fresh ground daily, lettuce, tomato, red onion, American cheese, datil pickles, Hawaiian brioche

Cranberry Citrus Chicken Salad 18

House made chicken salad, apples, fresh arugula on croissant

Sammy 18

Turkey, honey ham, Swiss cheese, two over-hard eggs, bacon aioli on croissant

Avocado BLT TW 18 new

Smoked applewood bacon, avocado, chipotle aioli, tomatoes, spring mix on artisan multigrain bread

~ SIDES ~

Roasted potatoes | Tomato basil bisque | Garden salad | Grits

SUBSTITUTE SIDES + 3

Fruit cup | Third Wave salad | Caesar salad

CREPES

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness

The following ingredients are present in our facility.

gluten | nuts | dairy | soybean | wheat | seafood - including crustacean shellfish - Not all ingredients are listed on menu ~

Buffalo Chicken TW 16

Chicken, blue cheese, Swiss cheese, apple fennel celery slaw, buffalo sauce ~ *with choice of side* ~

Strawberry Crème 14

Fresh strawberries, sweet crème, powdered sugar

Spinach artichoke Crepe TW 16 new

Cream cheese, artichokes, spinach, roasted red peppers. ~ *with choice of side* ~

Dulce de leche Crepe 14

Bananas, strawberries, toasted almonds, powdered sugar, caramelized milk & sugar jam

NEAPOLITAN PIZZA 12” House made dough, hand-tossed & oak fired

Gluten-free pizza option available upon request +5

New Yorker TW 22

Pepperoni, Italian fennel sausage, house mozzarella, ricotta, pecorino Romano, tomato sauce, Calabrese pepper, garlic, Italian herbs

Classic Roni 18

Pepperoni, tomato sauce, shredded mozzarella/provolone, Italian seasoning, pecorino

Margherita 🌿 18

House Mozzarella, Parmigiano Reggiano, tomato sauce, basil, EVOO

Spanish Country Farm Girl TW 20

Shredded mozzarella/provolone, fresh garlic, arugula, Spanish serrano ham, pecorino Romano, sunny side up egg.

Vegan Rossa 🌿 18

tomato sauce, Garlic, oregano, capers, kalamata olives, arugula, basil EVOO

Burrantina 🌿 TW 22

Burrata, house mozzarella, Parmigiano Reggiano, burrata relish, baby arugula, charred artichoke, basil pesto, tomato, tomato sauce, balsamic glaze EVOO

Fungi Fromage 🌿 20

Oak-roasted seasonal mushrooms, shredded mozzarella/provolone, Parmigiano Reggiano, garlic, Italian herbs, authentic black truffle oil

Honey Baby TW 20

Soppressata salami, shredded mozzarella/provolone, tomato sauce, Calabrian pepper, NSB black mangrove honey

Bianca 🌿 18

Parmigiano Reggiano, shredded mozzarella/provolone, ricotta, Italian herbs, garlic, EVOO

Bambino Pie 15

Cheese pizza



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