



## **WELCOME TO BRUNCH AT THE CORK & BEAN**

### **C & B EGGS BENEDICT**

TWO POACHED FREE-RANGE HORMONE FREE EGGS, GRILLED ORGANIC BABY SPINACH, AVOCADO,  
NITRATE-FREE BACON ON A WHOLE GRAIN ENGLISH MUFFIN TOPPED WITH HOLLANDAISE SAUCE  
ROASTED RED POTATOES OR STONE GROUND WHITE CHEDDAR GRITS 12.5

### **SMOKY MOUNTAIN BENEDICT**

TWO POACHED FREE-RANGE HORMONE FREE EGGS, SLICED TOMATO AND GRILLED ASPARAGUS  
WILD CAUGHT SMOKED SALMON, WHOLE GRAIN ENGLISH MUFFIN TOPPED WITH HOLLANDAISE SAUCE  
ROASTED RED POTATOES OR STONE GROUND WHITE CHEDDAR GRITS 15.5

### **HUEVOS RANCHEROS**

TWO FREE-RANGE HORMONE FREE OVER MEDIUM EGGS, BLACK BEANS & BROWN RICE,  
SLICED AVOCADO, GRILLED CORN TORTILLAS, ZESTY SPANISH CHORIZO SAUSAGE  
HOUSE-MADE FIRE-ROASTED SALSA & CHIPOTLE SOUR CREAM 11.0

### **RISE & SHINE**

TWO FREE-RANGE HORMONE FREE EGGS ANY STYLE WITH WHOLE GRAIN TOAST  
ROASTED RED POTATOES OR STONE GROUND WHITE CHEDDAR GRITS  
LOCAL PORK SAUSAGE, NITRATE-FREE BACON OR VEGGIE SAUSAGE 9.5

### **BELGIAN WAFFLE**

GOLDEN BELGIAN WAFFLE & SEASONAL FRESH FRUIT  
100 % PURE MAPLE SYRUP, BUTTER & WHIPPED CREAM 9.5

### **DEEP DISH IRON SKILLET QUICHE**

CARAMELIZED RED ONION, ORGANIC BABY SPINACH, BUTTON MUSHROOM, SLICED TOMATO & FETA  
ON A BED OF ORGANIC MIXED GREENS & SLICED FRUIT 9.0

### **BREAKFAST CREPE**

FREE-RANGE HORMONE FREE SCRAMBLED EGGS, ORGANIC BABY SPINACH, AGED SMOKED GOUDA CHEESE,  
NITRATE-FREE BACON WRAPPED IN A DELICIOUS CREPE\*\* 7.5

### **BREAKFAST SANDWICH**

FREE-RANGE HORMONE FREE SCRAMBLED EGGS, AGED SHARP CHEDDAR,  
NITRATE-FREE BACON ON HEARTY WHOLE GRAIN TOAST\*\* 6.5 BREAKFAST SANDWICH ON A BAGEL ADD 1.0

## **C&B GREEK GRANOLA PLATE**

**HONEY TOASTED GRANOLA WITH COCONUT & CRANBERRY WITH SEASONAL FRUIT  
& GREEK YOGURT  
BLUEBERRY, CHOCOLATE CAPPUCCINO OR CRANBERRY ORANGE SERVED WARM  
WITH BUTTER 9.0**

GLUTEN FREE OPTIONS FOR CREPES & BREAD FOR AN EXTRA 1.50. WE DO NOT HAVE DESIGNATED GLUTEN FREE COOKING SURFACES FOR ALL OPTIONS. THIS ITEM IS COOKED TO ORDER AND MAY BE SERVED RAW OR UNDERCOOKED. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS.



### **CHICKEN PESTO CREPE \***

**SAVORY GRILLED SPRINGER MOUNTAIN CHICKEN & BASIL PESTO  
AGED SMOKED GOUDA & SLICED CREAMY AVOCADO 9.5**

### **SOUTHWEST TURKEY CREPE \***

**SAVORY ALL NATURAL TURKEY BREAST, AGED SMOKED GOUDA, AVOCADO,  
HOUSE-MADE FIRE-ROASTED SALSA & CHIPOTLE SOUR CREAM 9.5**

### **C&B BURRITO**

**SEASONED BLACK BEANS, GRILLED RED PEPPERS & ONIONS, BROWN RICE, SHARP  
CHEDDAR,**

**ORGANIC BABY SPINACH, AVOCADO ~ HOUSE-MADE SALSA & CHIPOTLE SOUR  
CREAM ~ KETTLE CHIPS 8.5**

**ADD SPRINGER MOUNTAIN FARMS GRILLED CHICKEN 2.5**

### **THE BLACK BEAN BURGER\***

**GRILLED BLACK BEAN, BELL PEPPER, ONION, GARLIC & BROWN RICE BURGER,  
TOMATO, RED ONION, LEAF LETTUCE ~ CHIPOTLE SOUR CREAM ~ HARVEST GRAIN  
BUN ~ KETTLE CHIPS 9.0**

### **THE ALL AMERICAN BURGER \* \*\***

**7 OZ OF JUICY CREEKSTONE ANGUS BEEF ~ AGED CHEDDAR,  
SLICED TOMATO, RED ONION & LEAF LETTUCE ~ HARVEST GRAIN BUN ~ KETTLE  
CHIPS 9.0**

### **CLASSIC TURKEY CLUB\***

**SAVORY ALL NATURAL TURKEY BREAST, CRISP NITRATE-FREE BACON, AGED  
CHEDDAR  
AVOCADO, LEAF LETTUCE, TOMATO & MAYO ~ HARVEST GRAIN TOAST ~ KETTLE  
CHIPS 11..5**

### **CHICKEN SALAD SANDWICH**

**HOUSE-MADE CHICKEN SALAD, CREAMY HAVARTI CHEESE, SLICED TOMATO  
ORGANIC MIXED GREENS ON WHOLE GRAIN TOAST \*\* ~ KETTLE CHIPS 8.0**

### **PIMENTO CHEESE BLT**

**HOUSE SPECIALTY PIMENTO CHEESE & NITRATE-FREE BACON,  
SLICED TOMATO & ORGANIC MIXED GREENS ON WHOLE GRAIN TOAST ~ KETTLE  
CHIPS 8.0**

~~~~ SUBSTITUTE SWEET POTATO FRIES FOR KETTLE CHIPS ... 2.0 ~~~~

**SOUPS & SALADS**

**SOUP DU JOUR** CUP 6.0 / BOWL 9.0 OR **SPECIALTY CHILI** CUP 6.5 /  
BOWL 9.5

**SOUP & HALF SALAD COMBO** CUP OF SOUP DU JOUR WITH YOUR CHOICE OF  
HALF SALAD ~ 9.5

**CHILI & HALF SALAD COMBO** CUP OF SPECIALTY CHILI WITH YOUR CHOICE OF  
HALF SALAD ~ 10.5

**SPINACH SALAD** ~ ORGANIC BABY SPINACH, FREE-RANGE HORMONE FREE BOILED  
EGGS, SWEET RED ONION,  
NITRATE-FREE BACON & BUTTON MUSHROOMS 9.0

**CAESAR SALAD** ~ ARTISAN ROMAINE & HOUSE CAESAR DRESSING, SHAVED  
PARMESAN & HOUSE CROUTONS 9.0

**ORGANIC MIXED GREENS SALAD** ~ SLICED TOMATO, CUCUMBER, CARROT & RED  
ONION 9.0

**HOUSE-MADE DRESSING SELECTIONS:** BALSAMIC OR CARROT GINGER VINAIGRETTE  
~ BLEU CHEESE ~ CAESAR

EAT WITH INTEGRITY ~ LIVE WITH GRATITUDE ~ CHEERS Y'ALL