

Breakfast & Lunch [served all day]

- Fall Squealer \$9

biscuit, melty white cheddar, pumpkin butter, caramelized onions, house breakfast sausage, farm egg*
- Pep It Up \$9

bagel, melty white cheddar, applewood smoked bacon, pepper jelly, avocado, farm egg*
- Eggspanola \$9

bagel, melty manchego, farm egg*, pimenton aioli, rosemary-garlic roasted potatoes, braised greens
- Turkish Eggs and Avocado \$10

focaccia, za'atar butter, lemon-garlic yogurt, avocado, honey harissa, kale all dressed up in zhug, fried hard egg
- Lox of Love \$11.50

toasted bagel, house cured gravlax*, cream cheese, tomatoes, cucumbers, capers, red onion, black pepper
- Bacon & Guac Breakfast Burrito WEEKDAYS ONLY \$10.50

flour tortilla, queso fresco, scrambled eggs, guacamole, applewood smoked bacon, maple sriracha home fries
- Seasonal Granola Bowl \$5.25

Greek yogurt, maple-pecan granola, apple compote

Build-Your-Own Sandwich

- Bagel or Biscuit \$2

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)

- Chicken and Pickle Biscuit \$8.50

biscuit, ranch, bread and butter pickles, chili-infused honey, crispy fried chicken. Add a farm egg* \$1.75
- Ham, Cheddar + Chutney \$11

focaccia, herby aioli*, house cured ham, sharp white cheddar, cranberry-apple chutney, arugula
- Apple of My Eye \$10.50

focaccia, applewood smoked bacon, arugula pesto, aioli, arugula, caramelized onion jam, NC apples, rosemary manchego
- Turkey, Avocado & Bacon \$10

multigrain bread, roast turkey, applewood smoked bacon, sharp cheddar, tomato, green leaf lettuce, avocado mash, aioli
- Kale, Apple, Farro & Hazelnut Salad \$11.50

lacinato kale, NC apples, farro, brown butter bread crumbs, toasted hazelnuts, honey-lemon vinaigrette, pecorino
- Quiche with Side Salad or Soup \$9.50

changes often—check our online store for details!
- The Usual \$11.50

make your own breakfast or lunch plate by selecting 3 sides!

Sides

- Housemade Soup

\$4.75
- House Salad

\$5/\$9
- Two Farm Eggs*

\$3.50
- Avocado Toast

\$5.25
- House Sausage Links (2)

\$3.50
- Applewood Smoked Bacon (2)

\$3.50
- Maple Sriracha Home Fries

\$3.50
- Fruit Salad

\$4.75
- Buttered Multigrain Toast (2)

\$3.50

Monuts

Monuts cooks from scratch, sources from local farmers, and is living wage certified.

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Drip Coffee *Sorry, refills are not available while we're takeout only*

Good Ole' Drip

\$2.50

Japanese Method Iced Coffee

\$3.00

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

Christmas Tree Mocha (hot/iced) \$5

Little Waves' Ternura espresso with rosemary mocha syrup and your choice of milk. Alt milk available

Ugly Sweater Latte (hot/iced) \$5

Little Waves' Ternura espresso with a fruitcake inspired syrup made with almond extract and dried fruits, plus your choice of milk. Alt milk available

Eggnog Latte (hot/iced) \$5

Little Waves' Ternura espresso steamed with Homeland Creamery's eggnog! Alt milk *not* available.

Gingerbread Latte (hot/iced) \$5

Little Waves' Ternura espresso with a festive molasses, clove, and orange zest syrup + your choice of milk. 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)

\$4.50

Matcha Latte (hot/iced)

\$4.50

Tea Pigs Hot Tea

\$2.50

London Fog

\$3.75

Other Drinks

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

*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 declined.