

GF **Gluten Friendly**
(Excluding Biscuit)

We will substitute creamy dreamy grits or potatoes on any entree. Fresh fruit \$0.99 or berries \$1.29.
Tofu for no extra charge or egg-whites for \$0.99. Vegan mozzarella & Beyond sausage are available upon request for \$1.29.

V **Vegan**

FANTASTIC FAVORITES

EGG-STRAVAGANZA*

Two eggs* served with one signature chicken sage sausage, two strips of crispy all-natural nitrate free applewood bacon, creamy dreamy grits and thick sliced French toast with raspberry sauce and honey crème anglaise. 14.99

HIGH FLYER*

Two eggs* served with two chicken sage sausage, creamy dreamy grits and a fluffy buttermilk pancake. 13.99
Substitute an organic oatmeal pancake topped with warm peach compote for 1.00

NEW

STUFFED FRENCH TOAST BREAKFAST*

Two thick slices of challah bread dipped in our signature batter, grilled, stuffed with sweet cream cheese and topped with raspberry sauce, honey crème anglaise, fresh strawberries and powdered sugar. Served with two eggs*, two chicken sage sausage patties, and creamy dreamy grits 15.99

GF FLYING BISCUIT BREAKFAST*

Two eggs* served with two signature chicken sage sausage and creamy dreamy grits. 10.99

**Now Serving
Chicken Sausage Links **GF****

GF BACON AND EGGS BREAKFAST*

Two eggs* served with three strips of crispy all-natural nitrate free applewood bacon, and creamy dreamy grits. 10.99

MEGGXICAN WRAP*

Spicy scramble of eggs*, cheddar cheese, onions and serrano peppers and chicken sausage wrapped in a sun-dried tomato tortilla, topped with warm salsa and a dollop of sour cream. Served with "moon dusted" potatoes. 11.49

CHORIZO HASH*

"Moon Dusted" breakfast potatoes topped with red and green peppers, onions, black beans, cheddar cheese, two over medium eggs*, tomatilla salsa and cilantro. 13.99

PANCAKE TACOS*

Two buttermilk pancakes stuffed with four scrambled eggs* and choice of signature chicken sage sausage, all-natural nitrate free applewood bacon or chicken chorizo and cheddar cheese. Served with our "moon dusted" potatoes. 12.99

NEW

BIGGIE IN A BLANKET

Two signature chicken sausage links dipped in buttermilk pancake batter, then fried and topped with powdered sugar. Served with "moon dusted" potatoes & bourbon and bacon infused syrup for dipping. 12.99

DIRTY BIRD BOWL

Two split biscuits, oven-fried chicken, queso, and chicken sausage gravy. 14.99

GF STEAK AND EGGS*

8 oz flat iron steak* grilled to medium rare, served with two eggs* and creamy dreamy grits. 16.99

DROPS OF JUPITER

Two of our light and fluffy buttermilk pancakes topped with butter, served with syrup and a side of our creamy dreamy grits. 8.99
Add: three strips of crispy all-natural nitrate free applewood bacon or two signature chicken sage sausage patties for 3.49
Sweeten your stack with chocolate chips, bananas, blueberries or strawberries for 1.00

BEST I EVER HAD

Two thick slices of French toast topped with raspberry sauce and honey crème anglaise. Served with creamy dreamy grits. 8.99
Add: three strips of crispy all-natural nitrate free applewood bacon or two signature chicken sage sausage patties for 3.49

NEW

STRAWBERRY CHEESECAKE STUFFED FRENCH TOAST

Two thick slices of challah bread dipped in our signature batter, grilled, stuffed with sweet cream cheese and topped with raspberry sauce, honey crème anglaise, fresh strawberries and powdered sugar. Served with creamy dreamy grits. 11.99

BREAKFAST NIBBLES

BREAKFAST TOAST

Whole wheat toast, creamy peanut butter, sliced bananas, honey drizzle and chia seeds. 5.99

EGG SANDWICH*

With melted cheddar and choice of bacon or chicken sausage, served on a fluffy flying biscuit, toast or an English muffin. 4.49

CHICKEN BISCUIT 5.99

AVOCADO TOAST

Sprinkled with EVOO, sea salt, Italian Seasoning, red pepper flakes, diced tomatoes, red onion and balsamic reduction. 7.99

"OH MY GRITS" BOWL* 11.99

Build your own Bowl. Choose four toppings. Add additional toppings for \$1 each.

PROTEIN

Turkey or Pork Bacon, Chicken Sausage, Chorizo, Beyond Sausage, Tofu
Add Shrimp or Chopped Smoked Salmon 2.00 | Two Eggs* Any Style - Additional Egg* 1.00

CHEESE

White or Yellow Cheddar Cheese, American Cheese, Goat Cheese, Parmesan
Add Vegan mozzarella for \$1 upcharge.

VEGETABLES

"Moon Dusted" Potatoes, Red and Green Peppers, Spinach, Diced Tomatoes, White Onions, Mushrooms

SCRAMBLES & OMELETTES

GF SMOKED SALMON SCRAMBLE*

Three eggs* scrambled with chopped wood-smoked salmon and dill cream cheese. Served with creamy dreamy grits. 13.99

GF SOUTHERN SCRAMBLE*

Three eggs* scrambled with crispy all-natural nitrate free applewood bacon, spicy vegan collard greens, onions and yellow cheddar cheese. Served with creamy dreamy grits. 11.99

GF PIEDMONT OMELETTE*

Three eggs*, signature chicken sage sausage, crispy all-natural nitrate free applewood bacon, onions and yellow cheddar cheese. Served with creamy dreamy grits. 11.99

BENEDICTS

CLASSIC BENEDICT*

English muffin topped with Canadian bacon, two over medium eggs*, and hollandaise. Served with creamy dreamy grits. 11.99

SOUTHERN STYLE BENEDICT*

Split biscuit topped with pimento cheese, two over medium eggs*, crispy all-natural nitrate free applewood bacon, hollandaise and chives. Served with creamy dreamy grits. 12.99

SIDES

ONE FLUFFY FLYING BISCUIT with cranberry apple butter 1.79

GF SIGNATURE CHICKEN SAGE SAUSAGE PATTIES OR LINKS (2 patties) 3.99

GF CRISPY ALL-NATURAL NITRATE FREE APPLEWOOD PORK BACON (3 strips) 3.99

GF CRISPY TURKEY BACON (3 strips) 3.99

V GF BEYOND BREAKFAST SAUSAGE PATTIES (2 patties) 4.49

CHICKEN SAUSAGE GRAVY cup 3.99 | bowl 5.99

ONE FLUFFY BUTTERMILK PANCAKE served with butter and syrup. 3.49

ONE ORGANIC OATMEAL PANCAKE served with peach compote. 4.49

ONE THICK SLICE OF FRENCH TOAST served with honey crème anglaise and raspberry sauce. 4.49

GF GRITS award-winning creamy, dreamy grits cup 3.49 | bowl 4.49

V GF FRESH SEASONAL FRUIT cup 3.99 | bowl 5.99

V GF FRESH BERRIES cup 4.99 | bowl 6.99

YOGURT PARFAIT granola and berries 6.49

GF "MOON DUSTED" POTATOES 3.49

BISCUIT & GRAVY 6.49
add two scrambled eggs for 1.99

TOAST OR ENGLISH MUFFIN 1.49

GF TWO EGGS ANY STYLE* 1.98

GF SAUTEED GREEN BEANS 3.99

GRILLED MAC & CHEESE 5.99

V GF SPICY VEGAN COLLARD GREENS 3.99

GF SAUTEED SPINACH 2.99

GF GARLIC AND BASIL MASHED POTATOES 3.99

GF TOSSED SIDE SALAD 3.99

SWEET POTATO FRIES 3.29

HOUSE SEASONED KETTLE CHIPS 3.49

QUESO cup 2.99 | bowl 4.99

V GF SLICED TOMATOES 1.99

V GF SLICED AVOCADO 3.99

*THESE ITEMS MAY BE SERVED RAW OR UNDERCOOKED. CONSUMING RAW OR UNDERCOOKED MEAT, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS.

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VEGETARIAN AND VEGAN OPTIONS

GF V AÇAÍ SUPER BOWL

Açaí blended and topped with blueberries, blackberries, strawberries, banana, granola, coconut and chia seeds. 10.50

CALIFORNIA DREAMER*

Sun dried tomato toast topped with fresh smashed avocado, sprinkled with sea salt and diced tomatoes. Served with two eggs* and fresh fruit. 10.99

GF GARDEN FRESH VEGGIE SCRAMBLE*

Three eggs* scrambled with onions, red and green peppers, spinach, mushrooms and white cheddar cheese. Served with creamy dreamy grits. 11.99

GF HOLLYWOOD OMELETTE*

Three egg whites, spinach, mushrooms, and white cheddar cheese, topped with warm tomato coulis. Served with creamy dreamy grits. 11.99

V BEYOND BURGER

1/4 pound patty, lettuce, avocado and vegan chipotle sauce served on a sesame seed bun. Served with sweet potato fries. 10.99

V VEGAN TOFU SCRAMBLE

Tofu scrambled with red and green peppers, onions, spinach and mushrooms. Served with fresh fruit and whole wheat toast. 11.49

V VEGAN TOFU WRAP

Marinated tofu, chopped romaine, tomatoes, red and green peppers, chopped fresh mushrooms, fresh basil and a spicy vegan chipotle sauce wrapped in a flour tortilla. Served with sweet potato fries. 10.99

GF EGG-STRAORDINARY*

Two eggs* served with our "moon dusted" potatoes, creamy dreamy grits. 9.99

GF V OATMEAL

Sprinkled with brown sugar and topped with berries. 5.99

NEW

BEYOND GRAVY BENEDICT

Split Biscuit topped with sauteed mushrooms, over medium eggs* or tofu and topped with Beyond Sausage Gravy. 11.99

BLACK BEAN BURGER

Black bean patty topped with sliced avocado, pepperjack cheese, red onion, tomato and spicy aioli on a sesame seed bun. Served with seasoned kettle chips 11.99

SONNY & SHARE

PIMENTO CHEESE FRITTERS

Spicy pimento cheese hand-breaded and flash fried. Served with a spicy aioli for dipping. 8.99

FRIED GREEN TOMATOES

Classic Southern sliced green tomatoes seasoned with cornmeal and topped with house-made cashew-jalapeño relish and tangy goat cheese. 8.99

MINI SHRIMP AND GRITS

Creamy dreamy white cheddar grits topped with blackened shrimp, applewood bacon, caramelized onions, fresh chives, and roasted tomato sauce. 9.99

SPICY CHICKEN QUESADILLA

Shredded chicken, serrano peppers, onions, black beans, red & green peppers and pepperjack cheese in a flour tortilla. Topped with salsa and sour cream. 9.99

FRICKLES

Hand breaded dill pickle chips served with a spicy ranch dipping sauce. 7.99

LOADED KETTLE CHIPS

Crispy kettle cooked chips piled high and topped with warm queso dip, bacon bits, sour cream and fresh chives. 7.99

BURGERS

All sandwiches and burgers are served with a choice of a side. You may substitute macaroni and cheese as a side for \$1.99. We will substitute a lettuce wrap on any sandwich for no extra charge. **GF**

PATTY MELT*

1/2 lb Black Angus ground beef* cooked to order with crispy onion strings, white cheddar cheese, and FB burger sauce. Served on rye toast. 11.99

CLASSIC BURGER*

1/2 lb Black Angus patty* grilled and topped with FB burger sauce, American cheese, lettuce, tomato, red onion and pickle chips. Served on a brioche bun. 10.49
Add bacon 1.50

THE BREAKFAST BURGER*

1/2 lb black angus burger*, grilled and topped with applewood bacon, fried egg*, avocado, white cheddar cheese and FB burger sauce, on a toasted brioche bun. 12.99

SANDWICHES

All sandwiches and burgers are served with a choice of a side. You may substitute macaroni and cheese as a side for \$1.99. We will substitute a lettuce wrap on any sandwich for no extra charge. **GF**

FRIED GREEN TOMATO BLT

Crispy all-natural nitrate free applewood bacon, two fried green tomatoes, lettuce, cashew-jalapeño relish and goat cheese served on sun-dried tomato toast. 9.99

BUFFALO CHICKEN SANDWICH

Breaded chicken breast tossed in a spicy buffalo sauce and topped with pepperjack cheese and pickle chips. Served on a brioche bun. 10.99 Add bacon for 1.50

CHICKEN CLUB WRAP

Grilled chicken breast, applewood smoked pork bacon, cheddar cheese, lettuce, tomato and chipotle mayo wrapped in a sun-dried tomato tortilla. 10.99

PIMENTO CHEESE CLUB

Grilled Pimento Cheese Club Pimento cheese, all-natural nitrate free applewood bacon and thin-sliced tomato served and griddled on sun-dried tomato toast. 9.99

CLASSIC CLUB SANDWICH

Triple Decker Sandwich with sliced deep fried turkey breast, lettuce, tomato, avocado, crisp applewood bacon and an herb infused aoli. 11.99

FRIED EGG SANDWICH*

The ultimate egg sandwich with three fried eggs*, melted cheddar cheese, crisp applewood smoked bacon, lettuce, tomato and chipotle mayo on a toasted hoagie roll. 9.99

BOWLS AND PLATES

Served with a fluffy flying biscuit.

OVEN-FRIED CHICKEN

Herb-crusted chicken breast, grilled macaroni and cheese and spicy collard greens. 13.99

SHRIMP AND GRITS ENTRÉE

Creamy dreamy white cheddar grits topped with blackened shrimp, applewood bacon, caramelized onions, fresh chives, and roasted tomato sauce. 16.99

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We do not claim that items marked as gluten-friendly are "gluten free" because we cannot confirm that they meet the FDA's definition of "gluten free" (< 20 parts per million of gluten). Because we have multiple sources of gluten in our shared cooking and prep areas, we are unable to guarantee that any menu item can be completely free of gluten or allergens.

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WHEN PLACING YOUR ORDER AT THE FLYING BISCUIT CAFÉ, PLEASE ALERT THE MANAGER ON DUTY TO ANY FOOD ALLERGY OR SENSITIVITY. WE WILL THEN TRY OUR BEST TO AVOID ANY ACCIDENTAL CROSS-CONTACT, BUT CAN OFFER NO GUARANTEE AND ACCEPT NO LIABILITY. THE MORE INFORMATION RELATING TO YOUR SPECIFIC NEEDS YOU CAN PROVIDE, THE BETTER WE CAN ATTEMPT TO PROTECT AND PROVIDE YOU WITH A SAFE MEAL. THANK YOU!

*THESE ITEMS MAY BE SERVED RAW OR UNDERCOOKED. CONSUMING RAW OR UNDERCOOKED MEAT, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS.