



# BREAKFAST ALL DAY



We will gladly substitute oven-roasted "moon dusted" potatoes, creamy dreamy grits, fresh fruit or salad as a side item. Served with a fluffy flying biscuit. We will be happy to substitute egg whites for an additional \$0.79.

- GF FAMOUS FLYING BISCUIT BREAKFAST\*** - two eggs served with our signature chicken breakfast sausage and a side of creamy dreamy grits. Soysage available upon request. \$8.99
- THE HIGH FLYER BREAKFAST\*** - two eggs served with our signature chicken sausage, creamy dreamy grits, plus an organic oatmeal pancake topped with warm peach compote. \$10.99
- BISCUIT, EGGS AND GRAVY\*** - an open-faced fluffy flying biscuit, topped with two scrambled eggs and smothered with our homemade chicken sausage gravy. Served with a side of creamy dreamy grits. \$8.99
- GF SOUTHERN SCRAMBLE\*** - three eggs scrambled with crisp turkey bacon, spicy collard greens, onions and cheddar cheese. Served with a side of creamy dreamy grits. \$9.49
- GF EGG-CEPTIONAL EGGS\*** - a Flying Biscuit Original, two eggs over medium on black bean cakes topped with oven-roasted tomatillo salsa, feta cheese and sour cream. Served with a side of creamy dreamy grits. \$7.99
- GF SMOKED SALMON SCRAMBLE\*** - three eggs scrambled with wood-smoked salmon and fresh dill cream cheese. Served with a side of creamy dreamy grits. \$9.99
- PASTA, SAUSAGE AND EGGS\*** - three eggs scrambled with chicken sausage, penne pasta, spinach, mushrooms and cheddar cheese. Served with a side of creamy dreamy grits. \$9.99
- TURKEY HASH\*** - two eggs over medium topped with cheddar cheese, served over slow-roasted turkey pot roast and oven-roasted "moon dusted" potatoes. \$9.99
- GF FLAT IRON STEAK AND EGGS\*** - flat iron steak grilled to medium rare, served with two eggs and a side of creamy dreamy grits. \$12.99
- MEGGXICAN WRAP\*** - spicy scramble of eggs, cheddar cheese, onions, serrano peppers wrapped in a flour tortilla, topped with a warm tomato salsa and a dollop of sour cream. Served with a side of creamy dreamy grits. (Substitute tofu at no extra charge). \$8.99

- BREAKFAST BOWL\*** - two oven fried green tomatoes, crisp turkey bacon and two over medium eggs served atop a bowl of our award-winning creamy dreamy grits and topped with a warm homemade red salsa. \$9.99
- EGG-STRAVAGANZA\*** - two eggs served with our chicken sausage, crisp turkey bacon, creamy dreamy grits, plus whole wheat French toast topped with our homemade raspberry sauce and honey crème anglaise. \$10.99
- SOUTHERN STYLE BISCUIT BENEDICT\*** - a fluffy flying biscuit served open-faced, topped with pimento cheese, two poached eggs, crisp turkey bacon, hollandaise sauce and garnished with fresh basil. Served with a side of creamy dreamy grits. \$9.99
- GF GARDEN FRESH VEGGIE SCRAMBLE\*** - three eggs scrambled with white cheddar cheese, onions, spinach, mushrooms and red and green peppers. Served with fresh fruit. \$8.99
- GF TOFU SCRAMBLE** - tamari-marinated tofu scrambled with red and green peppers, onions, spinach and mushrooms. Served with fresh fruit. \$7.99
- GF HOLLYWOOD OMELETTE\*** - egg whites, spinach, mushrooms and white cheddar cheese topped with a warm tomato coulis. Served with fresh fruit. \$9.99
- GF CLIFTON OMELETTE\*** - three eggs stuffed with goat cheese and mushrooms, topped with warm tomato coulis and basil. Served with a side of creamy dreamy grits. \$8.99
- GF PIEDMONT OMELETTE\*** - three eggs, chicken sausage, crisp turkey bacon, sautéed onions and cheddar cheese served with creamy dreamy grits. \$9.99
- GF EGG-STRAORDINARY BREAKFAST\*** - two eggs, creamy dreamy grits and oven-roasted "moon dusted" potatoes. \$7.99
- GF BACON AND EGGS BREAKFAST\*** - two eggs, crisp turkey bacon and creamy dreamy grits. \$8.99



# HOT OFF THE GRIDDLE



- ORGANIC OATMEAL PANCAKES WITH PEACHES** - three cakes topped with warm peach compote. \$7.99
- BUTTERMILK PANCAKES** - three cakes - \$7.99
- SHORT STACK** - two cakes - \$5.59 one cake - \$3.29

- HEAVENLY FRENCH TOAST** - thick-sliced whole wheat bread topped with raspberry sauce and honey crème anglaise.
- FULL ORDER** \$6.99
- HALF ORDER** \$3.99



# SIDES



- GF GRITS** - award-winning creamy, dreamy, grits. \$2.79
- GF SIGNATURE CHICKEN SAUSAGE PATTIES\*** \$2.99
- MORNINGSTAR FARMS SOYSAGE** \$2.99
- GF TURKEY BACON** - three slices. \$2.99
- GF APPLEWOOD SMOKED PORK BACON** \$2.99
- GF OVEN-ROASTED "MOON DUSTED" POTATOES** \$2.69

- CHICKEN SAUSAGE GRAVY** - cup \$1.99
- GF FRESH SEASONAL FRUIT** \$2.99
- YOGURT PARFAIT** - with Granola & Fresh Fruit \$4.99
- FLUFFY FLYING BISCUIT** - with Cranberry Apple Butter \$1.49
- Take home a dozen! \$11.99
- OATMEAL** - served with brown sugar and seasonal fruit. \$4.99



# BEVERAGES



- COFFEE** \$2.29
- Soy milk with coffee available at no additional charge.
- ESPRESSO** \$2.79
- MOCHA** \$3.99
- LATTE** \$3.69
- CAPPUCCINO** \$3.69
- SLEDGEHAMMER** \$4.99
- 4 shots espresso with steamed half and half!
- ESPRESSO STOUT** \$5.99
- Guinness with a shot of espresso (participating locations dine in only - must be 21!)
- CHAI LATTE** \$2.99

- HOT CHOCOLATE** \$3.49
- HOT HERBAL TEAS** \$2.25
- ICED CHAI TEA** \$2.99
- SWEET TEA AND NOT SWEET TEA** \$1.99
- Coca-Cola FOUNTAIN DRINKS** \$1.99
- DASANI® Bottled Water** \$1.99
- SAN PELLEGRINO Sparkling Water** \$2.99
- MILK OR SOY MILK** \$2.49
- FRESH OJ** \$2.99
- APPLE/GRAPEFRUIT/CRANBERRY JUICE** \$2.49
- PEACH NECTAR OR MANGO NECTAR** \$2.49

GF Gluten-Free

When placing your order at The Flying Biscuit Cafe, 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 foodborne illness.



## STARTERS



**GF OVEN FRIED GREEN TOMATOES** - dredged in seasoned cornmeal, topped with cashew-jalapeno relish and goat cheese. \$6.99

**NOT YOUR MAMA'S PIMIENTO CHEESE** - a fresh spin on a Southern classic with fresh basil, diced tomatoes, feta cheese and serrano peppers served with grilled pita bread. \$4.99

**GF SIDE OF LOVE** - two black bean cakes topped with tomatillo salsa, sour cream, feta cheese and red onions. \$5.99

**SPICY SHRIMP QUESADILLA** - sautéed shrimp, white cheddar cheese, serrano peppers and basil sandwiched in a flour tortilla. \$6.99

**STOUP** - cup \$2.99 bowl with a biscuit \$5.49



## FEATURED FAVORITES



Served with a fluffy flying biscuit.

**GF AWARD-WINNING SHRIMP AND GRITS** - creamy dreamy white cheddar grits topped with blackened shrimp and roasted red pepper tomato sauce. \$12.99

**BISCUIT CHICKEN POT PIE** - creamed chicken, carrots, celery, onions, potatoes and peas. A modern twist on a Southern classic. \$10.99

**GF COCA-COLA BBQ GLAZED SALMON\*** - pan-sautéed salmon lightly glazed and cooked to medium. Served with garlic mashed potatoes and sautéed green beans. \$12.99

**TURKEY POT ROAST** - slow-roasted and hand pulled with brown gravy served over mashed potatoes with green beans. \$9.99

**OVEN FRIED CHICKEN** - herb-crust chicken breast, grilled macaroni and cheese and spicy collard greens. \$10.99

**GF FLAT IRON STEAK\*** - grilled to medium rare, topped with sautéed mushrooms and served with garlic and basil mashed potatoes and sautéed green beans. \$13.99

**TURKEY MEATLOAF W/GARLIC MASHED POTATOES** - thick-sliced and grilled, topped with melted cheddar cheese and rustic roasted red pepper and tomato sauce served with sautéed green beans and garlic mashed potatoes. \$10.99

**GF BLACKENED TILAPIA** - served over our creamy dreamy white cheddar grits, topped with our homemade spicy, fresh herb marinara sauce and garnished with spicy Southern collard greens. \$10.99

**GF LOVE CAKES** - three black bean and cornmeal cakes topped with tomatillo salsa, sour cream, feta cheese and red onion spears. Served with a side salad. \$7.99



## SIGNATURE SALADS



Served with a fluffy flying biscuit.

**GF VERY BERRY CHICKEN SALAD** - a bed of organic field greens topped with grilled chicken, fresh strawberries, candied walnuts, dried cranberries, feta cheese and tossed in our housemade raspberry vinaigrette dressing. \$9.99

**GF FRIED EGG SALAD\*** - two eggs over medium, oven-roasted "moon dusted" potatoes and crisp turkey bacon on a bed of organic field greens tossed with balsamic vinaigrette and drizzled with spicy chipotle aioli. \$8.99

**OVEN FRIED BLT SALAD** - fried green tomatoes, crisp turkey bacon, cashew-jalapeno relish and goat cheese on a bed of organic field greens tossed with balsamic vinaigrette. \$8.99

**GF WARM CHICKEN SALAD** - grilled chicken breast, oven-roasted "moon dusted" potatoes and crumbled bleu cheese on a bed of organic field greens with balsamic vinaigrette. \$9.99

**GF COCA-COLA BBQ GLAZED SALMON SALAD\*** - pan-sautéed salmon filet cooked to medium, oven-roasted "moon dusted" potatoes, red onions and feta cheese on a bed of organic field greens tossed with balsamic vinaigrette. \$12.99

**GF TOFU AND TATER SALAD** - tamari-marinated tofu and oven-roasted "moon dusted" potatoes on a bed of field greens tossed with balsamic vinaigrette and topped with feta cheese and red onion spears. \$8.79



## SANDWICHES



All sandwiches served on a whole wheat bun with choice of one side.

**NOT YOUR MAMA'S PIMIENTO CHEESE SANDWICH** - a fresh spin on a Southern Classic with fresh basil, diced tomatoes, feta cheese and serrano peppers topped with crisp turkey bacon, lettuce and tomato. \$7.99

**OVEN FRIED GREEN TOMATO BLT** - crisp turkey bacon, fried green tomatoes, lettuce, cashew-jalapeno relish and goat cheese. \$8.99

**HOMEMADE TURKEY MEATLOAF SANDWICH** -

a thick slice of our homemade turkey meatloaf topped with cheddar cheese, lettuce, tomato and our signature housemade red pepper mustard. \$8.99

**FRESCO FISH TACOS** - lightly-blackened tilapia filets with lettuce, tomato, red onion spears, cilantro and white cheddar cheese. Topped with tomatillo salsa and sour cream. \$11.99

**THE FRIED EGG SANDWICH\*** - crisp turkey bacon, two fried eggs, cheddar cheese, lettuce, tomato and tamari mayo. \$7.99

**3B (BACON, BASIL AND BLEU CHEESE)** - bleu cheese, crisp turkey bacon and basil on a grilled chicken breast with lettuce, tomato and tamari aioli. \$8.79

**BACON AND CHEDDAR CHICKEN SANDWICH** - crisp turkey bacon and cheddar cheese on a grilled chicken breast with lettuce, tomato and chipotle mayo. \$8.79

**VEGAN BBQ BURRITO** - bbq tofu, collard greens and mushrooms folded in a sun-dried tomato tortilla topped with salsa verde (for those not so vegan, sour cream available upon request). \$8.49

**COCA-COLA BBQ CHICKEN BURRITO** - bbq chicken, collard greens, sweet onions, red and green peppers and cheddar cheese folded in a sun-dried tomato tortilla and topped with red salsa and sour cream. \$8.99

**VERY BERRY CHICKEN WRAP** - grilled chicken, fresh strawberries, feta cheese, candied walnuts, dried cranberries and organic field greens tossed in raspberry vinaigrette and wrapped in a warm spinach tortilla. \$9.49

**CHICKEN CLUB WRAP** - grilled chicken breast, crisp turkey bacon, cheddar cheese, lettuce, tomato and chipotle aioli wrapped in a sun-dried tomato tortilla. \$8.99

**TURKEY BURGER WITH CHEESE AND BACON** - seasoned grilled turkey burger topped with cheddar cheese, crisp turkey bacon, lettuce, tomato and roasted red pepper mustard. \$8.49

**VEGGIE DEVIL BURGER** - Spicy and Hot! Veggie and grain patty topped with feta cheese, red onions, smoky jalapeno sauce, lettuce and tomato. \$7.99



## SIDES



**GRILLED MACARONI AND CHEESE** - \$2.99

**GF SPICY SOUTHERN COLLARD GREENS** - \$2.69

**GF GARLIC AND BASIL MASHED POTATOES** - \$2.69

**GF OVEN-ROASTED "MOON DUSTED" POTATOES** - \$2.69

**GF SIDE SALAD** - \$2.99

**GF SAUTÉED GREEN BEANS** - \$2.69



## DESSERT



**CHOCOLATE "BISCUIT" BREAD PUDDING** - \$4.49 served warm with vanilla cream sauce.

**GEORGIA PEACHES-N-CREAM** - \$4.49

biscuit shortbread topped with brown sugar peaches, raspberry sauce and cream.

**GF** Gluten-Free

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