

GF Gluten Friendly (Excluding Biscuit)

V Vegan

FANTASTIC FAVORITES

EGG-STRAVAGANZA*

Two eggs served with one signature chicken sage sausage patty, two strips of crispy all-natural nitrate free applewood bacon, creamy dreamy grits and whole wheat French toast with raspberry sauce and honey crème anglaise. Served with a fluffy flying biscuit.

HIGH FLYER*

Two eggs served with two chicken sage sausage patties, creamy dreamy grits and a fluffy buttermilk pancake. Served with a fluffy flying biscuit. Substitute an organic oatmeal pancake topped with warm peach compote

THREE AMIGOS BREAKFAST TACOS*

Three corn tortillas stuffed with scrambled eggs, yellow cheddar cheese, chicken chorizo, black bean salsa and sour cream. Served with a side of "moon dusted" potatoes and our three amigos dipping trio of queso, salsa verde and signature hot sauce.

GF FLYING BISCUIT BREAKFAST*

Two eggs served with two signature chicken sage sausage patties, creamy dreamy grits and a fluffy flying biscuit.

BISCUIT EGGS AND GRAVY*

Split biscuit topped with scrambled eggs and our own chicken sausage gravy, served with creamy dreamy grits.

GF BACON AND EGGS BREAKFAST*

Two eggs served with three strips of crispy all-natural nitrate free applewood bacon, a bowl of creamy dreamy grits and a fluffy flying biscuit.

GA PEACHES & CREAM WAFFLE BREAKFAST*

Two eggs served with two chicken sage sausage patties, creamy dreamy grits and a house-made golden Belgian waffle topped with warm peach compote, honey crème anglaise and whipped cream. Served with a fluffy flying biscuit.

FL SUNSHINE WAFFLE BREAKFAST*

Two eggs served with two chicken sage sausage patties, creamy dreamy grits and a house-made golden Belgian waffle topped with fresh strawberries, banana, blueberries and powdered sugar. Served with a fluffy flying biscuit.

WAFFLE BREAKFAST*

Two eggs served with two chicken sage sausage patties, creamy dreamy grits and a house-made golden Belgian waffle. Served with a fluffy flying biscuit.

HANGOVER HASH*

Our own "moon dusted" potatoes with a heavy downpour of queso, covered with chicken chorizo, crispy buttermilk chicken and topped with two over medium eggs, black bean salsa with a sprinkle of cilantro.

CHORIZO HASH*

Chicken chorizo, "moon dusted" potatoes, red and green peppers, onions and cheddar cheese topped with two over medium eggs, tomatillo salsa and cilantro. Served with a fluffy flying biscuit.

TURKEY HASH*

Two over medium eggs topped with yellow cheddar cheese, served over "moon dusted" potatoes and slow-roasted turkey pot roast. Served with fluffy flying biscuit.

CHORIZO MEGGXICAN WRAP*

Spicy scramble of chicken chorizo, eggs, cheddar cheese, onions, and serrano peppers wrapped in a flour tortilla, topped with warm tomato salsa and a dollop of sour cream. Served with creamy dreamy grits.

BACON, EGG AND CHEESE BREAKFAST SANDWICH*

English muffin, egg, crispy all-natural nitrate free applewood bacon and American cheese. Served with "moon dusted" potatoes.

GF STEAK AND EGGS*

6oz NY Strip steak grilled to medium rare, served with two eggs, creamy dreamy grits, and a fluffy flying biscuit.

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. Add: three slices of crispy all-natural nitrate free applewood bacon or two signature chicken sage sausage patties. Sweeten your stack with chocolate chips, bananas, blueberries or strawberries

BEST I EVER HAD

Two thick slices of whole wheat bread dipped in our signature batter and topped with raspberry sauce and honey crème anglaise. Served with a bowl of our creamy dreamy grits. Add: three slices of crispy all-natural nitrate free applewood bacon or two signature chicken sage sausage patties for

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.

CHICKEN & WAFFLES

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A house-made golden waffle topped with crispy buttermilk chicken tenders.

HOT CHICKEN & WAFFLE

A house-made golden waffle topped with our signature **HOT** chicken tenders.

DIRTY BIRD*

A house-made golden waffle, topped with crispy buttermilk chicken tenders, two over-medium eggs and chicken sausage gravy.

HOT DIRTY BIRD*

A house-made golden waffle, topped with our signature **HOT** chicken tenders, two over-medium eggs and chicken sausage gravy.

"OH MY GRITS" BOWL*

Build Your Own Bowl. Choose four toppings. Add additional toppings for 1.00 each

PROTEIN

Turkey or Pork Bacon, Chicken Sausage, Chorizo, Soysage
Add Shrimp or Chopped Smoked Salmon 2.00 | Two Eggs Any Style - Additional Egg .99

CHEESE

White or Yellow Cheddar Cheese, American Cheese, Goat Cheese, Feta, Parmesan

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 and a fluffy flying biscuit.

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 and a fluffy flying biscuit.

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 and a fluffy flying biscuit.

BENEDICTS

CLASSIC BENEDICT*

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

FREEBIRD*

Split biscuit topped with crispy buttermilk chicken tenders, two over-medium eggs, chicken sausage gravy and drizzled with syrup, served with creamy dreamy grits.

SOUTHERN STYLE BENEDICT*

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

SIDES

TWO FLUFFY FLYING BISCUITS with cranberry apple butter

GF SIGNATURE CHICKEN SAGE SAUSAGE PATTIES (2 patties)

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

GF CRISPY TURKEY BACON (3 slices)

MORNINGSTAR FARMS SOYSAGE (2 patties)

V GF BEYOND BREAKFAST SAUSAGE PATTIES two vegan sausage patties

CHICKEN SAUSAGE GRAVY

ONE FLUFFY BUTTERMILK PANCAKE served with butter and syrup

ONE ORGANIC OATMEAL PANCAKE served with peach compote.

ONE BELGIAN WAFFLE

ONE THICK SLICE OF WHOLE WHEAT FRENCH TOAST

GF GRITS Award winning, creamy, dreamy, white cheddar cheese grits

V GF FRESH SEASONAL FRUIT

YOGURT with granola and fruit

GF "MOON DUSTED" POTATOES

GRILLED MAC & CHEESE

GF GARLIC AND BASIL MASHED POTATOES

GF SAUTEED GREEN BEANS

V GF SPICY VEGAN COLLARD GREENS

AVOCADO TOAST sprinkled with sea salt and diced tomatoes

TOAST Whole wheat, sourdough or English muffin

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VEGETARIAN AND VEGAN OPTIONS

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 and a fluffy flying biscuit.

CALIFORNIA DREAMER*

Whole wheat toast topped with fresh smashed avocado, sprinkled with sea salt and diced tomatoes. Served with two eggs and fresh fruit.

GF HOLLYWOOD OMELETTE*

Three egg whites, spinach, mushrooms, and white cheddar cheese, topped with warm tomato coulis, served with creamy dreamy grits and a fluffy flying biscuit.

GF EGG-CEPTIONAL EGGS*

Two over medium eggs on black bean cakes, topped with oven-roasted tomatillo salsa, feta cheese, and sour cream. Served with creamy dreamy grits.

V VEGAN TOFU SCRAMBLE

Tamari-marinated tofu scrambled with red and green peppers, onions, spinach and mushrooms served with fresh fruit and whole wheat toast.

V VEGAN TOFU WRAP

Spicy soy marinated tofu, chopped romaine, tomatoes, red and green peppers, chopped fresh mushroom, fresh basil and a spicy vegan chipotle sauce wrapped in a flour tortilla. Served with house seasoned kettle chips.

GF EGG-STRAORDINARY*

Two eggs served with our "moon dusted" potatoes, creamy dreamy grits and a fluffy flying biscuit.

OATMEAL

Sprinkled with brown sugar and topped with fresh fruit.

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.

V BEYOND BURGER

One quarter pound patty, lettuce, tomato, pickle chips and vegan mayonnaise served on a whole wheat bun. Served with house seasoned kettle chips.

BLACK BEAN BURGER

Our spicy black bean patty grilled and topped with smashed avocado, red onions, goat cheese, thin sliced tomato, lettuce and chipotle aioli. Served with house seasoned kettle chips.

SONNY & SHARE

PIMENTO CHEESE FRITTERS

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

FRIED GREEN TOMATOES

Classic Southern sliced green tomatoes seasoned with cornmeal and topped with house-made cashew-jalapeño relish, tangy goat cheese and a side of buttermilk ranch.

MINI SHRIMP AND GRITS

Creamy dreamy white cheddar cheese grits topped with blackened shrimp, roasted red pepper tomato sauce and fresh basil. Served with a fluffy flying biscuit.

GF SIDE OF LOVE

Two black bean cakes topped with tomatillo salsa, sour cream, feta cheese, and red onion.

BURGERS

All come with house seasoned kettle chips.

ANGUS BURGER*

Two beef patties grilled and topped with lettuce, tomato and pickle chips. Add cheese

PIMENTO CHEESE BURGER*

Two beef patties grilled and topped with pimento cheese, crispy all-natural nitrate free applewood bacon, thin sliced tomatoes, lettuce and chipotle-mayo.

WAKE UP BURGER*

Two beef patties grilled and topped with crispy all-natural nitrate free applewood bacon, a fried egg, avocado and white cheddar cheese, lettuce and tomato.

SANDWICHES

All come with house seasoned kettle chips.

FRIED GREEN TOMATO BLT

Crispy all-natural nitrate free applewood bacon, two fried green tomatoes, lettuce, cashew-jalapeño relish and goat cheese served on choice of bread.

HOT-LANTA CHICKEN SANDWICH

Signature **HOT** chicken tenders, drizzled with queso, topped with pickles and served on a brioche bun.

CHICKEN CLUB

Crispy buttermilk chicken tenders, melted cheese, crispy all-natural nitrate free applewood bacon, sliced tomato, lettuce and chipotle mayo on choice of bread. Make it a wrap.

PIMENTO CHEESE CLUB

Pimento cheese, all-natural nitrate free applewood bacon, thin sliced tomato and lettuce served on choice of bread.

CHICKEN QUESADILLA

A buttery, golden brown quesadilla with crispy buttermilk chicken, parmesan mushrooms, queso and finely chopped chives with a dollop of sour cream and drizzle of chipotle sauce.

BACON LOVERS BLT

Five strips of crispy all-natural nitrate free applewood bacon, red ripe tomatoes, lettuce and mayo on toasted sour dough bread.

BOWLS AND PLATES

Served with a fluffy flying biscuit.

NY STRIP STEAK*

6oz NY Strip steak grilled to medium rare, topped with sautéed mushrooms and served with mashed potatoes and green beans

BISCUIT POT PIE

Creamed chicken, carrots, celery, onions, potatoes, green peas and gravy. A modern twist on an old Southern classic.

CRISPY BUTTERMILK CHICKEN TENDERS

Four crispy buttermilk chicken tenders, grilled macaroni and cheese and spicy vegan collard greens. Make it **HOT**

SHRIMP AND GRITS ENTRÉE

Creamy dreamy white cheddar cheese grits topped with blackened shrimp, roasted red pepper tomato sauce and fresh basil.

GF TURKEY POT ROAST

Slow roasted and hand pulled with brown gravy, served over mashed potatoes and green beans.

GF VERY BERRY CHICKEN SALAD

Chopped romaine topped with grilled chicken, fresh strawberries, candied walnuts, dried cranberries, and feta cheese. Served with our house-made raspberry vinaigrette dressing.

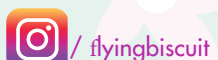
CHICKEN COBB SALAD

Chopped romaine topped with crispy buttermilk chicken, bacon, white cheddar cheese, hard boiled egg and diced tomato. Served with your choice of house-made dressing. Balsamic vinaigrette, raspberry vinaigrette or ranch.

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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.