

breakfast

biscuits

*house made cathead biscuits,
cheddar cheese & herb*

chicken 'n' a biscuit (8)

southern fried chicken, wainright's
sausage gravy, shredded cheddar cheese

hole in one (7.5)

fluffy buttermilk biscuit, two eggs
your way, shredded cheddar cheese
& choice of meat

smothered (7)

fluffy buttermilk biscuit, wainright's
sausage gravy, house made hot sauce
& crisp bacon crumbles

eggs & all

local farm fresh eggs

bang for your buck (14)

three farm fresh eggs, choice of meat,
crispy hash brown potatoes,
fluffy buttermilk biscuit

ham & swiss (13)

crispy hash brown potatoes, shaved country
ham, melted swiss cheese, house made hot
sauce & two farm fresh eggs any way

coastal bennie (14)

crispy fried green tomato, blue crab cake,
poached farm eggs on cathead biscuit
topped with wainright's sausage gravy

hash brown bennie (12)

crispy hash brown potatoes, shaved
country ham, two poached farm eggs,
spinach & hollandaise sauce

steak 'n' eggs (15.5)

grilled steak, two farm fresh eggs, red
eye gravy & fluffy buttermilk biscuit

oyster scramble (15)

farm fresh eggs, bacon, onion, tomato,
crispy hash brown potatoes, crispy fried
oysters & house hot sauce

beverages

mighty leaf assorted breakfast teas (6)

black tea
green tea
bombay chai
orange spice

omelets

*served with hash browns
& fresh fruit*

creole (14)

shrimp, andouille, onions, tomatoes,
cheddar, tomato gravy

crab louie (14)

three egg omelet stuffed
with crabmeat, boursin,
green onion, peppers

garden market (12)

three egg omelet stuffed with
goat cheese, tomato, spinach,
onions & mushrooms

grown up blt & c (12)

smoked bacon, garden spinach,
tomato & mixed cheese

lean plates

avocado toast (12)

toasted wheat berry bread, smashed
avocado, heirloom tomato, poached
egg & local micro green salad

going back to cali (13)

corn tortillas, house pico, farm fresh
scrambled eggs, blackened red fish,
spicy crema & avocado smash

packed with protein (10)

house made protein bars, peanut
butter, chia seeds, dried cranberries,
local honey & oats

SEA PALMS

this & that

rise & shine pizza (12)

crispy bacon, ground sausage, scrambled
egg, green onion, spinach, mozzarella,
tomato & house made hot sauce

georgia peach (12)

sweet & spicy peach jam, whipped cream
cheese, house made french toast,
warm honey & whipped cream

beignets (10)

coffee roasted bananas, toasted
pecan praline & cinnamon

sand dollar (10)

5 buttermilk pancakes, warm bacon jam,
charred peaches & warm maple syrup

tropical waffle (12)

belgian waffle, whipped coconut
cream, toasted coconut,
vanilla roasted strawberries

banana paleo pancakes (14)

fresh bananas, cinnamon, maple syrup
& whipped coconut milk

meats

sausage links (3)

conecuh sausage (3.5)

southern fried chicken (4.5)

chicken sausage links (3.5)

wainright's country ham (4)

apple wood smoked bacon (3.5)

sides

fresh fruit (3)

cathead biscuit (3)

sausage gravy (3)

stone ground grits,

cheddar & green onion (4)

cornbeef & potato hash (4)

locally roasted wake up coffee

french press: 6
espresso
cappuccino
latte
americano
mocha

milk

(whole milk, chocolate milk,
almond or soy)

rise & shine

fresh squeezed grapefruit juice, pom,
garden mint & muddled blueberries

apple juice (3)

cranberry juice (3)