



LUNCH

APPETIZERS

PIMENTO CHEESE QUESADILLA
HOUSE-MADE PIMENTO CHEESE, APPLEWOOD BACON, TOMATO,
JALAPENO PEPPERS & SPINACH TORTILLA
8.5

ARTICHOKE-GOAT CHEESE DIP
PITA BREAD & TORTILLA CHIPS
7.5

HOME-MADE POTATO CHIPS
BACON, GREEN ONIONS & BLEU CHEESE SAUCE
7

SPICY HUMMUS DIP
BLUE CORN TORTILLA CHIPS
7

SOUP & SALADS

SOUP OF THE DAY
5

HOUSE SALAD
MIXED GREENS, SHREDDED CARROT, CUCUMBERS, GRAPE TOMATOES,
PARMESAN CHEESE & BALSAMIC VINAIGRETTE
6

COBB SALAD
BABY LETTUCES, SMOKED TURKEY, BLEU CHEESE, EGG, RED ONION,
APPLEWOOD BACON, TOMATOES, AVOCADO
& GREEN GODDESS DRESSING
9.5

SOUTHWEST SALAD
CHIPOTLE GRILLED CHICKEN, MIXED GREENS, TOMATOES, PARMESAN
CHEESE, BLACK BEAN-CORN RELISH, PICO DE GALLO
& BLUE CORN TORTILLA CHIPS
9.5

MEDITERRANEAN SHRIMP SALAD
MIXED GREENS, ORZO PASTA, ARTICHOKE HEARTS, MUSHROOMS,
FETA CHEESE, SUN-DRIED TOMATOES & BASIL PESTO
12

GRILLED SALMON CAESAR
ROMAINE LETTUCE, PARMESAN CHEESE, HOUSE-MADE CROUTONS
& CLASSIC DRESSING
12

BABY SPINACH SALAD
PANCETTA, GOAT CHEESE, TOASTED WALNUTS, PICKLED RED ONION,
GRANNY SMITH APPLES & BACON-CIDER DRESSING
9

SANDWICHES

SERVED WITH CHOICE OF HOUSE-CUT FRIES, CHIPS, POTATO SALAD,
PASTA SALAD OR FRUIT SALAD

CHICKEN SALAD CROISSANT

GRAPES, FRESH DILL, SOUR CREAM & TOASTED WALNUTS
11

CRAB CAKE SANDWICH

CREOLE REMOULADE, LETTUCE, TOMATO & ONION ON A FLAKY CROISSANT
11

GRILLED CHICKEN WRAP

SAUTÉED MUSHROOMS, SUN-DRIED TOMATOES, PROVOLONE CHEESE,
PARMESAN-PEPPERCORN DRESSING & SPINACH TORTILLA
10

MOUNTCASTLE SANDWICH

SMOKED TURKEY, GRILLED GRANNY SMITH APPLE, APPLEWOOD BACON,
MELTED BRIE CHEESE & CRANBERRY MUSTARD ON A FLAKY CROISSANT
10

GOURMET TUNA MELT

HOUSE-MADE TUNA SALAD, CHEDDAR AND PROVOLONE CHEESES
ON CRANBERRY RAISIN BREAD
8.5

CLASSIC CHEESE BURGER

NEOLA FARM'S BEEF, APPLEWOOD BACON, SWISS CHEESE, LETTUCE,
TOMATO, PICKLE & ROASTED GARLIC AIOLI
10.5

CUBAN SANDWICH

ROASTED PORK, HAM, SWISS CHEESE, PICKLE & MUSTARD ON CUBAN BREAD
10

MAIN COURSE

SHRIMP & GRITS

WILTED SPINACH, ANDOUILLE SAUSAGE & CREOLE GRAVY
14

GRILLED CHICKEN PASTA

CHERRY TOMATOES, ARUGULA, PARMESAN CHEESE
PENNE PASTA & CAPER-WHITE WINE SAUCE
12

FISH TACOS

(CHEF'S CHOICE)

TWO SOFT TACOS, SHREDDED CABBAGE, RADISH, AVOCADO
& PICO DE GALLO
MKT

BACON-SPINACH QUICHE

CHEDDAR CHEESE, PARMESAN & PINE NUTS
SERVED WITH A PETITE HOUSE SALAD
8.5

BEEF TENDERLOIN TIPS

ORZO PASTA, ARUGULA, MUSHROOMS, PARMESAN & RED WINE SAUCE
13

PLEASE DON'T FORGET TO VISIT OUR PASTRY CASE FILLED WITH INCREDIBLE BAKED GOODS
INCLUDING OUR HOUSE-MADE BREAD, CAKES AND OTHER SWEET GOODIES .

WE PROUDLY SERVE *COUNTER CULTURE COFFEE*, WHICH USES ENVIRONMENTAL AND SUSTAINABLE
PRACTICES AND IS BASED OUT OF OUR NEIGHBORING NORTH CAROLINA.

ALSO, WE ARE PROUD TO OFFER *TEA FORTE*, WHICH MIGHT BE THE FINEST AND MOST ELEGANT CUP
OF TEA OF ALL TIME.