



IRON HEN

C A F E

PANCAKES AND SUCH

SERVED WITH FRESH FRUIT

Straight Up Pancakes

A traditional stack of Old Mill of Guilford's buttermilk buckwheat pancakes

Blueberry Pancakes

Old Mill of Guilford's buttermilk buckwheat pancakes stuffed with fresh blueberries and topped with blueberry sour cream

Banana Nut Pancakes

Old Mill of Guilford's buttermilk buckwheat pancakes stuffed with banana slices and chopped walnuts

Kids Stack [12 and under only]

Blueberry, banana nut, or straight up—3 minis with fruit

Cinnamon French Toast

Thick cut, battered and seared crisp, served with steel-cut oats, topped with brown sugar and blueberry compote

Peanut Butter Banana French Toast

Dipped in a cinnamon batter, seared and topped with sliced bananas, peanut butter & honey drizzle, and powdered sugar

BIG PLATES

SERVED WITH ANNIE'S WHITE OR WHEAT TOAST

*Breakfast Poutine

Home fries, sausage gravy, 1 sunny side up egg, house-made farmer's cheese, and green onions

*Corned Beef Hash

Giacomo's corned beef and home fries, topped with 2 sunny side up eggs

North Carolina Shrimp & Grits

Sautéed shrimp, Cajun cream gravy and spicy country sausage, served over creamy grits

*Toasted Quinoa

With roasted corn salsa, topped with 2 sunny side up eggs

*Breakfast Plate

2 eggs any style, bacon or sausage, home fries or grits

*Kids Breakfast Plate [12 and under only]

1 egg any style, bacon or sausage, toast

SANDWICHES

SERVED WITH FRESH FRUIT OR HOME FRIES

*Morning Burger

A poached egg on top of a Hickory Nut Gap Farm grass-fed and finished beef burger, grilled to your liking on an Annie's brioche roll with lettuce, tomato, onion and your choice of provolone, American, cheddar or Swiss [smoked Gouda, blue cheese /pimento cheese]

Bacon, Egg & Cheese Sandwich

Applewood smoked bacon, scrambled egg, Ashe County hoop cheese

Smoked Trout Sandwich

Smoked trout on grilled Annie's white bread, lettuce, tomato, fried egg

OMELETS & SCRAMBLES

SERVED WITH FRESH FRUIT AND GRITS OR HOME FRIES.

ADD 2 SLICES OF TOAST (SOUR WHITE OR WHEAT) 1.00.

SUBSTITUTE EGG WHITES 1.00.

Ham and Cheese Omelet

Country ham, house-made farmer's cheese and spinach

Smoked Trout Omelet

With green onions and goat cheese

Pomodoro Omelet

With garlic sautéed tomatoes, house-made farmer's cheese and basil

Iron Hen Scramble

2 eggs scrambled with bacon, sausage, home fries and green onions

BENEDICTS

*Crab Cake Benedict

2 crab cake medallions seared and served over grilled Asiago peppercorn toast, topped with poached eggs and Cajun hollandaise, served with fresh fruit

*Grilled Country Ham Benedict

Oven toasted English muffin, topped with poached eggs and a traditional hollandaise, served with fresh fruit

*Fried Green Tomato Benedict [vegetarian]

Green tomatoes fried in cornmeal flour, on an English muffin with hollandaise sauce

LIGHTER FARE

Old Mill of Guilford Grit Bowl

A bowl of Old Mill of Guilford's Creamy stone ground yellow grits, topped with chevre, sausage or bacon, and fresh scallions [add 2 eggs any style for \$2.50]

Gorilla Grains Granola

Served with soy milk, skim milk or yogurt, topped with fresh blueberries

Steel Cut Oats

A creamy bowlful topped with blueberry compote and brown sugar

Grits and Greens

Creamy Old Mill of Guilford grits topped with sautéed spinach, and Holly Grove goat cheese

Although we use a great deal of care when preparing all of our foods, inherent in natural cuisine is the potential for the inclusion of shell fragments and/or natural particles. Please keep this in mind while consuming our products.

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

Fresh. Local. Good.