OMELETS & SCRAMBLES
SERVED WITH FRESH FRUIT AND GRITS OR HOME FRIES. ADD 2 SLICES OF TOAST [SOUR WHITE OR WHEAT]. SUBSTITUTE EGG WHITES

Ham and Cheese Omelet
With hickory smoked Brie and spinach

Smoked Salmon Omelet
With green onions and Holly Grove 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

Soy Marinated Tofu Scramble
With spinach, tomatoes, and sautéed onions... with or without eggs

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

LIGHTER FARE

Old Mill of Guilford Grit Bowl
A bowl of Old Mill of Guilford’s creamy stone ground yellow grits, topped with Holly Grove goat cheese, sausage or bacon, and fresh scallions (add 2 eggs any style)

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 braised greens and Holly Grove goat cheese (GF)

Morning Salad
Mixed greens with fresh fruit, poached egg, walnuts, and your choice of dressing

Fresh Fruit
A fresh way to start the day

WE CATER! CALL 336.870.8103

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.
COFFEE, FRAPPE FREEZES AND SMOOTHIES

ESPRESSO BASED DRINKS (HOT OR "ON THE ROCKS")
ADDITIONAL SHOTS OF ESPRESSO, FLAVORS, SOY AND ALMOND MILK .50

Espresso
Latte
Flavored Latte
Cappuccino
Chai Latte
Americano
Café Au Lait
Hot Chocolate
Hot Tea
Coffee

SYRUPS: HAZELNUT, CARAMEL, VANILLA
SUGAR FREE SYRUPS: VANILLA

Frappe Freezes
Espresso: Java Chip, Kona Mocha
Non Espresso: Green Tea

Smoothies
Peach
Strawberry
Mango

BEVERAGES
Coke Products • Lemonade • Iced Tea [sweet & unsweet]
**SALADS**

SERVED WITH A "VERY GOOD" DEVILED EGG

**House-made Dressings:** Balsamic Vinaigrette, Fresh Buttermilk Herb, Red Wine Tarragon Vinaigrette, Creamy Blue Cheese, Sesame Lime Vinaigrette, and Honey Mustard

**Hen House Salad**
Mixed greens, shredded carrot, grilled cucumber, pickled red onion, diced tomato, fresh croutons, and your choice of our house-made dressings [V]

**Classic Wedge**
Crisp iceberg, blue cheese crumbles, peppered bacon, diced tomato, and blue cheese dressing

**Smoked Salmon**
Mixed greens, smoked salmon, radish, cucumber, dill, peppered bacon, and classic Caesar dressing

**Holly Grove Goat Cheese Salad**
Crispy goat cheese, pickled beets, oven roasted sweet potatoes, mixed greens, and our red wine tarragon vinaigrette

**Sliced Pear Salad**
With crumbled blue cheese, caramelized pecans, applewood smoked bacon, over mixed greens [GF]

**Iron Hen Salad Plate**
A generous scoop of our red delicious chicken or egg salad with fresh fruit and house-made farmer’s cheese [GF]

**Sample Plate**
Chicken, egg, and potato salad with fresh fruit and house-made farmer’s cheese

**Extra Fixings:**
Grilled Chicken [GF], Grilled Shrimp [GF], Salmon [GF], Marinated Portobello [V] [GF], Red Delicious Chicken Salad [with bacon] [GF], Egg Salad [GF], Crab Cake, Fried Holly Grove Goat Cheese

**AND MORE**

**Mini Crab Cakes**
With roasted corn salsa and spicy-garlic aioli, choice of side

**Vegan Black Bean Cakes**
Green leaf lettuce, vegan spicy-garlic aioli, pico de gallo, and your choice of side [V]

**Grits & Greens**
Creamy Old Mill of Guilford grits with braised greens and Holly Grove goat cheese [GF]

**North Carolina Shrimp & Grits**
Sautéed shrimp, Cajun cream gravy and spicy country sausage, served over Old Mill of Guilford creamy grits

**Whole Grain Hash**
Quinoa, black-eyed peas, braised greens, roasted sweet potato, your choice of chicken or tofu, and our sesame lime vinaigrette [V] [GF]

**Tomato Coconut Soup**
Slow cooked tomatoes, basil, and coconut milk [V] [GF]

**Friday Night Iron Skillet Fried Chicken**
A breast and leg dusted in espresso flour and fried in a cast iron skillet, your choice of 2 sides

**SANDWICHES**

SERVED WITH ONE SIDE AND A "VERY GOOD" DEVILED EGG

**Local Grass-Fed and Finished Beef Burger**
Grilled to order on a Kaiser roll with lettuce, tomato, onion, and your choice of provolone, American, cheddar, or Swiss (smoked Gouda or blue cheese, pimento cheese)

**Black Bean Burger**
House-made vegan black bean patty on a Kaiser roll with lettuce, tomato, onion, and our vegan spicy-garlic aioli [V]

**Shrimp and Parmesan Grilled Cheese**
Grilled shrimp, Parmesan and Asiago cheese, basil and sweet tomato jam, on white bread

**Crab Cake Sandwich**
Served on a Kaiser roll with lettuce, tomato, onion, and our fresh herb aioli

**Roasted Turkey & Provolone**
Slow roasted turkey with lettuce, tomato, and cranberry mayo on a Kaiser roll

**Pimento Cheese Melt**
House-made pimento cheese, seared tomato, and applewood smoked bacon

**Red Delicious Chicken Salad Sandwich**
Grilled chicken, apples, and applewood smoked bacon with lettuce and tomato, on your choice of bread

**Grilled Salmon BLT**
Grilled salmon on Asiago peppercorn bread with applewood smoked bacon, lettuce, tomato, and house-made dill aioli

**Egg Salad Sandwich**
Classic egg salad with lettuce and tomato on your choice of toasted white or wheat

**Rueben**
Giacomo’s corned beef, sauerkraut, Swiss cheese, and Russian dressing on our Asiago peppercorn bread [Tofu Rueben or Turkey Rueben]

**Mushroom Melt**
Marinated portobello, caramelized onion, roasted red pepper, provolone cheese, and spinach with our fresh herb aioli on Asiago peppercorn bread

**Grilled Chicken Breast Sandwich**
All natural chicken breast, Giacomo’s chicken sausage, lettuce, tomato, and our spicy-garlic aioli, served on Asiago peppercorn bread

**Tofu Tacos**
Marinated tofu, green leaf lettuce, pico de gallo, and our vegan fresh herb aioli on a grilled flour tortilla [V]

**Beer Battered Catfish**
North Carolina catfish on Asiago peppercorn bread with lettuce, tomato, and our fresh herb aioli

**Slow Roasted Pulled Pork Sandwich**
Slow roasted pulled pork, house-made Carolina BBQ sauce, and tri-color slaw on a Kaiser roll

**Local Bacon Meatloaf Sandwich**
Seared bacon wrapped meatloaf, caramelized onions, lettuce, tomato, and spiced ketchup on Asiago bread

[V] VEGAN [GF] GLUTEN FREE Gluten Free bread available upon request

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

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.

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**STARTERS**

**Eggroll Trio**
Collard Green w/ Sesame Lime Vinaigrette
Pulled Pork w/ Carolina BBQ
Pimento Cheese, Bacon & Scallion w/ Buttermilk Herb Ranch

**Fried Green Tomato Stack**
Carolina BBQ sauce, pickled peach relish, Holly Grove goat cheese, and green onion on a bed of mixed greens

**Southern Rice Balls**
Carolina Gold rice risotto with bacon, stuffed with pimento cheese, fried and served with tomato bacon jam

**Mini Crab Cakes**
Roasted corn salsa and spicy-garlic aioli over mixed greens

**Chicken Livers**
Southern fried chicken livers, tossed in toasted garlic and pickled peppers, served with boiled peanut butter or wasabi aioli

**LITTLE CHICKS FEED**
12 YEARS AND UNDER PLEASE! CHILDREN'S MEAL COMES WITH 1 SIDE & FOUNTAIN DRINK (MILK 2.50)

**Fried Chicken Tenders**
Whole Grain Hash [no side]

**Grilled Cheese**
on white/wheat bread or tortilla

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**SIDES**

**Parmesan Grilled Corn on the Cob**

**Corn Fritters with Honey**

**Sautéed Okra**

**Parmesan Pesto Pasta Salad**

**Fresh Hand-cut French Fries**

**Fresh Hand-cut Sweet Potato Chips**

**Iron Hen "Very Good" Deviled Eggs [3]**

**Smoked Gouda Mac & Cheese**

**Red Bliss Dill Potato Salad**

**Collard Green Egg Roll [with bacon]**

**Side Plate: choose 3**

**Side Plate: choose 4**

**Side Hen House Salad**

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**DESSERTS**

**Carolina Gold Rice Pudding**
Creamy, smooth rice pudding served with candied fruit

**Chocolate Chess Pie**
with a house-made whipped cream

**Seasonal Fruit Cobbler**
Seasonal fruit, house-made short bread topping, and Homeland Creamery vanilla bean ice cream

**Southern Banana Pudding**
Vanilla pudding and bananas layered with house-made short bread crust and topped with homemade whipped cream

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**SUPPER**

**Chicken Pie Turnovers**
Roasted chicken gravy stuffed in a buttery flaky dough with chicken gravy, smashed red potatoes, and sautéed green beans

**Smoked Brisket**
14 hour smoked brisket with hand-cut fries, tricolor slaw, and gravy

**Black-Eyed Pea Ravioli**
Pasta stuffed with black-eyed pea and bacon puree, collard greens, and pork jus

**North Carolina Shrimp & Grits**
Sautéed shrimp, Cajun cream gravy, spicy country sausage, served over Old Mill of Guilford creamy grits

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Fresh. Local. Good.
Charred Peach Bourbon
Bulleit Bourbon, peach Schnapps, peaches charred and pureed with baked lemon, cinnamon rim

Sun Dress
vodka, strawberry, basil, cranberry, fresh squeezed lemon

Rosemary Bramble
Beefeater Gin, blackberries, freshly squeezed lime, homemade rosemary syrup, ginger beer, rosemary sprig

Early Orchard
Gran Marnier, peach Schnapps, lemon, mint, muddled peach, unsweetened tea

Pimm’s Elderflower
cucumber, lemon, mint, soda

Ball Thyme Tea
vodka, tequila, spiced rum, gin, triple sec, homemade thyme syrup, Cheerwine splash

Blueberry Lemonadka
vodka, blueberries, sweetened lemon Juice

Verde Mary
vodka, green tomatoes, tomatillos, with our house pickled vegetables

Kiwi Cool
gin, kiwi, fresh squeezed orange juice, soda

Hot Daisy
silver tequila, cointreau, muddled lime, cilantro, jalapeño, with spicy goat cheese stuffed olive

Mimosa
with fresh squeezed orange juice

Lemonade Flavored Mimosas
blueberry, lavender or raspberry

Bloody Mary
vodka, house-made mix, house-made pickled vegetables
WINE SELECTIONS

Carta Nevada Brut, Feixenet, Spain NV
Sauvignon Blanc, Matua, Marlborough NZ ’14
Chardonnay, Cambria “Katherine’s Vineyard,” Santa Maria Valley ’12
Pinot Grigio, Capasaldo, Veneto ’12
Chardonnay, La Crema, Sonoma ’12
Riesling, Chateau St. Michelle, Columbia Valley ’12
Merlot, Cypress Vineyards, Central Coast Ca ’13
Pinot Noir, Belle Glos “Meiomi,” CA ’12
Syrah/Grenache, Laurent Miguel “Pere et Fils,” Vin de Pays d’Oc, Fr ’11
Malbec, Barbneris, Mendoza ’10
Cabernet Sauvignon, Shooting Star, Lake County ’08
Cabernet Sauvignon, Liberty School, Paso Robles ’10

Sangria serves two, fresh fruit and pink Mascato or a white wine of your choice

BEER SELECTIONS

Seasonal Selections
Sam Adams Seasonal
Blue Moon Seasonal

Ballast point Sculpin Grapefruit
Coronado Brewing Orange Ave. Wit
Terrapin Beer Smoke on the Porter
Terrapin Beer Recreation Ale
Yeungling Lager
Miller Light
PBR

Local Craft Brews

GREENSBORO
Red Oak
Pryer Brewing Draft
(ask your server what’s on tap)

WINSTON-SALEM
Foothills Torch Pilsner
Foothills Jade IPA
Foothills Carolina Blonde

LEXINGTON
Bull City Ciderworks’ Off Main [GF]

BEVERAGES

Coke Products • Lemonade • Iced Tea [sweet & unsweet]