

lunch & dinner menu

salads

butter bibb lettuce salad statesboro blue cheese, crispy prosciutto	8
baby beet salad red and golden beets, sliced avocado, grapefruit segments, arugula	8
fft salad field greens, roasted tomato, avocado, egg, cucumber, vidalia onions, marcona almonds	9
romaine salad romaine lettuce, shaved manchego cheese, roasted red pepper, grilled baguette	8
mixed greens salad spring mixed greens, roasted roma tomatoes, cucumber, carrots	8
add: chicken 4 salmon 6 steak 8	

sandwiches

pulled pork carolina mustard bbq, eastern carolina bbq or traditional bbq	12
roasted turkey wrap oven roasted turkey, tomato jam, avocado, butter lettuce, dijonaise, whole wheat wrap	10
carolina blue crab herb remoulade, arugula, fried green tomatoes, brioche bun	14
fft club ham, turkey, bacon, butter bibb lettuce, roasted roma tomatoes, charleston battery park brie, baconnaise, toasted sour dough bread	12
veggie club roasted red pepper, tomato jam, daikon sprouts, field greens, hummus, wheat bread	10

burger bar *

beef burger, lean turkey, grilled chicken, fresh catch toasted brioche bun, butter lettuce, vine ripened tomato, grilled onions	14
your choice of toppings: bacon, mushrooms, fried egg, brie cheese, blue cheese, ashe county cheddar, smoked gouda, bbq sauce, steak sauce	

entrees

grilled filet mignon* candied garlic whipped potatoes, sugar snap peas, caramelized sweet carrots, pearl onions	25
garlic marinated hanger steak* house fries, chimichurri	22
local fish* candied garlic whipped potatoes, herb roasted vegetables	25
bone-in pork chop roasted acorn squash, grilled peach	22
shrimp and grits north carolina shrimp, old mill stone ground grits, tasso ham gravy	19
grilled chicken thighs basmati rice, chimichurri, shiitake mushrooms, arugula	15
sesame seared tuna salad castelvetrano olives, eggs, edamame, roasted tomato, fingerling potatoes, arugula, dijon vinaigrette	17

cheeses

5 each
“goat lady dairy” smokey mountain round made using pasteurized goat's milk, hand formed in the shape of log or round, then is dried and lightly smoked over apple wood and retains its fresh lactic origins nuanced with bacon-like aroma
“charleston artisan cheesehouse” battery park a cross between a brie cheese and a farm cheese, has a mild bouquet with a full range of flavor and is aged for 3-4 weeks
“ashe county cheese” cheddar an old-fashioned, handcrafted and aged over 30 days; this cheese is mild and flavorful

plates to share

ahi tuna* oyster and shiitake mushrooms, daikon sprouts, lemon soy vinaigrette, crisp wonton	14
parmesan mushroom risotto shiitake and beech mushrooms, fresh herbs	9
housemade turkey meatballs shaved parmesan, fresh tomato sauce, basil	10
steamed shrimp chipotle remoulade, grilled lemon	12
portobello fries crispy fried portobello mushrooms, blue ridge mountain blue cheese dressing	9
garlic fries chimichurri sauce, aioli sauce, dijonaise sauce	9
steamed edamame kosher salt	7
southern pork tacos slow roasted pork, cilantro, green tomato salsa	10
grilled bruschetta tomato jam, prosciutto, arugula, parmesan, balsamic, slices of ciabatta bread	9
pimento cheese dip warm pita chips	9
fft dry rub grilled wings poppy seed slaw, jalapeno ranch	9
flatbread vine ripe tomato, fresh mozzarella, roasted garlic, basil	12

sides to share

5 each	<ul style="list-style-type: none"> • candied garlic whipped potatoes • mac and cheese • grilled asparagus 	<ul style="list-style-type: none"> • stone ground grits • roasted wild mushrooms • garlic fries
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desserts

8 each	<ul style="list-style-type: none"> • pecan pie • fudge brownie sundae • root beer float with apple crisp 	<ul style="list-style-type: none"> • trio of ice creams • new york cheesecake
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* consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. these items may be cooked to order.



beverage menu

wines by the glass

servings sensible six 6oz— 9 naughty nine 9oz— 13

- nobilo sauvignon blanc, marlborough, new zealand
- matchbook tempranillo, dunningan hills
- 10 span pinot gris, monterey
- 10 span pinot noir, monterey
- n x nw columbia chardonnay, north oregon
- simi cabernet sauvignon, alexander valley

champagne & sparkling wines

- domaine st. michelle, brut, washington state 38
- domaine chandon, brut, napa, california 44
- moët & chandon, brut, white star imperial, champagne, france 99
- moët & chandon, nectar, imperial, champagne, france 110
- makulu moscato, south africa 6 22
- la marca prosecco, italy 28
- wycli brut, california 7 28

white wines

sauvignon blanc

- kim crawford, marlborough, new zealand 10 36
- murphy-goode, the fume, north coast, california 28

pinot grigio

- maso canali, trentino, italy 33
- santa margherita, valdadige, italy 51

chardonnay

- silver palm, north coast, california 32
- sonoma cutrer, russian river ranches, sonoma cty., california 12.50 47
- ferrari carano tre' terre, russian river valley, california 60

white wines for thought

- chateau st. michelle, riesling, columbia valley, washington 28
- protea, chenin blanc, south africa 9 30
- beringer, white zinfandel, california 26

red wines

pinot noir

- primarius, oregon 33
- soter planet, oregon 11 42

merlot

- st. francis vineyards, sonoma valley, california 10 38
- canoe ridge, expedition, horse heaven hills, california 32
- decoy by duckhorn, sonoma county, california 60

cabernet sauvignon

- row 11, stratton lummis, napa valley, california 55
- b.r. cohn, silver label, north coast, california 13.50 50
- bonterra, mendocino, california 32

beverage menu

red wines for thought

- penfolds, shiraz, koonunga hill, southeastern, australia 44
- waterbrook syrah, columbia valley, washington 28
- the seeker, red blend, central valley, chile 28
- pendulum, red, columbia valley, washington 10 36
- sean minor, red, napa valley, california 34
- villa antinori, toscana, italy 45
- michelle chiaro, barbera d' asti, le orme, italy 32
- bouza, tempranillo tannat reserva, uruguay 40
- edmeades, zinfandel, mendocino county, california 10 36

beers

draft

7.50 each

- omb copper
- omb seasonal selection
- birdsong higher ground ipa
- lenny boy burn down brown ale
- omb captain jack
- stella artois

premium

6.50 each

- sierra nevada pale ale
- fat tire amber ale
- red's apple ale
- heineken
- heineken light
- blue moon
- corona light
- corona extra
- guinness (8.00 each)

from the carolinas

6.50 each

- carolina blonde cream ale
- highland gaelic ale
- highland oatmeal porter
- highland st. terese's pale ale
- highland ipa
- angry angel kolsch style ale
- hell's belle belgian style ale
- bad penny brown ale
- highroller american-style ipa

domestic

4.50 each

- bud
- bud light
- coors light
- michelob ultra
- miller lite
- yuengling
- o'douls
- sam adams

scotch & cognac

single malt scotch

highlands

- oban classic malt 14 year 20
- talisker malt 10 year 19
- dalwhinnie classic 15 year 17.50

speyside

- glenlivet 12 year 12
- the macallan 12 year 20
- macallan 18 year 55

islay

- lagavulin classic malt 16 year 27

cognac

- hennessy vs 11.50
- hennessy vsop 19
- hennessy xo 60
- remy martin vsop 14
- courvoisier vs 10.50
- courvoisier xo 40



food for thought