

### CINNAMON BUNS

Saturday & Saturday & Sunday Only! Ask about our Special Loaded Cinnamon Buns!

#### SACK OF FRESH BLUEBERRY FRITTERS

Our freshly-made fritter batter, full of blueberries, cooked to a golden brown & placed in a paper sack with sugar & cinnamon. We shake it up at your table & serve them with strawberry yogurt for dipping. Full order 8 99 • Half order 5 49

#### BISCUITS FOR A CAUSE 🚳

3 Freshly Baked Biscuits served with Mixed Berry Jam, Apple Butter and Jalapeno Red Pepper Jelly 8.99
A PORTION OF EACH BASKET WILL BE DONATED TO MR. T'S OUTREACH.
OUR BFC ASSOCIATE ASSISTANCE FUND

#### SOUTHERN FRIED PICKLES

Crispy, golden, & packed with flavor! Our hand-breaded pickles are soaked in rich buttermilk, coated in a savory Southern sage breading & fried to perfection. Served with a side of smoky chipotle ranch for the perfect kick. A crunchy, tangy classic with a bold twist! 8.99

# FALL WHAT'S FRESHT

CHOC CHIP **PUMPKIN** PANCAKE STACK

Chocolate Chip Pumpkin pancakes layered with a creamy cheesecake filling & drizzled with white chocolate, a maple brown butter Sauce & a cinnamon crumble garnished with house made whipped cream. 15.99

**BREAKFAST** CRUNCH WRAP

CHORIZO

Grilled tortilla stuffed with scrambled eggs. bacon, chorizo sausage, sausage, ham, crispy tortillas, cheddar cheese & Chipotle Cream. Served with salsa & choice of side. 14.99

TURKEY **AVOCADO**  Grilled EBS Soudough bread piled high with our house roasted sage rubbed

**GRILLED SHRIMP** & SPINACH SALAD

Fresh Spinach, goat cheese, blueberries, strawberries, granola. Hard boiled egg topped with Seasoned Shrimp finished with a Hot Maple Bacon Vinaigrette. 17.99

# **CLUB MELT**

turkey, cheddar & pepper jack cheeses, chipotle cream, fresh spinach, pickled onion, tomato, avocado, & bacon jam. 14.99

# ROM THE GRIDDLE

## CAPTAIN CRUNCH FRENCH TOAST

Challah bread dipped in French toast batter & rolled in Captain Crunch pieces. Topped with fresh strawberries, blueberries & sliced bananas. Finished with powdered sugar & whipped cream. 14.99

#### CHALLAH BREAD FRENCH TOAST

Sprinkled with cinnamon & powdered sugar. 12.99

#### 🖊 BANANAS & BLUEBERRIES FOSTER STUFFED FRENCH TOAST

Challah French toast stuffed with cream cheese & fresh bananas, topped with fresh blueberries & sautéed in a sauce of butter, brown sugar, cinnamon & dark rum. 14.99

#### **SWEET CREAM PANCAKES**

A stack of fluffy pancakes. 10.99 Add Strawberries or Blueberries or Bananas or Granola - add 1.00

### 🎁 LEMON RICOTTA PANCAKES

Try our "famous" pancakes, mixed with fresh lemon ricotta cheese & "You'll never have plain pancakes again". Moist, fluffy pancakes topped with powdered sugar, whipped cream & a lemon twist. 12.99

#### BLUEBERRY LEMON RICOTTA BELGIAN WAFFLE

Topped with fresh blueberries with homemade Berry Jam, white chocolate, whipped cream & powdered sugar. 12.99 Plain waffle 11.99

All omelets are served with toasted wheat berry bread. Add American, Swiss or Cheddar cheese to any omelet for 1.00 Add Boursin or Mozzarella cheese for 1.50 Add Egg Whites for 1.50 Sides include potatoes, grits, oatmeal or tomatoes. Fresh fruit, 1.50

#### CREATE YOUR OWN OMELET

Start with ham, sausage or bacon & choice of Swiss, American or Cheddar cheese & one vegetable (tomato, spinach, onion, peppers, mushroom or jalapeño). 13.99 Ham, chicken, bacon, turkey, sausage or Birria beef 1.99 ea. Additional vegetables 1.00 ea. • Mozzarella or Boursin cheese 1.50 ea.

#### BUTCHER SHOP OMELET

Ham, applewood smoked bacon & sausage topped with our homemade sausage gravy. 15.49



#### BACON, AVOCADO & CHEESE OMELET

Chopped applewood smoked bacon, freshly mashed avocado & cheddar cheese. 15.49



Sautéed spinach & onions with mushrooms, diced tomatoes, a trio of roasted peppers & Boursin cheese. 15.49

All hashes are served over home-fried Red Bliss Potatoes with a biscuit & apple butter

#### NASHVILLE HOT CHICKEN HASH

Hand breaded antibiotic-free chicken tenders hand dipped in a spicy oil, crowned with two eggs & topped with a fresh made Comeback Hollandaise sauce & sliced pickles. 14.99



#### 🃂 BIG COUNTRY HASH

Ham, pork sausage & chopped bacon, shredded cheddar cheese. Topped with two eggs to order covered with our homemade sausage gravy. 14.99

#### CHICKEN BACON AVOCADO HASH

Free range chicken, bacon, avocado mash, diced tomato, cheddar & Jack cheeses topped with two eggs, enchilada sauce & drizzled with chipotle cream. 15.99



#### 🝑 O.M.G. HOMEMADE CORNED BEEF HASH

Slow roasted brisket, chopped with a trio of peppers, onion & potatoes, grilled & served with two eggs plus your choice of side. 14.49 Side of Corned Beef Hash 7.99

Crispy potato pancakes with cheddar cheese, crumbled bacon, green onions, diced tomatoes & two eggs served with a side of sour cream & home-baked wheat toast. 13.99

#### CHICKEN N BISCUIT OMELET

Three egg omelet stuffed with buttermilk fried chicken & pepper jack cheese. Topped with a scratch-made biscuit & smothered in sausage gravy, dusted with green onions & Cajun spices. Served with red bliss potatoes. 14.99

#### NOVA SALMON\* BENEDICT

Cold smoked Nova Salmon\* nestled atop two potato latkes & herbed cream cheese with fried capers. Topped with two perfectly poached eggs\*, diced tomatoes, pickled red onions & drizzled with Hollandaise. 18.99.

#### PAPA T'S FAMOUS EGG SANDWICH

Two eggs. cheddar jack cheese, apple cider bacon, spinach, tomatoes, crispy pickled onions, avocado mash & House sriracha aioli on griddled challah bread. 14.99

**Sunrise Sandwich - Choice of 2 eggs and cheese on a potato roll.** 8.99 Add bacon or sausage for 1.99

### 🌄 BUTTERMILK BISCUITS & GRAVY WITH EGGS

One scratch-made buttermilk biscuit topped with homemade sausage gravy & two eggs any style. Served with seasoned crispy red bliss potatoes. 12.99



Burrito stuffed with chorizo sausage, eggs, Pepper Jack cheese, tri-colored peppers & sautéed onions, topped with enchilada sauce, cojita cheese drizzled with chipotle cream. Served with salsa & home-fried Red Bliss Potatoes. 13.99

### BERRY FRESH SLAM

Two eggs, pancake stack included, bacon, sausage or ham with red bliss seasoned potatoes. 15.99



### 🧚 BIRRIA BREAKFAST TACOS

Three flour tortillas stuffed with scrambled eggs and overnight braised beef. Topped with cotija cheese, chopped onion and fresh cilantro. Served with consomme for dipping. Choice of side. 13.99

All benedicts topped with scratch-made Hollandaise sauce.

#### **IRISH EGGS\* BENEDICT**

Toasted English muffins topped with our homemade corned beef hash, two poached eggs\* & scratch-made Hollandaise sauce. Your choice of side. 15.49

#### TRADITIONAL VERY BERRY EGGS\* BENEDICT

Perfectly poached eggs\* with Canadian bacon & fresh-made Hollandaise sauce. Your choice of side. 15.49

#### NASHVILLE CHICKEN BENEDICT\*

Scratch made biscuit layered with pimento cheese, pickle slices, Nashville chicken tenders, 2 perfectly poached eggs\* comeback hollandaise sauce & sprinkled with green onions. Served with red bliss potatoes. 15.49



A homemade freshly-baked biscuit layered with fresh sausage patties & poached eggs\*, topped with sausage gravy & scratch-made Hollandaise sauce. Your choice of side. 15.49

#### JALAPENO RED PEPPER JELLY CHICKEN N WAFFLES

Hand breaded, buttermilk and pickle juice marinated crispy chicken tenders, dipped in our homemade, jalapeno red pepper jelly, served on top of a fresh made belgian waffle, served with whipped butter. 14.99

### HOT HONEY CHICKEN FRIED CHICKEN N EGGS PLATTER

Our buttermilk & pickle juice marinated chicken breast is dusted in sage breading, fried & smothered in homemade sausage gravy & finished with sweet n spicy hot honey. Served with two eggs, red bliss, potatoes and a biscuit. 17.99



Stone-ground grits topped with shrimp, cheddar cheese, onions, tomatoes, bacon & pepper trio in a cajun cream sauce. 15.99

#### THE ULTIMATE BARBACOA GRILLED CHEESE

Thick cut everything sourdough bread layered with grilled tomatoes, barbacoa beef, caramelized onions, garlic aioli, american & pepper jack cheeses grilled to golden perfection. Served with a side of consomme & choice of side. 13.99

MONDAY - FRIDAY 7AM-8AM PRICING 9.99 EACH SATURDAY & SUNDAY

PRICING 13.99 EACH



MONDAY- FRIDAY BREAKFAST SPECIALS 11.99 EACH

BREAKFAST SPECIAL

Two eggs, red bliss potatoes,toast, bacon or sausage with coffee.

AVAILABLE FOR

One giant sweet cream pancake, bacon, or sausage with coffee.

# HEALTHIER



### **VEGETARIAN WRAP**

Roasted artichokes, fire roasted tomatoes, vine ripe tomatoes, cucumbers, fresh greens, avocado mash, goat cheese, pickled red onions, microgreens and citrus vinaigrette wrapped in a whole wheat tortilla. Served with your choice of side. 13.99





**W** ENERGY WRAP

Fluffy egg whites, fresh tomatoes, mushrooms & spinach wrapped in a whole wheat tortilla. Served with fresh fruit & a side of salsa. 12.99

#### GD HEALTHY START CHICKEN EGGWHITE SCRAMBLE

Chicken, spinach and tomatoes scrambled in fluffy egg whites. Topped with avocado mash. Served with fresh fruit & red salsa. 13.99

### NOVA SALMON\* ACAPULCO TOAST

Creamy avocado served on wheat berry bread, topped with thinly sliced Nova Salmon with fried capers, diced tomatoes, & pickled red onions & drizzled with Hollandaise with your choice of two eggs & a side. 17.99 Plain Acapulco Toast N Eggs \$12.99

#### SPRING BERRY ACAI BOWL

Acai sorbet, toasted coconut, fresh cut bananas, blueberries, pineapples, and strawberries. Drizzled with FL honey and served with a BFC Homemade Granola. 11.99 Add peanut butter 1.00

### **OLD-FASHIONED OATMEAL**

Fresh-made daily with whole milk served with brown sugar & raisins. 7.99 Granola add 2.00

Fresh blueberries or strawberries & candied walnuts add 1.00

All sandwiches include your choice of crispy fries, homemade red bliss potato salad or cole slaw. Substitute Sweet Potatoes Fries or Fresh Fruit for 1.50

#### BFC CLUB SANDWICH

Sliced Ham, roasted turkey, Applewood smoked bacon, Swiss & American cheese, tomatoes,

leaf lettuce with mayou...

OPEN FACED GREEN GODDLESS
TURKEY AVOCADO TOAST SANDWICH

Wheat berry toast, leaf lettuce, fresh avocado mash, sliced house roasted herb turkey breast, fire-roasted tomatoes roasted artichokes, micro greens served open-faced

"Louisemade Green Goddess dressing drizzle. 12.99

Corned beef, Swiss cheese, sauerkraut & Thousand Island dressing on grilled marbled rye. 12.99

#### 6 SLICE BLT

6 slices of crispy bacon, lettuce, sliced tomato & chipotle cream on wheat berry bread. 14.99 Add Avocado 1.99

#### NASHVILLE HOT CHICKEN SAMMIE

Our buttermilk & pickle juice, marinated antibiotic, free chicken breast dusted in southern sage breading, dipped in spicy nashville oil on a bed of coleslaw, pickles, & comeback sauce on a potato roll with your choice of side 12.99



#### CHICKEN PESTO OVEN-BAKED SAMMIE

Grilled chicken breast topped with mozzarella cheese, Parmesan cheese, sliced tomato & pesto on artisan French baquette. 12.99

#### **ELEVATED CHICKEN SALAD SAMMIE**

Our house herb roasted chicken salad served on a toasted artesian roll garnished with lettuce, tomato, & fried pickled red onions. Served with your choice of side 12.99

### For more options see our **Healthier Side Menu**

Scan our QR Code



**VEGAN** 





**KD** KETO DIET



### VG HIPPIE PICNIC SANDWICH

Oven roasted sandwich on toasted wheat berry bread with citrus vinaigrette, vegan cheddar cheese, roasted artichoke hearts & roasted tomatoes, sliced tomatoes, cucumbers, fresh artisanal greens, avocado mash, pickled red onions. Served with your choice of side. 12.99

#### POWERHOUSE PROTEIN PLATTER

Farm fresh scrambled eggs and two hearty proteins of your choice bacon, sausage, Canadian bacon, turkey, ham, birria, or chicken sausage. Served with ripe sliced tomatoes – a perfect, protein-packed way to power through your day. 12.99 add cheese for an extra punch of protein for .99

#### GREEK YOGURT BERRY BLISS

Chilled Greek yogurt topped with fresh berries, a homemade granola and a drizzle of FL honey. Served with a blueberry muffin. 10.99

#### G GLUTEN-FREE HONEY PANCAKES

Drizzled with honey. 11.99

Two hand-formed 1/4 lb. grilled burgers made of a fresh blend of short rib, brisket & ground chuck, grilled juicy & served medium well on a grilled potato roll with lettuce, tomato, onion & pickles with your choice of crispy fries, homemade red bliss potato salad or cole slaw.

Sweet Potatoes Fries for 1.50 Fresh fruit for 1.50

#### **BRUNCH STYLE**

Topped with cheddar cheese, bacon, fried egg, chipotle cream. 13.99

#### CHEDDAR & BACON STYLE

Cheddar cheese & applewood smoked bacon. 12.99



# ROUGH NIGHT BURGER

1 Burger patty, 2 southern fried chicken tenders, house herb roasted turkey, grilled ham steak, 2 slices of bacon, American cheese, & garlic aioli on a fresh baked biscuit & smothered in house sausage gravy, sprinkled with green onions & served over a bed of bliss potatoes 17.99

**SALAD DRESSINGS:** Blueberry balsamic vinaigrette, buttermilk ranch, house-made Green Goddess, blackberry honey mustard, hot maple bacon vinaigrette, low fat & house-made gluten-free citrus vinaigrette. Served with homemade biscuit & apple butter.

#### **GREEN GODDESS TURKEY POWER SALAD**

Sliced house roasted herb turkey breast, artisanal greens, pinapple, strawberries, blueberries dried cranberries, diced tomatoes, red onions & goat cheese. Topped with Pepitas, crispy pickled red onion strings, smashed avocado & a drizzle of our homemade green goddess dressing. half 11.99 full 14.99

#### STUFFED TOMATO DUO SALAD

Two tomatoes stuffed with chicken & tuna salads. Served with a side salad of mixed greens, hard boiled egg, smashed avocado, & pickled onions.

GARDEN FRESH SALADS

Drizzled with balsamic glaze. Served with blueberry balsamic dressing 14.99

#### SOUTHERN HOT HONEY CHICKEN COBB SALAD Fresh artisanal greens topped with Florida hot honey, crispy chicken, candied walnuts, pickled red onion.

avocado, bacon, hard boiled eggs, tomato, cheddar cheese, & blue cheese crumbles. Drizzled with house-made green goddess dressing. Served with a fresh baked biscuit. Half 12.99 Full 15.99



### 😽 GRILLED CHICKEN & STRAWBERRY SALAD

Fresh artisanal greens, grilled free-range chicken, strawberries, blue cheese crumbs, candied walnuts & tomatoes with blueberry balsamic vinaigrette. Half 10.99 Full 13.99



**MONDAY - FRIDAY** WEEKDAY LUNCH SPECIALS PICK 2

PICK ONE FROM SECTION A OR SECTION B AND ONE FROM SECTION C

**SATURDAY & SUNDAY** PRICING + 2

SECTION A

OR

**SECTION B** 

AND

**SECTION C** 

### CAFE LUNCH PICK 2 FOR 3.99

Weekday Prices Only Available Mon-Fri 1/2 ELEVATED CHICKEN SALAD SAMMIE

Our house herb roasted chicken salad served on a toasted artesian roll garnished with lettuce, tomato. & fried pickled red onions.

### 1/2 ALBACORE TUNA SALAD

All white albacore salad served on a toasted artesian roll garnished with lettuce, tomato, & micro greens.

#### 1/2 TURKEY & SWISS

Our house herb roasted turkey served on a wheat berry bread garnished with lettuce and tomato.

### BISTRO LUNCH PICK 2 FOR 9.56 1/2 ULTIMATE BARBACOA GRILLED CHEESE

Thick cut everything sourdough bread layered with grilled tomatoes, barbacoa beef, caramelized onions, garlic aioli, american & pepper jack cheeses grilled to golden perfection. Served with a side of consomme.

### OVEN-BAKED 1/2 GRILLED CHICKEN PESTO SANDWICH

Grilled chicken breast topped with mozzarella cheese. Parmesan cheese, sliced tomato & pesto on an artisan French baguette.

### 1/2 BFC CLUB SANDWICH

Sliced ham, hormone-free oven roasted turkey, applewood bacon, Swiss cheese, American cheese tomatoes, leaf lettuce with mayonnaise & BBQ sauce on challah bread.

#### 1/2 6 SLICES BLT

3 slices of crispy bacon, lettuce, tomato & chipotle cream on wheat berry bread.

Kindly note that 18% service charge will be added to each check.

#### SOUP

Cup of Tomato Basil Seasonal Soup of the Day

### OUR BISTRO SALAD

Fresh artisanal greens with candied walnuts, tomatoes, red onions Gorgonzola cheese & applewood bacon pieces with blueberry balsamic vinaigrette dressing.

### MIXED BERRY SUPERFOOD POWER SALAD

Fresh artisanal greens, craisins & sliced pepitas. Topped with fresh blueberries, strawberries, pineapple, goat cheese, tomatoes, cucumbers & red onions, Gluten-free & low-fat citrus dressing.