

Pelion Beets, Asheville Butter, Coastal Carolinas Seafood and Fish, Lucama Sweet Potatoes, Nashville Eggs, Cox Farms Beef & Pork, Poultry Junction Farms, Dukes Bread, Ashley Farms, Lucky Leaf Gardens, Sunny Quail Farms, Tega Hills, Anson Mills, Tomme Cheese, Pelion Beets, Asheville Butter, Coastal Carolinas Seafood and Fish, Lucama Sweet Potatoes, Nashville Eggs, Cox Farms Beef & Pork, Poultry Junction Farms, Dukes Bread, Ashley Farms, Lucky Leaf Gardens, Sunny Quail Farms, Tega Hills, Anson Mills, Tomme Cheese,

## ON THE LIGHTER SIDE

THE CONTINENTAL 12  
Yogurt, Fresh Fruit, Muffins, Breakfast Pastries,  
Sweet Butter, Assorted Jams

MARKET FRUIT & BERRIES 9  
Selection of Seasonal Fruits

BERRY & YOGURT PARFAIT 10  
Plain, Greek, Vanilla, or Low Fat  
Wild Flower Honey, Berries, Granola, Flaxseed

SELECTION OF CEREALS 8  
Selection of Kashi Cereals, Mixed Berries or Bananas

STEEL CUT OATMEAL 9  
Golden Raisins, Brown Sugar, Dried Cranberries, Pecans

JACKSON COUNTY SMOKED TROUT TARTINE\* 16  
Lemon & Chive Cream Cheese, Arugula, Pickled Onions, Rustic  
Bread Microgreens

## BUILD YOUR OWN OMELET 15

Served with Breakfast Potatoes or Grilled Tomato

CHOOSE ONE: Swiss, Cheddar, Goat Cheese, American

CHOOSE ONE: Sausage, Bacon, Ham, Chicken, Shrimp,  
Turkey

CHOOSE THREE: Sweet Peppers, Onions, Spinach,  
Tomato, Asparagus



## BREAKFAST PLATES

BRIOCHE SANDWICH \* 15  
Canadian Bacon, Maple Smoked Cheddar, Over Medium Eggs,  
Pepper Jelly

AMERICAN BREAKFAST\* 17  
Two Eggs Your Style, Applewood Smoked Bacon or  
Sausage Links, Breakfast Potatoes, Toast, Preserves,  
Juice or Coffee

EGG WHITE OMELET 15  
Goat Cheese, Spinach, Tomato & Basil Salad

COUNTRY OMELET 16  
Hand Whipped Three Egg Omelet, Cured Ham,  
Sliced Mushrooms, Tomatoes, Sweet Onions, Aged Cheddar  
or Swiss Cheese, Breakfast Potatoes, Toast, Preserves

SPANISH FRITTITATA 17  
Asparagus, Tomato, Onions, Potatoes, Chorizo or Shrimp,  
Manchego Cheese, Choice of Breakfast Meat

NORTH CAROLINA “CROQUE MADAME” \* 18  
Smithfield Ham, Ashe County Cheddar, Collard Greens, Fried  
Egg

NC JUMBO LUMP & POTATO CRAB HASH 21  
Poached Organic Eggs, Served with Tarragon Hollandaise

CRISPY BELGIAN WAFFLE 16  
Warm Maple Syrup, Powdered Sugar

BLUEBERRY PANCAKES 14  
Pecan Butter, Maple Syrup, Berries

Executive Chef | Oscar La Fuente  
Sous Chef | Tobin McAfee

We at Social Bar & Kitchen would like to recognize the purveyors  
& artisans who enrich our menus with their fresh ingredients.

We are proudly supporting Children's Miracle Network Hospitals  
with \$1.00 donation with every breakfast entrée sold.

555 South McDowell Street, Charlotte, North Carolina 28204

## LITTLE EXTRAS

MEATS & SMOKED FISH  
Applewood Bacon 6  
Chicken Apple Sausage 6  
Pork Sausage Links 6  
Cold Smoked Salmon\* 8

SIDES  
Breakfast Potatoes 5  
Grilled Tomato 5  
Fresh Cut Fruit 6

BAGEL 6  
Philadelphia Cream Cheese

PASTRIES 7  
Fresh Muffin, Croissants or Danishes, Preserves & Butter

TOAST 6  
Whole Wheat English Muffins, Wheat, Rye, or White,  
Preserves and Butter

BEVERAGES  
FRESH BREWED STARBUCKS COFFEE  
REGULAR OR DECAFFEINATED  
Cup 4

Cappuccino 5.50  
Espresso 4.50

HOT CHOCOLATE 4

SELECTION OF TAZO TEAS 4  
Awake Black Tea, Earl Grey, Black Tea, Zen Green Tea, Lotus  
Decaf Green Tea, Refresh Decaf Mint Tea, Wild Sweet Orange  
or Calm Herbal Infusion

JUICE  
Fresh Orange or Grapefruit 8  
Apple or Cranberry 6

MILK 6  
2%, Skim, Soy, Whole or Chocolate

*\*These items may be undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.*

Cox Farms Beef & Pork, Poultry Junction Farms, Dukes Bread, Ashley Farms, Lucky Leaf Gardens, Sunny Quail Farms, Tega Hills, Anson Mills, Dukes Bread,