



THE FIFTH FORK

BREAKFAST

SLICED FRUITS & BERRIES   \$18
With Sorghum Yogurt

STEEL CUT OATMEAL   \$15
Fresh Berries, Brown Sugar, Toasted Almonds,
Cinnamon and Raisins

CHIA PARFAIT \$15
Strawberry, Organic Vanilla Sorghum Yogurt,
Homemade Coconut Granola

FRESH BERRY SMOOTHIE   \$12
Mixed Berries, Carolina Honey and Organic
Greek Yogurt

CHARLOTTE BAGEL \$8
Plain, Whole Wheat or Everything served with
Cream Cheese

BAKERY \$8
Choice of Butter Croissant, Cinnamon Pinwheel,
Danish Pastry, Muffin of the Day

BREAD \$7
Honey Wheat, Sunflower Seed, Sourdough,
White or English Muffin served with Whipped
Butter and Fruit Preserves

TROPICAL ACAI SMOOTHIE   \$14
Acai Berries, Bananas, Mangoes and
Almond Milk

Smoothie Enhancements: Vanilla Protein Powder, Chocolate Protein Powder or Collagen Powder \$5

SOUTHERN FAVORITES

BISCUITS & GRAVY \$16
Homemade Buttermilk Biscuits, Carolina Pride
Pork Sausage Gravy

SEA ISLAND HEIRLOOM PURPLE   \$14
CORN GRITS
Ashe County Cheddar, Whipped Butter

CAROLINA SKILLET* \$28
Choice of Cage Free Eggs, Steak Tips,
Fried Green Tomato, Ashe County Habanero
Cheddar Hollandaise, Grilled Asparagus

“Southern cooking warms the
heart and feeds the soul”

AVOCADO TOAST  \$24
Cage Free Eggs Any Style*, Lemon Mascarpone,
Sour Dough Bread, Grilled Asparagus, Balsamic
Roasted Tomatoes and Second Hill Farm Frisee

SUSTAINABLY SOURCED SMOKED \$22
SALMON
Caper Berries, Pickled Red Onions, Chive Cream
Cheese, Cured Tomatoes, Choice of Bagel

BRASWELL FARMS CAGE FREE EGG \$24
OMELET  
Choose from: Bacon, Ham, Cheese, Spinach,
Sautéed Mushroom, Onion, Tomato, Bell Peppers
& House Potato. Served with Toast

VEGETARIAN SKILLET   \$24
Cage Free Egg Whites Any Style*, Spinach, Goat
Cheese, Pepperonata, Crispy Hash Brown,
Crumbled Vegan Sausage, Ashe County Cheddar
Cheese, Grilled Asparagus

ALL AMERICAN \$30
Two Cage Free Eggs Any Style*, House Potatoes,
Choice of Breakfast Meat, Grilled Tomato, Toast,
Coffee and Juice
\$1 To be Donated to the Children's Miracle Hospitals

TRADITIONAL EGGS BENEDICT* \$26
Cage Free Poached Eggs, Canadian Bacon,
Asparagus, Hollandaise

ADDITIONAL PROTEIN \$10
Applewood Smoked Bacon, Turkey Bacon, Grilled
Black Forest Ham, Chicken Sausage, Country
Pork Sausage, Vegan Sausage

MORNING SUNRISE  \$20
Choice of Classic French Toast, Griddle Cake or
Belgian Waffles served with Fresh Berries,
Powdered Sugar and Vermont Maple Syrup

SIDES \$8
Crispy Hash Brown, Breakfast Potatoes, Grilled
Asparagus, Roasted Tomatoes

A 20% service charge will be added to parties of 6 or more

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

 The ingredients in our menu are sustainably farmed, locally sourced, including herbs from our Rooftop Garden

 Vegetarian  Gluten Free  Vegan