



BEST TACOS IN TOWN 9

Roasted Pacific Wild Cod	\$15.99
seasoned & pan-roasted catch.	
Roasted Lime Chicken	\$14.99
Springer Mountain Chicken, melted jack & local corn salsa.	
Southwestern Wild Ga. Shrimp	\$15.99
local seared shrimp with spicy adobo.	
Bbq Pulled Pork & Pineapple	\$13.99
all natural tender all natural bbq pork & fresh pineapple salsa.	
Southern Fried Chicken	\$13.99
crispy AB-free chicken, homemade slaw & spicy mayo.	
Organic Tiger Tofu	\$13.99
sweet & spicy garlic ginger marinade.	
Spicy Jerk Chicken	\$13.99
melted jack & fresh pineapple salsa.	
Black Bean, Spinach & Mushroom	\$13.99
with Guacamole & Melted Jack Cheese	
Lime Chicken & Goat Cheese Enchiladas	\$13.99
Springer Farms Chicken, Caramelized Onions, Black Beans, Topped with Avocado Salsa Crema and Melted Monterey Jack Cheese, served with Organic Greens Tossed in Cilantro-lime Vinaigrette	

YUMMY BURRITOS 3

Roasted Lime Chicken	\$10.99
Springer Mountain Farms Chicken with black beans, pico de gallo, sliced avocado & melted pepperjack.	
Roasted Pork	\$10.99
with grilled pineapple salsa, pico de gallo, sliced avocado & melted pepperjack.	
Tofu & Vegetable	\$10.99
seared Organic tofu, roasted eggplant, squash, zucchini, mushrooms & peppers with wilted spinach & melted mozzarella.	

QUESADILLAS 3

Wild Ga Shrimp & Avocado	\$14.99
with melted pepperjack cheese, sliced avocado, black beans & pico de gallo in a crispy flour tortilla.	
Roasted Chicken & Goat Cheese	\$13.99
Springer Farms Chicken with melted goat cheese, roasted red & yellow peppers, caramelized onions & basil pesto in a crispy flour tortilla.	
Tofu & Vegetable	\$13.99
seared Organic tofu, roasted eggplant, squash, zucchini, mushrooms & peppers with wilted spinach & melted mozzarella.	

AWARD WINNING SALADS 11

Mexican Chicken	\$14.49
the works! chopped romaine hearts, roasted Springer Farms chicken, pico de gallo, black beans, sliced avocado, shredded monterey jack & crisp tortilla strips served with spicy ranch dressing.	
Spinach & Wild Shrimp	\$14.99
sauteed wild georgia shrimp, artichoke hearts, roma tomatoes, pepperoncinis & feta cheese.	
Broughton Cobb	\$13.99
organic greens, grape tomatoes, vidalia onions, cage free Egg, uncured cherrywood bacon, roasted Springer Farms chicken, gorgonzola, sliced avocado & alfalfa Sprouts	
Vegetarian	\$13.99
homemade hummus and tebbouleh, kalamata olives, roma tomatoes & cucumbers on organic greens. choice of tofu or feta.	
Southwestern Chicken Caesar	\$13.99
romaine hearts, roasted Springer Farms chicken, roma tomatoes, sliced avocado & shredded asiago tossed in a spicy chipotle caesar dressing. sub tofu, tilapia or shrimp.	
Olympic Greek	AVAILABLE OPTIONS
cucumber, bell peppers, roma tomatoes, vidalia sweet onion, kalamata olives & feta wedge with agean herbs on a bed of organic mixed greens.	large: \$11.99
	medium: \$7.49
West Indian Trader	AVAILABLE OPTIONS
curried Springer Farms chicken salad, walnuts, mixed fresh fruit, roma tomatoes, cucumbers & a slice of homemade banana bread on organic greens.	large: \$13.99
	small: \$7.49
Kayak Kasa *	AVAILABLE OPTIONS
organic greens, red onion, pecans, roma tomatoes & feta cheese.	large: \$10.99
	small: \$7.49
The Caesar *	AVAILABLE OPTIONS
romaine lettuce, parmesan cheese, homemade croutons & sliced lemon.	large: \$10.99
	small: \$7.49
Iron Booster *	AVAILABLE OPTIONS
baby spinach, roasted red peppers, mushrooms, red onions, alfalfa sprouts & sunflower seeds.	large: \$11.99
	small: \$7.49

Half & Half	\$12.49
choose half a sandwich with your choice of homemade soup or a small salad. please choose from items with an asterisk only.	

PANINI 7

Roasted Turkey Cubano	\$11.99
Roasted All-Natural Turkey & Uncured Smokehouse Ham, Melted Swiss, Chipotle Mayo, Dill Pickles & Organic Greens. (make it a classic and sub roasted pork for turkey)	
Greek Chicken Panini	\$11.99
Sliced Springer Farms Chicken, Basil Pesto, Tomatoes, Kalamata Olives, Feta Cheese, Sun-Dried Tomato Spread & Fresh Spinach.	
Italian Classic	\$11.99
Uncured Smokehouse Ham & Salami, Provolone, Roasted Peppers, Caramelized Vidalia Onions, Roma Tomatoes & Organic Greens.	
Georgia Shrimp Panini	\$12.99
wild georgia shrimp, basil pesto, sun-dried tomato spread, roma tomatoes, caramelized vidalia onions & mozzarella.	
Kayak Club	\$11.99
Sliced Springer Farms Chicken, Uncured Cherrywood Bacon, Melted Cheddar, Sliced Tomatoes, Red Onions, Organic Greens and Herb Mayo.	
Roasted Turkey & Applewood Bacon	\$11.99
Roasted All-Natural Turkey & Uncured Cherrywood Bacon with Guacamole, Tomatoes, Melted Asiago, Organic Greens, Baby Spinach & Mozzarella.	
Spicy Jerk Chicken Panini	\$11.99
not for the faint of heart! roasted Springer Farms chicken, melted jack cheese, lettuce & roma tomatoes with lime mayo.	

SANDWICHES 7

Black-eyed Pea Burger	\$10.00
served on a brioche bun with organic greens, red onion, sliced avocado, sprouts and a roasted red pepper aioli	
Turkey Avocado Melt *	\$10.00
Sliced All-Natural Turkey, Roma Tomatoes, Sliced Avocado & Melted Mozzarella on Toasted Sourdough.	
Tuna Melt	\$10.00
Line&Pole Caught MSC tuna on toasted sourdough with melted cheddar, alfalfa sprouts, roma tomatoes & caramelized vidalia onions.	
Georgia Bliss *	\$10.00
Sliced Springer Farms Chicken Breast, Sundried Tomato Pesto, Caramelized Vidalia Onions, Sliced Avocado & Gorgonzola.	
Cockspur *	\$10.00
Sliced All-Natural Turkey Breast, Caramelized Vidalia Onions, Swiss Cheese, Organic Greens and Honey Mustard.	
Islander *	\$10.00
curried Springer Farms chicken salad, mango chutney, vidalia onion, roma tomatoes & organic greens.	

Roasted Vegetable Balsamico *	\$10.99
Oven Roasted Eggplant, Squash, Red Peppers, Mushrooms, Melted Vegan Mozzarella & Baby Spinach on Organic Sprouted Multigrain Bread.	

SOUPS 3

Hearty Turkey Chili	AVAILABLE OPTIONS
AB-free lean turkey meat	cup: \$4.49
	bowl: \$6.99
Tomato Basil	AVAILABLE OPTIONS
	cup: \$4.49
	bowl: \$6.99
Soup Of The Day	AVAILABLE OPTIONS
	cup: \$4.49
	bowl: \$6.99

TASTY SIDES 9

Superfood Side Salad	\$5.00
farro, wheatberries, cous cous, quinoa, black beans and corn tossed in a cilantro-lime vinaigrette	
Mediterranean Hummus with Pita Points	\$6.00
Housemade Guacamole with Pita Points	\$8.00
Really Good Mac & Cheese	\$5.00
Drunken Pinto Beans	\$4.00
Mexican Rice w/ Queso & Pico de Gallo	\$4.00
Rice & Bean Combo	\$4.00
Latin Cabbage Salad	\$3.00
Route 11 Potato Chips	\$1.50

KIDS KORNER 5

Cheese Quesadilla	\$6.00
Grilled Cheese	\$6.00
Chicken Fingers	\$6.00
AB-free chicken fingers	
Peanut Butter & Jelly Sandwich	\$5.00
Chicken Empanada	\$6.00

SWEET TOOTH 2

Oatmeal Chocolate Chip Cookie	\$3.49
Fudge Brownie	\$3.49

BEVERAGES 11

Pellegrino	\$3.00
Abita Root Beer	\$3.00
Soft Drinks	\$1.95
Sweet Or Unsweet Tea	\$2.75
Homemade Lemonade	\$3.75
Arnold Palmer	\$3.25
Jarritos	\$2.00
Glass Bottle Coke	\$3.00
Kayak Filtered Perc Coffee	\$2.75
Organic Green or Black Tea	\$2.75
Hot Chocolate	\$2.50

ICY BOTTLED BEER - DOMESTIC 4

Yeungling/yuengling Light	\$3.50
Miller Light	\$3.50
Budweiser	\$3.50
PBR big boy (24oz)	\$3.50

ICY BOTTLED BEER - IMPORTS/MICRO BREWS 18

Corona/Corona Light	\$4.50
Stella Artois	\$4.50
Sweetwater "Low Ryeder"	\$4.50
Sweetwater 420	\$4.50
Modelo Especial	\$4.50
Terrapin "Easy Rider"	\$4.50
Bell's Amber Ale	\$4.50

Fox Barrel Apricot Pear Cider	\$4.50
Dale’s Pale Ale (can)	\$4.50
Terrapin Golden Ale	\$4.50
New Belgium Ranger Ipa	\$4.50
Red Stripe	\$4.50
Pacifico	\$4.50
Abita Turbodog	\$4.50
New Belgium Shift (can)	\$4.50
Allagash White	\$4.50
Dogfish Indian Brown	\$4.50
Rogue Mocha Porter	\$4.50

DIVINE WINES - WHITES 6

William Hill Chardonnay	AVAILABLE OPTIONS
	Glass: \$6.00
	Bottle: \$21.00
Martin Codax Albariño	AVAILABLE OPTIONS
	Glass: \$6.00
	Bottle: \$21.00
Peter Mertes Platinum Reisling	AVAILABLE OPTIONS
	Glass: \$6.00
	Bottle: \$21.00
Le Cengle- Cote De Provence Rosé	AVAILABLE OPTIONS
	Glass: \$6.00
	Bottle: \$21.00
Alamos Torrontes	AVAILABLE OPTIONS
	Glass: \$6.00
	Bottle: \$21.00
Tierra Alta Sauvignon Blanc	AVAILABLE OPTIONS
	Glass: \$6.00
	Bottle: \$21.00

DIVINE WINES - REDS 4

Red Rock Merlot	AVAILABLE OPTIONS
	Glass: \$6.00
	Bottle: \$21.00

Cotes De Provence	AVAILABLE OPTIONS
	Glass: \$6.00
	Bottle: \$21.00
Seaglass Pinot Noir Alamos Malbec	AVAILABLE OPTIONS
	Glass: \$6.00
	Bottle: \$21.00
Alamos Malbec	AVAILABLE OPTIONS
	Glass: \$6.00
	Bottle: \$21.00

COCKTAILS 8

Bee's Margarita	\$9.00
El Jimador Blanco Tequila, orange curacao, fresh lime, organic agave nectar Add Strawberry, Peach or Spicy jalapeno for a buck	
Eat a Peach	\$9.00
Buffalo Trace Bourbon, fresh lime, muddled mint, organic agave nectar, peach puree	
Cuba Libre	\$9.00
Five-year El Dorado Rum, Mexican Coca-cola, fresh lime, angostura bitters	
The Palm	\$9.00
Tito's Texas Vodka, muddled cucumber & mint, pineapple, mineragua	
Ernie's Mojito	\$9.00
Five-year El Dorado Rum, muddled mint & lime, organic agave nectar, mineragua Add Strawberry, Georgia Peach or Spicy jalapeno for a buck	
Hot Derby	\$9.00
Buffalo Trace Bourbon, N.C. Blenheim's Spicy Ginger Ale, Fresh lime	
Strawberry Palmer	\$9.00
Tito's Texas Vodka, Homemade Lemonade, Iced Tea, Strawberry Pureé	
Available Spirits	
Tito's Vodka Five-year El Dorado rum Buffalo Trace Bourbon El Jimador 100% Agave Tequila	