



GF - Gluten Free V - Vegetarian VG - Vegan

Brunch Menu ~ Sat & Sun 9-4

- French toast with fruit (GF) 7.99
- GF biscuits and gravy 8.99
- Biscuits and gravy 7.99
- Hash browns (GF) 5.99
- Mac n' cheese served with a side salad ... 8.99
- **Whistle Stop Platter**
BBQ Jackfruit, slaw, mac n' cheese
& fried green tomatoes 11.99

Breakfast Served 9-4

Avocado Toast

- Granola & Strawberry8.75
- Just Fruit8.00
- Hummus & Tomato7.75
- Strawberry & Agave7.75
- Tomato & Basil7.75
- GF bread+1.00

NC Nut Butter Toast

Nut butter choices of Almond, Peanut Butter, or Sunflower.
Make it even better with a topping or combination topping!

- GF bread option +1.00
- Just Nut Butter 6.00
- Banana 6.25
- Strawberry 6.25
- Blueberry 6.25
- Fruit Jam 6.25
- Custom 7.00

Bagels – Poppy’s Bagels at ESL v/vg

Bagel choices

- Asiago
- Blueberry
- Everything
- Plain
- Gluten Free (not Poppy’s)+1.00
- GF bread+1.00

Schmears

- Dairy Cream Cheese2.75
- Herbed3.00
- Strawberries, Cinnamon & Honey 3.25
- Cucumber, Tomato & Onion..... 3.25
- Hummus, Tomato, Onion & Spinach 5.25
- Vegan Cream Cheese...3.75
- Fruit Topping3.00

The Breakfast Bowl

Scratch Made Granola – gluten free oats, nuts, with added yogurt, fruit, coconut, nibs & agave.

- Greek Dairy Yogurt 6.25
- Vegan Yogurt 7.25
- Custom 7.25

Biscuit Impossible

Housemade vegan biscuits baked fresh each morning and filled with our Impossible Sausage, cheese(v/vg), grits and mustard on a biscuit 5.45

- GF Biscuit +2.50
- Add a vegan egg +2.50
- Add a chicken egg +1.00

Grits Bowl

Grits, spinach, tomato, onion, vegan or dairy cheese, mustard and our seasoned Impossible Sausage..... 5.75

- Add a Vegan Egg +2.50
- Add a chicken Egg +1.00

Sandwiches, Salads & More

Choice of Sandwich Bread or Wrap

Organic Bread

- Gluten Free Bread +1.00
- Spinach Wrap +.25

Grilled Tofu Sandwich

Marinated and grilled tofu slices with hummus, cucumbers, tomato and onion 8.50

ZLT

Fried zucchini (GF), lettuce, tomato, with garlic aioli on your choice of organic or gluten free bread 8.99

Jackfruit BBQ Sandwich

Savory BBQ jackfruit with slaw 10.99

Sundried Tomato ‘Pimiento’ Cheese

Vegan Pimiento cheese on grilled organic bread. Scratch made with Sundried tomato in lieu of Pimientos. Delicious! 8.50

- Add tomato +.25
- Add fried green tomato +2.50

The Impossible Burger - Plant based burger

Choose your toppings!

California - avocado, aioli, tomato, lettuce 14.35

- Add Vegan cheese+1.00
- Add Vegan Pimiento Cheese+1.00
- Add Dairy cheese.....+.75
- Gluten Free Bun+1.00

Award-winning Carolina

Vegan chili, slaw, pickle, onion, mustard..... 14.35

- Add Vegan cheese+1.00
- Add Vegan Pimiento Cheese+1.00
- Add Dairy cheese.....+.75
- Gluten Free Bun+1.00

The Impossible Sliders

Two sliders with proprietary seasoning, caramelized onion, aioli, avocado and a pickle – classic..... 14.35

- Add Vegan cheese +1.00
- Add Dairy cheese +.75
- Add Vegan Pimiento Cheese .. +1.00

Classic Grilled Cheese v/vg

Melted and grilled to perfection on organic bread 6.25
on gluten free bread +1.00

- Vegan cheese +1.00
- Dairy cheese

Lost on Logie

Chickless chix salad made with Tofu, herbs, apples and raisins – v 7.00

Hummus Platter

Scratch made with garlic, herbs, tahini & spice with veggies 11.00

Garden Salad vg/GF

A variety of healthy greens, veggies, almonds, seeds, and fruit served with your choice of Fuji Apple or Balsamic Vinaigrette.. 8.50
Select from one of the add ons!

- Add Grilled Tofu 10.50
- Add Impossible Burger 13.49
- Add Pimiento Cheese scoop 11.50
- Add Hummus scoop 10.50
- Add Taboo-Li scoop 11.00
- Add Vegan BBQ scoop 12.50

Chili-ritto with Chips & Salsa v/vg

Chili & vegan or dairy cheese in a spinach wrap topped with salsa, avocado & herbs..... 6.25

Special Quesadilla

Sweet peppers, tomato, basil, onion, black beans with tortilla chips & salsa and avocado (v/vg)..... 10.00

Daily Soup/ Chili

- Half Pint3.99
- Pint8.00

Fried Green Tomatoes

Drizzled with a sriracha aioli 8.99

Zook Fritters

Fried zucchini with a garlic aioli for dipping 8.99

Sides

- Cole Slaw 1.75
- Chips75
- Fruit Bowl 2.75
- Italian Bean Salad..... 3.99
- Side Garden Salad 2.25
- Side Soup 3.99

Stock Your Fridge

	<u>Half pint</u>	<u>Pint</u>
Hummus.....	3.99	7.99
Tabooli	4.50	8.99
Lost on Logie.....	4.99	8.99
Pimiento Cheese.....	5.50	9.99
Italian Bean Salad	3.99	7.99
BBQ Jackfruit.....	5.50	9.99
Coleslaw.....	3.50	6.99

Take n' Bake Biscuits 1 doz.12.75

Gluten-Free Take n' Bake Biscuits 1 doz.23.75

Coffees & Coffee Drinks

Milk Options

- Almond..... .75
- Soy..... .75
- Oat 1.00
- Whipped cream25
- Coconut..... .75
- Whole n/c
- Half-n-Half50

*Co-Ice

Ice cubes made from our gourmet coffee10

Drip Coffee

Medium or Dark Roast (milk alternatives extra)

- 12 oz. 2.75
- 16 oz..... 3.25

Central-East Latte

Add-on options for \$0.75 each: vanilla, chocolate, milano, white chocolate, caramel, hazelnut, coconut, peppermint, or sugar free

- 12 oz. 3.50
- 16 oz..... 4.25
- *With Co-Ice10

Tamarind Espresso Soda

Iced Jarrito's Tamarind Soda or a Shandy (Ginger Beer) soda with floated espresso

- 20 oz..... 4.50

Japanese Iced Coffee

Exceptionally smooth brewing technique—strong and satisfying

- 20 oz..... 2.90
- *With Co-Ice10

Flavored Japanese Iced Coffee

Exceptionally smooth brewing technique—strong and satisfying

Ask about today's flavor

- 20 oz..... 3.25
- 20 oz.2.90



Skinny Summer Latte

New Orleans style coffee mixed with oat and almond milk, cinnamon and a dash of agave.

- 16 oz. 4.25
- 20 oz. 4.75

NOLA Cold Brew

Our EastSide Pride dark roast and chicory/spice brings a taste of New Orleans to Charlotte. Sip and enjoy over Co-Ice with your choice of milk or milk alternatives.

Homemade and smooth!

- 20 oz. 4.25

Espresso

Syrups..... .75

Lattes

- 12 oz. 3.50
- 16 oz. 4.25

Americano

HOT COLD

- 12 oz. 2.25
- 16 oz. 3.75
- 20 oz. 3.75

Cappuccino

- 12 oz. 3.00
- 16 oz. 3.50

Cortado

- 8 oz. 2.85

Espresso – double

- 8 oz. 2.25

Italian Macchiato

- 8 oz. 2.75

Herbal Teas by the Cup

Chai Tea Latte

HOT COLD

- 12 oz. 3.75
- 16 oz. 4.00
- 20 oz. 5.00

Ask about our daily selection of herbal teas 3.50

Brewed Iced Teas & Lemonades

Lavender Lemonade

- 20 oz. 2.75

Hibiscus Tea

Brewed over the flower

- 20 oz. 2.75

Brewed Black Iced Tea

Sweet or unsweet

- 20 oz. 2.75

Sunrise Tea

Lemonade & Hibiscus

- 20 oz. 3.00

Sunset Tea

Lavender Lemonade & Hibiscus

- 20 oz. 3.00

Lemonade

- 20 oz. 2.75

Lavender Lemonade

- 20 oz. 2.75

Arnold Palmer

Lemonade & Black Tea

- 20 oz. 2.75

Matcha

- 20 oz. 4.75

For Matcha Latte, add:

- Almond..... .75
- Soy..... .75
- Oat 1.00
- Whipped cream25
- Coconut..... .75
- Whole n/c
- Half-n-Half50

Adult Beverages

Beer

Pilot Beer..... 7.99

Chuck Norris IPA

Island Hopper IPA

Dunkles Bock German Style Lager

Not All Heroes Dry Hopped Pilsner

Mimosa Gosa Blood Orange Gosa

Wines

glass/bottle

Red

Le Soliste Têtu Grand Noir	7/42	Pinot Noir
Jacquet Bordeaux	7/21	Merlot Cabernet Sauvignon Blend
McBride Sisters	8.99/32	Red Blend
Wonderful Win	9/30	Cabernet Sauvignon
Ariel ZERO PROOF	7/21	Cabernet Sauvignon

White

Jacquet Bordeaux	7/21	Sauvignon Semillon Muscadelle
Wonder Wine Hinnant	9/30	Chardonnay (sweet)
	6/18	Southern White semi sweet muscadine
Black Girl Magic	8.99/32	

Rosé

Ariel ZERO PROOF	7/21	Chardonnay
------------------	------	------------

Sparkling

Proa	7/18	Sparkling Brut
------	------	----------------



Mimosas

Classic Orange	5
Hibiscus	5
Blood Moon	6
Lavender Lemonade	6
Lemonade	5

Central-East Juices

Add ginger25

Orange Sunshine

Carrot, orange, apple			
• 12 oz.	6.00	• 20 oz.	9.00
• 16 oz.	8.00		

Blood Moon

Carrot, beet, apple			
• 12 oz.	6.00	• 20 oz.	9.00
• 16 oz.	8.00		

Pure Carrot

Simple and good			
• 12 oz.	6.00	• 20 oz.	9.00
• 16 oz.	8.00		

EastSide Smoothies

*Choice of Milk: Almond, Oat, Coconut, Dairy, or Soy

Shamrock

Spinach, coconut water, pineapple, mango, banana – topped with a strawberry

• 12 oz.	7.00	• 20 oz.	11.00
• 16 oz.	10.00		

Nutty Cacao

Nut milk, cacao, p-butter, vanilla, cinnamon, agave – topped with nibs

• 12 oz.	7.00	• 20 oz.	11.00
• 16 oz.	10.00		

Strawberry Creme

Nut milk, strawberry, vegan or Greek yogurt, agave – topped with a strawberry

Vegan yogurt add 1.00

• 12 oz.	7.00	• 20 oz.	11.00
• 16 oz.	10.00		

Blueberry Creme

Nut milk, blueberry, vegan yogurt (+1.00) or Greek yogurt, agave – topped with blueberries

• 12 oz.	7.00	• 20 oz.	11.00
• 16 oz.	10.00		

Desserts

*Ask about our daily selection

Cheesecakes

Over the Moon Cheesecakes

Catering & Special Order

Please order 48 hrs. in advance

**Made with nuts – GF – V – Whole cakes available – just ask!

Catering

Yes, we cater!

Contact us for delicious Vegan and Vegetarian selections for your next event.

eastsidelocaleatery@gmail.com

980-585-2957

