Teasers & PLEASERS

*ITALIAN NACHOS

Lightly fried chips, Italian sausage, provolone, mozzarella, Kalamata olives, tomatoes, pepperoncini, scallions and Asiago cheese sauce.

*MOZZARELLA CHEESE STICKS (V)

Five cheese sticks, fried golden brown, served with our homemade tomato sauce.

*FRIED MUSHROOMS (V)

Fresh hand-breaded, golden-fried tender mushrooms. Served with ranch dressing.

*LOADED POTATO SKINS (GF)

Idaho potato skins fully-loaded with lots of melted Wisconsin cheddar cheese, crispy bacon, chopped tomato and green onions. Served with sour cream.

*HAND-BREADED ONION RINGS (V)

Golden brown and served with honey mustard sauce.

*SOUTHWESTERN CHICKEN QUESADILLA

Sliced all natural char-grilled chicken breast, shredded cheddar and mozzarella cheese, smoked corn and black bean relish in a grilled flour tortilla. Served with shaved lettuce, tomatoes, sour cream and salsa.

*GYROS QUESADILLA

Gyros meat, onions, tzatziki yogurt sauce and imported feta cheese in a grilled flour tortilla. Served with shaved lettuce and tomatoes on the side.

*HOMEMADE SOUP

Fresh ingredients made daily by the chef. Bowl Cup

> (V) Vegetarian (GF) Gluten-Free (GFA) Gluten-Free Available

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

PLEASE ADVISE YOUR SERVER OF ANY AND ALL FOOD ALLERGIES.



(GF) This dish is gluten-free. When placing your order, please let your server know that you are ordering a gluten-free menu item. Please be aware that because our dishes are prepared to order, individual foods may come into contact with one another due to shared cooking and preparation areas. Therefore, we cannot guarantee that cross contact with foods containing gluten will not occur. (GFA) Gluten-Free Available – When placing your order please ask for gluten-free bread or gluten-free dressing as a substitution. Also, please let your server know that you are ordering a gluten-free item. Gluten-free bread is an additional cost.



Go GREEN

LE SALADS RELOW ARE ACCOMPANIED WITH PITA WEDGES

HOMEMADE DRESSINGS
EXTRA VIRGIN OLIVE OIL & RED WINE VINEGAR • RANCH
SPICY CHIPOTLE RANCH • HONEY MUSTARD • THOUSAND ISLAND
MEDITERRANEAN (OIL & VINEGAR WITH SEASONING)

*GREEK SALAD (V) (GFA)

Crispy and chilled romaine, topped with imported feta cheese, Kalamata olives, sliced pepperoncini, red onions and tomatoes. Served with our homemade Mediterranean dressing.

*CHAR-GRILLED CHICKEN SALAD (GFA)

Organic mixed field greens, topped with sliced char-grilled, all-natural chicken breast, tomatoes, red onions, hard-boiled egg and aged Wisconsin cheddar cheese. Served with ranch.

*CHIPOTLE SALAD (V) (GFA)

Crispy and chilled romaine, red onions, tomatoes, fire-roasted corn, black beans, bell peppers, cheddar cheese, fresh cilantro, smashed avocado and tortilla strips.

Served with our homemade <u>SPICY</u> chipotle ranch.

*APPLE AND PECAN SALAD (V) (GFA)

Organic mixed field greens, apples, grapes, caramelized pecans, Clemson bleu cheese crumbles and dried cranberries. Served with our homemade Mediterranean dressing.

*ENLIGHTENED BERRY AND GOAT CHEESE SALAD (V) (GFA)

Organic mixed field greens, fresh strawberries and blueberries, chevre goat cheese rolled with Georgia pecans, dried cranberries and green onions. Served with our homemade Mediterranean dressing.

*HEALTHY MEDITERRANEAN SALAD BOWL (V) (GFA)

Crispy and chilled romaine, quinoa, imported feta cheese, hummus, tahini, tzatziki yogurt sauce, garbanzo beans, Kalamata olives, diced red onions, pickled beets, tomatoes and cucumbers. Served with our homemade Mediterranean dressing.

CUSTOMIZE YOUR SALAD

CHAR-GRILLED, ALL NATURAL CHICKEN Extra

GYROS MEAT Extra

SPICY ANDOUILLE SAUSAGE Extra
FOUR SAUTÉED SHRIMP Extra
BROILED, WILD-CAUGHT SALMON Extra

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FRESH Handmade BURGERS

OUR GOURMET BURGERS ARE FRESH, NEVER FROZEN, HAND-PATTIED USDA-INSPECTED, TOP CHOICE BLACK ANGUS BEEF. BURGERS ARE SERVED WITH ZERO GRAMS TRANS FAT SEASONED FRENCH FRIES. ADD A HOUSE SALAD OR CUP OF SOUP, EXTRA. SUB SWEET POTATO FRIES, EXTRA.

*OLD FASHIONED PATTY MELT
Fresh, never frozen, hand-pattied USDAinspected Top Choice Black Angus Beef, chargrilled with American cheese and topped with
grilled onions on homemade Jewish rye.

*HANDMADE USDA

CHOICE CHEESEBURGER
Fresh, never frozen, hand-pattied, USDA-inspected Top
Choice Black Angus Beef, char-grilled with American
cheese and topped with lettuce, tomato, mayonnaise





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House EAVORITES

ADD A HOUSE SALAD OR CUP OF SOUP, EXTRA.

*STAX FRIED CHICKEN TENDER PLATTER

Four deliciously seasoned and hand breaded, all-natural chicken tenders accompanied with honey mustard sauce. Served with French fries.

*CHICKEN MADEIRA

All-natural chicken, fresh asparagus, melted mozzarella cheese, tossed in a porcini, portobello, cremini and shiitake madeira wine sauce. Served with Idaho mashed potatoes and fresh-roasted vegetables (zucchini, yellow squash, bell peppers, carrots, red onions, cauliflower, sugar snap peas and broccoli).

*PARMESAN-CRUSTED CHICKEN

All-natural chicken coated with a Parmesan cheese crust, crispy prosciutto, provolone cheese, green onions, spaghetti tossed in a lite herb cream sauce, topped with arugula.

*TUSCAN CHICKEN

All-natural chicken, fresh roasted vegetables (zucchini, yellow squash, bell peppers, carrots, red onions, cauliflower, sugar snap peas and broccoli), asparagus and Idaho mashed potatoes topped off with Extra Virgin Olive Oil infused with garlic and fresh herbs.

*CHICKEN TERIYAKI (GF)

All-natural chicken sautéed with zucchini, yellow squash, assorted colorful bell peppers, carrots, red onions, cauliflower green onions, sugar snap peas and broccoli tossed in our homemade teriyaki sauce and served with rice pilaf.

WENT.

*PARMESAN-CRUSTED CHICKEN FARRO

All-natural chicken coated with a Parmesan cheese crust, tomatoes, fresh basil, farro, capers, aged balsamic, imported feta cheese and Extra Virgin Olive Oil, served over rice pilaf with roasted vegetables (zucchini, yellow squash, assorted colorful bell peppers, carrots, red onion, broccoli, cauliflower and sugar snap peas).

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PLEASE ADVISE YOUR SERVER OF ANY AND ALL FOOD ALLERGIES.







ADD A HOUSE SALAD OR CUP OF SOUP FOR 3.49

*ITALIAN SPAGHETTI BOLOGNESE

Spaghetti tossed with our homemade meat sauce and topped with Parmesan cheese. Served with a fresh garlic knot.

*FETTUCCINE ALFREDO DI ANTONIO

Fettuccine pasta tossed in a Parmesan cream sauce and topped with Parmesan cheese. Served with a fresh garlic knot.

*SPAGHETTI AGLIO E OLIO

Spaghetti, sun dried tomatoes, fresh baby spinach, fresh basil, asparagus, fresh garlic, prosciutto, green onions, Parmesan, extra virgin olive oil and a touch of cream. Served with a fresh garlic knot.

*FOUR CHEESE RIGATONI PASTA (V)

Rigatoni pasta, ricotta, asiago, parmesan, romano, fresh basil, asparagus and fresh spinach tossed with marinara sauce and a touch of cream. Served with a fresh garlic knot.

CUSTOMIZE YOUR PASTA

Only applies to the dishes above.

CHAR-GRILLED,
ALL NATURAL CHICKEN Extra
GYROS MEAT Extra

SPICY ANDOUILLE SAUSAGE Extra FOUR SAUTÉED SHRIMP Extra

BROILED, WILD-CAUGHT SALMON Extra

*CHICKEN PARMIGIANA

Boneless breast of all-natural chicken topped with marinara sauce and melted mozzarella cheese. Served with spaghetti marinara and a fresh garlic knot.

*LASAGNA DI ALFONSO

Homemade traditional lasagna made with layers of pasta, ricotta, mozzarella, seasoned ground beef and fresh basil, topped with meat sauce. Served with a fresh garlic knot.

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SOUTHERNComfort

Lunch: Monday-Friday 11:00 am-2:30 pm Dinner: Monday-Sunday 4:00 pm-8:00 pm

MEAT SELECTION

*Stax Meatloaf and Marinara Sauce

*All-Natural Boneless Char-grilled Chicken Breast (GF)

*Country Fried Steak and Sausage Milk Gravy

PICK TWO

- Green Beans (V) (GF)
- Fresh Collard Greens (V) (VG) (GF)
- Omega Coleslaw (V) (GF)
- Buttered Sweet Corn (V) (GF)
- Black Eyed Peas (V) (VG)
- Macaroni and Cheese (V)
- Oven Roasted Greek Potatoes (V) (GF)
- Real Mashed Potatoes (V) (GF)
- Rice Pilaf
- MEAT AND TWO
- VEGETABLES (4)

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PLEASE ADVISE YOUR SERVER OF ANY AND ALL FOOD ALLERGIES.



Before the CHICKEN

SERVED WITH YOUR CHOICE OF AMERICAN FRIED POTATOES, SOUTHERN GRITS OR SLICED TOMATOES AND TOAST (GREEK, HONEY WHOLE WHEAT, JEWISH RYE, ENGLISH MUFFIN). ENTRÉES ARE GLUTEN-FREE WITHOUT TOAST.

- BISCUIT AVAILABLE UNTIL 11:00 AM.
- ADD TO SUBSTITUTE BAGEL OR GLUTEN-FREE WHOLE GRAIN BREAD FOR TOAST.
- ADD FOR SIDE OF FRESH SEASONAL FRUIT.
- *Two Farm-Fresh Eggs with Black Oak Ham (GFA)
- *Two Farm-Fresh Eggs with two Patty Sausages (GFA)
- *Two Farm-Fresh Eggs with two Link Sausages (GFA)
- *Two Farm-Fresh Eggs with three Slices of Smoked Bacon (GFA)

*Two Farm-Fresh Eggs with three Chicken Link Sausages (GFA)

*Two Farm-Fresh Eggs with two Turkey Patty Sausages (GFA)

*Two Farm-Fresh Eggs with Watauga Country Ham (GFA)

Two Farm-Fresh Eggs with **Spicy** Chorizo Hash (GFA)

*Two Farm-Fresh Eggs with Fresh Corned Beef Hash (GFA)

(V) Vegetarian (GF) Gluten-Free (GFA) Gluten-Free Available



CREATE YOUR OWNSignature Omelette

SERVED WITH YOUR CHOICE OF AMERICAN FRIED POTATOES, SOUTHERN GRITS OR SLICED TOMATOES AND TOAST (GREEK, HONEY WHOLE WHEAT, JEWISH RYE, ENGLISH MUFFIN).

- BISCUIT AVAILABLE UNTIL 11:00 AM.
- ADD TO SUBSTITUTE BAGEL OR GLUTEN-FREE WHOLE GRAIN BREAD FOR TOAST.
- · ADD FOR SIDE OF FRESH SEASONAL FRUIT.

VEGETABLES:

Fresh Baby Spinach

Roasted Red Peppers

Bell Peppers

Tomatoes

Onions

Jalapeños

Kalamata Olives

Mushrooms

Sliced Idaho Potatoes

Broccoli

Asparagus

Green Onions

CHEESE:

Aged Cheddar Cheese

Provolone Cheese

American Cheese

Swiss Cheese

Imported Feta Cheese

Mozzarella Cheese

MEAT:

Smoked Bacon

Sausage

Black Oak Ham

Andouille Sausage

Gyros Meat

All Natural Char-grilled

Chicken Breast

Sliced Roasted Turkey

*PLAIN FARM-FRESH EGGS OMELETTE (GFA)

*PLAIN FARM-FRESH EGG WHITE OMELETTE (GFA)

EACH ITEM ABOVE ADDED TO OMELETTE (GFA) EXTRA

HAM AND CHEESE OMELETTE

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Low Fat Smoothies

ENHANCE YOUR SMOOTHIE WITH ONE OF OUR NUTRITIONAL ENHANCER.

- WHEY PROTEIN
- B-COMPLEX WITH CHROMIUM AND CREATINE
- PROBIOTIC (PROBIOTIC BLEND LACTOBACILLUS ACIDOPHILUS AND BIFIDOBACTERIUM LONGUM)

Strawberry Banana

Strawberry, banana, green tea, low-fat Greek yogurt, strawberry/blueberry garnish.

Island Breeze

Strawberry, banana, mango, pineapple, coconut, green tea, low-fat Greek yogurt, strawberry/blueberry garnish.

Peach Mango Blast

Peach, mango, green tea, low-fat Greek yogurt, strawberry/blueberry garnish.

Juice Bar

- Freshly Squeezed Orange Juice
- 100% Pomegranate Juice
- Cranberry Juice
- Tomato Juice
- 100% Apple Juice
- Pure Premium Grapefruit Juice

Mimosa

Mimosa (fresh squeezed orange juice and champagne)



- Ice Cold Milk
- Almond Milk
- Chocolate Milk
- Milkshake (Strawberry, Vanilla or Chocolate)
- Fresh Brewed Premium Coffee
- Fresh Brewed Premium Decaf Coffee
- Hot Tea (regular or decaf)
- Omega's Hot Chocolate
 Topped with freshly whipped cream & chocolate
- Iced Tea sweetened or unsweetened
- Bottomless Sodas
- Bottomless Lemonade

Hot Espresso Beverages

AVAILABLE IN THE FOLLOWING FLAVORS: CARAMEL, MOCHA, FRENCH VANILLA, HAZELNUT, ENGLISH TOFFEE, BUTTERSCOTCH, CHEESECAKE, IRISH CREAM, TOASTED MARSHMALLOW. CAPPUCCINOS AND LATTES TOPPED WITH CINNAMON.

Espresso (Double) Espresso (Double) Crema

Double Espresso topped with freshly whipped cream.

Cappuccino Cappuccino Crema

Cappuccino topped with

Cappuccino topped with

freshly whipped cream.

Café Latte

Café Latte Crema

Café Latte topped with freshly whipped cream.



Coe or Blended Espresso

AVAILABLE IN THE FOLLOWING FLAVORS: CARAMEL, MOCHA, FRENCH VANILLA, HAZELNUT, ENGLISH TOFFEE, BUTTERSCOTCH, CHEESECAKE, IRISH CREAM, TOASTED MARSHMALLOW. FRAPPES ARE TOPPED WITH WHIPPED CREAM & CHOCOLATE.

Iced Cafe Latte
Ice Blended Espresso Frappe

Bottled Beer

Bud Light • Michelob Ultra Stone IPA India Pale Ale Stella Artois Lager

Craft Beer

Craft beers listed on our daily features page

Wine by the Glass

CK Mondavi Family Vineyards

Chardonnay • Merlot • Pinot Grigio
White Zinfandel • Cabernet Sauvignon













