



The Recovery Room Cafe



BREAKFAST - BRUNCH

Artisan

Egg Sandwiches

Add Side of Home Fries to any Egg Sandwich for **\$3** Extra

Pesto Egg White \$13

Egg Whites, Pumpkin Seed Pesto, Fresh Mozzarella, Tomato, 7 Grain Panini

B.A.T. & Egg \$12

2 Eggs, Applewood Smoked Bacon, Arugula, Tomato, Mayo on A Brioche Style Roll

Smoked Chicken Apple Sausage & Egg White \$14

Egg Whites, Smoked Chicken Apple Sausage, Spinach, Smoked Gouda on 7 Grain Panini

Breakfast Burrito \$14

Eggs, Our Black Bean, Corn & Veggie Filling, Cheddar, Cilantro, Jalapeno Sauce in a Plain Wrap

Add: Crumbled Chorizo **\$2.50**

Turkey Egg White, & Swiss \$14

Egg Whites, Turkey, Swiss, Fresh Spinach & Roasted Red Peppers On a Toasted Sourdough

Ham, Egg & Gouda \$14

2 Eggs Any Style, Ham, Smoked Gouda, Baby Arugula, & Tomato on a Rosemary Panini

Southwest Breakfast Bowl \$19

Our Home Fry Medley, Crumbled Chorizo, Black Bean Corn Salsa, 2 Eggs Any Style, Pepper Jack Cheese, & Avocado Over Baby Spinach

****We use Only Local Organic Farm Fresh Eggs from Raleigh's Poultry Farm in all of Our Breakfast Items****

"Plain Jane" Breakfast

2 Eggs Any Style Platter \$15

w/ Home Fry Medley & Toast or Side Salad

Add: Applewood Smoked Bacon, Applewood Smoked Ham, House Made Maple Pork Sausage or Smoked Chicken Apple Sausage for **\$3**

Steel Cut Oatmeal

(Served w/ a side of Milk)

Plain \$9

add: Fruit (Daily Choices) **\$3**

add: Nuts **\$3** or Seeds **\$2**

Maple & Brown Sugar \$14

With Cinnamon, Nutmeg, Hemp Hearts, Flax, Sunflower & Pumpkin Seed Mix, Brown Sugar, & 100% Pure Maple Syrup

Vanilla, Banana & Walnut \$14

With Fresh Bananas, Walnuts, & House Made Vanilla Syrup

Specialty Platters & Bowls

Avocado Toast & Eggs \$18

7 Grain Toast, Sliced Avocado, Tomato, Himalayan Pink Salt, Fresh Ground Black Pepper, Fresh Lime, & Local Organic Eggs

Omelet Platters

3 Farm Fresh Local Organic Eggs served with Our Medley of Home Fries & Toast **or** Side Salad

Pesto Egg White \$19

Egg Whites, Our Signature Pumpkin Seed Pesto, Fresh Mozzarella, Spinach, Tomato

Grilled Veggie & Goat \$18

Grilled Eggplant, Zucchini, Yellow Squash, Portobello, Asparagus, Roasted Peppers, Goat Cheese

Cheesy Smokey Western \$18

Sautéed Red & Green Peppers, Caramelized Onions, Applewood Ham, Creamy Smoked Gouda

Greek \$18

Sautéed Spinach, Onions, Fresh Dill, Feta Cheese

Create Your Own \$18

(Choose 3 Items from Below)

(Each Additional Item is \$1 extra)

Veggies: Tomatoes, Onions, Peppers, Spinach, Sautéed Mushrooms, Jalapeno

Cheese: American, Swiss, Fresh Mozz, Smoked Gouda, Cheddar, Pepper Jack, Feta

-Fresh Goat Cheese(Add \$2)

Meat: Applewood Smoked Bacon, Smoked Chicken Apple Sausage, Applewood Smoked Ham, House Made Maple Pork Sausage

Corned Beef Hash & Eggs Bowl \$18

Corned Beef with our Home Fry Medley Finlandia Swiss, 2 Local Organic Eggs, & a side of Our House Made Chipotle Ketchup

Griddle

~3 Buttermilk Pancakes~ \$14

w/ Tri-Color Callebaut Chocolate Chips **\$3**

w/ 100% Pure Maple Syrup Add **\$2**

~Brioche French Toast~ \$14

w/ Fruit (Daily Choices) Add **\$3**

Sides & Extras & Add Ons

Applewood Smoked Ham **\$6**

Applewood Smoked Bacon **\$6**

Smoked Chicken Apple Sausage **\$6**

House Made Maple Pork Sausage **\$6**

Sub Egg Whites **\$3** - Toast **\$3** - Avocado **\$3**

Home Fries **\$6** - Add 1 Egg **\$3**

House Made Jam **\$2**

Sub Fresh Fruit or GF Toast **\$3**

Sweet Bowls

Acai Bowl \$13

Organic Acai Puree Topped w/ Bananas, Blueberries, Strawberries, Our House-Made Granola, Coconut Flakes, & Drizzled w/ Local Raw Honey

Tropical Pitaya Bowl \$14

(Dragon Fruit)

Organic Pitaya Puree Topped w/ Banana, Pineapple, Mango, Our House-Made Granola, Coconut Flakes, & Drizzled w/ Local Raw Honey

Additional Toppings \$3 ea.

Laurel's All Natural *Peanut Butter or *Almond Butter *Nutella *Chia Seeds *Callebaut Belgian Dark Chocolate Chips

ADD WHEY PROTEIN POWDER \$2.50

ADD PLANT BASED PROTEIN POWDER \$3.50

*Consumption of undercooked or raw shellfish, fish, meat & fresh shell eggs may increase your risk of food borne illness

*There will be an automatic 20% Gratuity added to parties of 6 or more





The Recovery Room Cafe



BRUNCH - LUNCH

C U P \$ 9

Soups

B O W L \$ 1 2

2 to 4 Varieties of All Natural Soups Made from Scratch
on Premise. Selections Change Daily

SALADS

HOUSE SALAD \$12
Mixed Greens, Grape
Tomatoes, Shredded Carrots,
Cucumbers Balsamic
Vinaigrette

**GRILLED VEGGIE \$15
SALAD**
Mixed Greens, Mixed Grilled
Eggplant, Zucchini, Yellow
Squash, Portobello, Asparagus,
Roasted Red Peppers, Fresh
Mozzarella, Grape Tomatoes,
Balsamic Vinaigrette

**WILD BLUEBERRY \$15
SALAD**
Mixed Greens, Tomatoes,
Shredded Carrots, Dried
Blueberries, Pecans, Fresh Goat
Cheese, Wild Blueberry
Balsamic Vinaigrette

**MEDITERRANEAN \$15
KALE & QUINOA SALAD**
Kale, Tri-Color Quinoa,
Cucumber, Tomatoes, Red
Peppers, Feta Cheese, Red
Wine Vinaigrette

"GROWN UP" GRILLED CHEESE

PESTO MOZZARELLA \$12
Our Signature Pumpkin Seed
Pesto, Fresh Mozzarella &
Tomato, on a Plain Panini

CHEDDAR & TOMATO \$11
Mild Cheddar & Tomato
Pressed on a Rosemary Panini

FIG & BRIE \$12
Triple Cream Brie, House Made
Fig Balsamic Jam, 7 Grain Panini

Pick 2 Combo \$17

Choose 2 of the following

*1/2 Sandwich or 1/2 Panini
1/2 Salad or Small Soup*

**Must pick from 2 different
categories**

SANDWICHES/WRAPS

**GRANNY SMITH TUNA \$14
SANDWICH**
White Albacore Tuna, Granny
Smith Apples, Celery, Mayo,
Mixed Greens, Tomato,
Toasted 7 Grain Panini

**CRANBERRY WALNUT \$14
CHICKEN SALAD
SANDWICH**
Roasted Chicken Breast,
Dried Cranberries, Walnuts,
Celery, Mayo, Mixed Greens,
Tomato, Toasted 7 Grain
Panini

**SPICY GRILLED \$14
CHICKEN CLUB
WRAP**
Grilled Chicken, Spinach,
Roasted Red Peppers, Bacon,
Cheddar, Avocado, Spicy
Mayo, Whole Wheat Wrap
(Not included in Pick 2)

PANINI

PESTO CHICKEN \$14
Grilled Chicken Breast, Our
Signature Pumpkin Seed Pesto,
Fresh Mozzarella, Tomato,
Plain Panini

**GRILLED VEGGIE \$14
& GOAT CHEESE**
Grilled Eggplant, Zucchini,
Yellow Squash, Portobello,
Asparagus, Roasted Red
Peppers, Balsamic Vinaigrette,
Fresh Goat Cheese, Rosemary
Panini

TURKEY BRIE \$14
All-Natural Roasted Turkey
Breast, Double Cream Brie,
Baby Spinach, House Made
Fig Balsamic Jam, 7 Grain
Panini

CUBAN \$14
Applewood Smoked Ham,
Finlandia Swiss, House Made
Roasted Pork, Sweet Chipotle
Pickles, Yellow Mustard,
Plain Panini

**CHICKEN BACON \$14
RANCH**
Grilled Chicken, Applewood
Smoked Bacon, Cheddar,
Baby Spinach, House Made
Buttermilk Ranch Dressing,
Plain Panini

Add Ons & Extras

Grilled Chicken \$5

Avocado \$3

Granny Smith Tuna Salad \$5

Cranberry Walnut Chicken Salad \$5

Fresh Mozzarella \$3

Fresh Goat Cheese \$3

*We offer corporate
& private, on & off
premise catering

*Consumption of undercooked or raw shellfish,
fish, meat & fresh shell eggs may increase
your risk of food borne illness

*Please ask about our
vegan, vegetarian &
gluten free options

