



8285856903

<http://www.kickbackavl.com>

# Early Girl Eatery North

## ABOUT EARLY GIRL NORTH

**A Farm-to-Table Southern Comfort Food Experience! Since 2001 Early Girl has been combining the best local ingredients to create delicious Southern-inspired comfort food. "The words 'More than Made from Scratch' guide us in every food decision. Sure we make all our food in house, but we go a step farther to source the highest quality ingredients. Our recipes reflect our belief that by making Local, Organic, Seasonal, fresh ingredients our first choice whenever possible that we are serving the absolute best food to our guests." Serving breakfast, lunch, and dinner all day!**

## BREAKFAST FARE

- Biscuit French Toast** \$13.75  
Cinnamon-battered, made-from-scratch buttermilk biscuits, topped with fresh house-made whipped cream and seasonal fresh fruit. Served with Coombs Family Farms organic 100% Vermont organic maple syrup
- Bow to the King** \$18.75  
Chicken & Waffles Early Girl style. Southern fried chicken tenders paired with cinnamon-battered, made-from-scratch buttermilk biscuits, topped with fresh house-made whipped cream and seasonal fresh fruit. Served with Coombs Family Farms organic 100% Vermont organic maple syrup
- Early Girl's Spinach & Potato Cakes** \$16.25  
Two creamy potato & fresh organic spinach cakes topped with Southern tomato gravy, served with two cage-free eggs cooked any style and choice of toast or made-from-scratch buttermilk biscuit
- Veggie Breakfast Bowl\* (GF)** \$17.50  
Organic brown rice, black beans, sweet potatoes, fresh organic spinach, cheddar, and scrambled cage-free eggs, topped with fresh salsa and sliced fresh avocado
- Southern Breakfast\*** \$13.75  
Two cage-free eggs cooked any style, served with organic heirloom grits or organic hand-cut home fries, and choice of toast or a made-from-scratch buttermilk biscuit
- Yam Scram\* (GF)** \$17.50  
Cage-free eggs scrambled with local pork sausage, shiitake mushrooms, sweet potatoes, chopped applewood-smoked bacon, and fresh green onion
- 12-Hour Slow Roasted Porky** \$17.50

## PLATES

- Heirloom Organic Grit Cake Stack (GF)(V)** \$16.25  
Crisp-fried vegan grit cake piled with organic spinach, red pepper, zucchini & yellow squash, caramelized onions, shiitake mushrooms, with Southern tomato gravy
- Buttermilk Fried Chicken (GF)** \$20.00  
24-hour-brined chicken breast, buttermilk-dipped, breaded and golden-fried, served with mashed potatoes topped with your choice of gravy and your choice of 1 vegetable
- Tempura Fish & Chips (GF)** \$20.00  
Hand-battered flounder fillets served with hand-cut fries and our homemade jalapeno tartar sauce
- Slow-Roasted Pork BBQ Mac & Cheese** \$17.50  
Creamy blend of our house-made bourbon pimento cheese and elbow macaroni topped with our 12-hour slow-roasted pork and spicy BBQ sauce, finished with white cheddar and green onion

## SANDWICHES

- All sandwiches served with choice of small organic spring mix salad, hand-cut French fries or vegetable. Our local bread is vegan - from Geraldine's bakery. Substitute GF toast or bun**
- Grilled Pimento Cheese Sandwich** \$15.00  
Locally baked whole wheat bread filled with our bourbon pimento cheese and sliced tomato, grilled to perfection
  - Shroomie Garden Sandwich (V)** \$15.00  
Marinated and grilled portabella mushroom, caramelized onions, fresh organic spinach, and sliced tomato on locally baked rye
  - Double Cheeseburger\*** \$16.25  
Two fresh 1/4-pound Certified Angus Beef® patties, grilled then topped with cheddar, bistro sauce, leafy green lettuce, sliced tomato and grilled red onions on a locally baked bun
  - Farmhouse Tempeh Sandwich (V)** \$16.25  
Local Smiling Hara tempeh, bistro sauce, lettuce, tomato, sauerkraut, served on a locally baked bun
  - Korean Tempeh Reuben (V)** \$16.25  
Local Smiling Hara tempeh, ginger Korean sauce, local kimchi, served on a locally baked bun
  - Spicy Chicken Sandwich** \$16.25  
Grilled or fried 24-hour brined GF chicken, habanero remoulade, lettuce, tomato, applewood smoked bacon, served on a locally baked bun

## SALADS

- Choice of house-made dressings/ 1000 Island (GF)(V) | Balsamic vinaigrette (GF) | Creamy garlic (GF)(V) | Raspberry vinaigrette (GF)(V)**
- Apple & Berry Salad (GF)** \$17.50  
Fresh organic greens with seasonal apple, seasonal berries, candied pecans, feta cheese, your choice of fried or grilled chicken breast or local Smiling Hara tempeh, and choice of homemade dressing. We recommend raspberry vinaigrette
  - Chicken BLTA Salad (GF)** \$17.50  
Fresh organic greens with cheddar, bacon, tomato, avocado, your choice of fried or grilled chicken, and choice of homemade dressing.

## VEGETABLES

- Black beans (GF)(V) | Candied yams (GF)(V) | Hand-cut French Fries (GF)(V) | Organic hand-cut home fries (GF) | Fresh green bean (GF)(V) | Herbed organic brown rice (GF)(V) | Heirloom organic stone-ground grits (GF)(V) | Fermenti hand-crafted sauerkraut (GF)(V) | Fermenti kimchi (GF)(V) | Mashed potatoes (GF) | Veggie medley of zucchini, yellow squash, red peppers and shitake mushrooms (GF)(V) | Organic spring mix salad with red onions and diced tomatoes (GF)(V) | Bourbon pimento mac and cheese**
- Vegetable Plate** \$15.00  
Choose four of your favorites. Served with a made-from-scratch buttermilk biscuit
- ### VEGETABLES A LA CARTE
- Black beans (GF)(V) \$4.38
  - Candied yams (GF)(V) \$4.38
  - Hand-cut French Fries (GF)(V) \$4.38
  - Organic hand-cut home fries (GF) \$4.38
  - Fresh green bean (GF)(V) \$4.38
  - Herbed organic brown rice (GF)(V) \$4.38
  - Heirloom organic stone-ground grits (GF)(V) \$4.38
  - Fermenti hand-crafted sauerkraut (GF)(V) \$4.38
  - Fermenti kimchi (GF)(V) \$4.38
  - Mashed potatoes (GF) \$4.38
  - Veggie medley of zucchini, yellow squash, red peppers and shitake mushrooms (GF)(V) \$4.38
  - Organic spring mix salad with red onions and diced tomatoes (GF)(V) \$4.38
  - Bourbon pimento mac and cheese \$4.38

<b>Breakfast Bowl* (GF)</b>	
<i>Organic hand-cut home fries, 12-hour slow roasted pulled pork, scrambled cage-free eggs, cheddar, and smothered in smoky bacon gravy</i>	
<b>Buttermilk Multigrain Pancakes</b>	\$13.75
<i>Three of our made-from-scratch buttermilk pancakes served with Coombs family Farms organic 100% Vermont maple syrup</i>	
<b>Southwestern Omelet*</b>	\$15.00
<i>Three cage-free eggs with black beans and cheddar, topped with fresh salsa and sour cream. Served with organic hand-cut home fries and toast</i>	
<b>Goat Cheese &amp; Fresh Herb Omelet*</b>	\$15.00
<i>Three cage-free eggs with goat cheese and chopped fresh herbs. Served with organic hand-cut home fries and toast</i>	
<b>Organic Tofu Scramble (GF)</b>	\$16.25
<i>Organic tofu marinated in mild house-made curry, scrambled with red onions, mushrooms, red peppers, tomato and fresh organic spinach. Served with vegan toast.</i>	

<b>Charleston Chicken Biscuit</b>	\$16.25
<i>Fried 24-hour brined GF chicken served on a fresh biscuit with cheddar cheese and bacon gravy</i>	

Fresh fruit	\$5.63
-------------	--------

## **BEVERAGES**

COFFEE (Early Girl Blend)	\$3.44
SMALL BATCH FRESH JUICE	\$3.75
<i>Grapefruit Lemonade Orange</i>	
OAT MILK GF)(V)	\$3.13
<i>Regular or Chocolate</i>	
ICED SWEET TEA	\$3.44
ICED UNSWEET TEA	\$3.44
SODA	\$3.44
<i>Coke, Diet Coke, Sprite, Ginger Ale</i>	
SAN PELLEGRINO	\$2.44

## **CHILDREN'S MENU**

**Served with one vegetable and apple juice. For 12 and under**

Children's Cheeseburger	\$8.75
<i>Patty topped with cheddar on a locally baked bun</i>	
Children's Grilled Cheese	\$8.75
<i>Local bread and creamy cheddar</i>	
Children's Vegetable Plate	\$8.75
<i>Choice of two vegetables (only), served with a biscuit</i>	
Children's Chicken Tenders	\$8.75
<i>Hand-battered and crispy fried</i>	
Children's Pancake	\$8.75
<i>1 made-from-scratch buttermilk pancake</i>	

## **BREAKFAST SIDES**

Banana quick bread	\$6.25
Heirloom organic molasses glazed cornbread	\$6.25
Applewood-smoked bacon	\$3.75
Farm & Sparrow heirloom organic stone-ground grits(GF)(V)	\$4.38
Goodnight Bros. country ham	\$3.75
Swaggerty's pork sausage	\$3.75
Local Smiling Hara tempeh (GF) (V)	\$3.75
Made-from-scratch buttermilk biscuit	\$2.50
Southern tomato gravy (GF)(V)	\$3.75
Vegetarian herb cream gravy (GF)	\$3.75
Smoked bacon gravy (GF)	\$3.75
Seasonal fresh fruit (GF)(V)	\$5.63
Organic spring mix salad with red onions and diced tomatoes (GF)(V)	\$4.38
Toast (V)	\$2.50
Made-from-scratch buttermilk biscuit 'n' gravy	\$5.63
<i>with choice of gravy</i>	
Made-from-scratch buttermilk biscuit, egg 'n' cheese	\$5.63
Fresh seasonal fruit (GF)(V)	\$5.63