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<http://www.kickbackavl.com>

# Home Ground Coffee Bar and Del

## About HomeGround

**Eggs are Local & Cage Free Cheeses & Veggies are Local when available Meats are All Natural & Local when available**

### Smoothies

The Greenie Smoothie	\$7.50
<i>Spinach, Cucumber, Apple, Mango, Wheatgrass, Ginger &amp; Greek Yogurt</i>	
Orange ya Feelin Better Smoothie	\$7.50
<i>Banana, Pineapple, Orange, Tumeric, Ginger &amp; Coconut Water</i>	
BerryCado Smoothie	\$7.00
<i>Mixed Berries, Avocado, Spinach, Citrus, Oat Milk &amp; Chia Seeds</i>	
Super Day Smoothie	\$8.00
<i>Mixed Berries, Banana, Spinach, Greek Yogurt, Maca &amp; Chia Seeds</i>	
Elvis in Asheville Smoothie	\$8.00
<i>Cacao Nibs, Organic Peanut Butter, Banana, Honey &amp; Local Milk (sub Oat or Almond Milk \$1)</i>	
Fruit Smoothies	\$4.00
<i>12oz Choose: Strawberry, Mango, Banana, Pineapple, Peach, Mixed Berry</i>	

## House Specialties (16oz)

Honey Cinnamon Latte	\$5.50
Lavender Vanilla Latte	\$5.50
Peppermint Mocha	\$6.00
Dirty Chai	\$7.75
<i>Double Shot of Espresso &amp; AppalaChai</i>	
By the Shot Espresso	\$2.00
<i>2 oz</i>	
Cafe Cubano	\$2.75
<i>2oz</i>	

## Coffee Bar Staples

(12oz/16oz/20oz)

Cappuccino	\$4.00
Americano	\$4.00
<i>12oz (one size only)</i>	
Cafe Latte	\$4.00
Macchiato	\$4.00
<i>one size only</i>	
Cafe Mocha	\$4.50
<i>12 oz</i>	
Hot Coffee	\$2.50
<i>12 oz Dynamite Roasting Co. Suplicar Dark Roast, WNCW Breakfast Blend or Mexican Chiapa</i>	
Cold Brew Iced Coffee	\$4.00
<i>12 oz</i>	

## More Hot Beverages (Local)

AppalaChai	\$5.50
<i>Locally Made Chai with Steamed Milk</i>	

## Breakfast Snacks

**Eggs are Local & Cage Free Cheeses & Veggies are Local when available Meats are All Natural & Local when available**

Plain or Everything Bagel	\$4.00
<i>Choice of Whipped Cream Cheese, Organic Peanut Butter, Local Apple Butter or Jam, Butter</i>	
Local Granola & Organic Yogurt	\$7.00
Avocado Toast	\$6.50
<i>Creamy Avocado with Vegan Pesto Drizzle on Multigrain</i>	
Organic Peanut Butter, Local Honey & Banana on Multigrain Toast	\$5.50
Fruit Bowl	\$5.50

## Breakfast Sandwiches

**Served on English Muffin (sub Multigrain Toast, Rye Toast or Wrap for \$1, Gluten Free Bun or Gluten Free Toast \$1.50)**

Egg & Cheese Sandwich	\$4.00
Bacon or Local Sausage Sandwich	\$4.00
Fried Chicken Sandwich	\$5.50
<i>Buttermilk Fried Chicken Breast with Apple Butter</i>	
Pork Loin Sandwich	\$5.50
<i>Fried or Grilled Pork Loin with Caramelized Onions &amp; Apple Butter Add egg (\$1.5)</i>	

## Bigger Breakfasts

**With English Muffin, Multigrain Toast (\$1), Rye Toast (\$1) or Gluten Free Toast (\$1.5)**

Breakfast Platter	\$9.75
<i>Two Eggs*, Choice of Side &amp; Choice of Bacon, Sausage or Hempeh</i>	
Breakfast Wrap	\$8.00
<i>Egg, Cheese, Potatoes &amp; Choice of Sausage, Bacon, Hempeh or Chefs Veggies</i>	
Mountain Scramble	\$9.00
<i>Sausage, Caramelized Onions, Potatoes, Chefs Veggies &amp; Cheddar</i>	
Veggie Scramble	\$9.00
<i>Spinach, Chefs Veggies, Pesto &amp; Swiss Cheese</i>	
Three Lil Pigs	\$9.50
<i>Eggs Scrambled with Sausage, Bacon, Ham &amp; Choice of Cheese</i>	

## Breakfast Sides

Hash Browns	\$3.00
Cheese Grits	\$3.00
Fruit Cup	\$3.00
Seasonal Veggie	\$3.00
Sausage	\$3.00
Bacon	\$3.00
Ham	\$3.00

## Subs

**Served on Geraldines Hoagie Roll with Spring Mix, Onion, Pickled Onions**

Club Sub	\$8.00
<i>Smoked Turkey, Black Forest Ham, Bacon &amp; Swiss</i>	
Hempeh & Avocado Sub	\$9.00
<i>Smiling Hara Hempeh, Sliced Avocado &amp; Choice of Cheese</i>	
Turkey & Cheese Sub	\$7.00
<i>House Smoked Turkey &amp; Choice of Cheese</i>	
Ham & Cheese Sub	\$7.00
<i>All Natural Black Forest Ham &amp; Choice of Cheese</i>	

## Soups & Sandwiches

Local Beef Chili	\$3.75
<i>with Sour Cream</i>	
Garden Salad	\$8.00
<i>Spring Mix or Spinach, Cucumbers, Carrots, Red Onions, Radishes &amp; Sprouts</i>	
Asian Salad	\$8.00
<i>Spring Mix or Spinach, Carrots, Cucumbers, Green Onions, Wonton Crisps &amp; Lemon Sesame Vinaigrette</i>	
Chef Salad	\$9.75
<i>Spring Mix or Spinach, Turkey, Ham, Avocado, Cucumbers, Red Onions &amp; Cheddar</i>	

## House Specialty Sandwiches

Buttermilk Chicken	\$10.00
<i>Fried or Grilled Chicken Breast, Spring Mix, Pickled Onions, Sweet Pickles, Sprouts &amp; Horseradish Honey Mustard on City Bakery Bun</i>	
Roasted Veggie	\$8.50
<i>Spinach, Local Mushrooms, Chef s Veggies &amp; Vegan Pesto on Geraldine s Hoagie</i>	
Turkey, Pastrami or Hempeh Reuben	\$9.00
<i>House Smoked Turkey or Pastrami, Sauerkraut, Swiss &amp; Russian Dressing on City Bakery Rye</i>	
Chicken Salad Sandwich	\$7.50
<i>Home Ground Chicken Salad, Spring Mix, Onion &amp; Lusty Monk Mustard on City Bakery Multigrain Toast</i>	
Pastrami on Rye Sandwich	\$8.50
<i>Pastrami, Swiss Cheese, Pickles &amp; Lusty Monk</i>	
Pork Loin Sandwich	\$9.75
<i>Grilled Pork Loin, Caramelized Onions, Spring Mix &amp; Horseradish Honey Mustard on City Bakery Bun</i>	
Cuban	\$10.00
<i>Ham, Pork Loin, Swiss, Pickles, Mojo Sauce, Duke s Mayo &amp; Lusty Monk on Geraldine s Hoagie</i>	

## Lunch Sides

House Made Kettle Chips	\$2.00
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Asheville Tea Co. Hot Tea	\$2.75
<i>Pisgah Breakfast, Asheville Grey, Jasmine Gold, Elderflower Mint, Chamomile Lavender</i>	
Mate Factor Yerba Mate	\$3.25
<i>Chai, Dark Roast or Green</i>	
Apple Wedge Cider	\$3.00
<i>Hot</i>	
Hot Chocolate	\$3.00

### **Beverages**

Iced Tea	\$1.50
Coke Drinks	\$1.50
Seltzer	\$1.50
Devils Foot Ginger Beer	\$3.50
Devils Foot Sparkling	\$3.50
Lemonade	
Waynesville Soda Jerks	\$4.00
<i>Flavors vary</i>	
Shanti Elixers	\$6.00
<i>flavors vary</i>	
Fresh Squeezed Orange Juice	\$3.00
Organic Apple Juice	\$3.00
Local Milk	\$2.00
Local Chocolate Milk	\$2.75

Hempeh	\$3.00
Multigrain Toast	\$3.00
Rye Toast	\$3.00
Gluten Free Toast	\$3.50
English Muffin	\$2.00

Seasonal Veggie	\$3.00
Hash Browns	\$3.00
Cheese Grits	\$3.00
Sliced Avocado	\$3.00
Fruit Cup	\$3.00
Cup of Sweet Potato Ginger	\$3.50
Cup of Chili	\$3.50
Cup of Pickles	\$3.00
Sweet Potato Fries	\$3.00
Grit Cakes	\$3.00

### **Kids Menu**

***(with Kettle Chips or Apple Slices)***

Kids Grilled Cheese	\$5.00
<i>Cheddar on Multigrain</i>	
Kids PB&J	\$4.75
<i>Org Peanut Butter &amp; Local Jam</i>	
Kids Roll ups	\$6.00
<i>Turkey or Ham &amp; Cheddar</i>	