

# MOUNTAIN GROUNDS

*Banner Elk, NC*

## LOCAL Pastries

<b>Cinnamon Roll</b>	\$5	<b>Scones</b>	\$4.5
Assorted variety from GoGo's (Old Fort, NC)		Apple Cinnamon, Blueberry, Seasonal.	
<b>Muffins &amp; Brownies (GF/DF)</b>	\$4.5	<b>Muffins</b>	\$4.5
Seasonal offerings from Dolci Di Maria (Black Mountain, NC)		Blueberry, Cinnamon Crunch, Chocolate, Banana Nut	
<b>Oat Bars &amp; Cakes (GF/DF/V)</b>	\$5	<b>Seasonal Cake</b>	\$5
Assorted variety from Dolci Di Maria (Black Mountain, NC)		Weekly rotating selection	
		<b>Cookies</b>	\$3.5
		Assorted variety	

## MADE TO ORDER Cafe Bites

<b>Breakfast Bagel</b>	\$8	<b>Croissant</b>	\$4
Asiago bagel with, bacon, egg & savory sriracha honey cream cheese		Baked fresh daily. Served with your choice of butter, nutella or honey drizzle.	
<b>Ham &amp; Cheese Croissant</b>	\$7		\$8
Baked fresh daily, Served hot with ham, provolone & dijon.		<b>Chicken Salad &amp; Lettuce Croissant</b>	
<b>Watauga LOXness Monster</b>	\$12	Baked fresh daily. Served with chicken salad and lettuce.	
Everything bagel, served with lox, capers, red onions and cream cheese.		<b>Pimento Cheese &amp; Lettuce Croissant</b>	\$6
<b>Egg Bites (2 pack)</b>	\$5.5	Baked fresh daily. Served with pimento cheese and lettuce.	
Ask about today's selection		<b>Turkey Club</b>	\$9
<b>Bagel &amp; Cream Cheese</b>	\$4.5	Asiago Bagel served with turkey, bacon, pepperjack cheese, lettuce, avacado spread and a garlic aioli sauce,	
Plain, Everything, Asiago Rosemary			
<b>Breakfast Burrito</b>	\$8		
* Bacon & Egg			
* Spicy Sausage & Egg			
* Chipotle Chicken			

Food prepared in our kitchen may have contact with milk, wheat, egg, peanuts and tree nuts. Please ask if you have allergens about other products we carry. \*We serve breakfast and lunch daily, but please note, our deli closes 30 minutes prior to closing.

# SYRUPS & TEAS

## Syrup FLAVORS

### Classic

Vanilla  
Hazelnut  
French Vanilla  
Carmel  
White Mocha  
Mocha  
Irish Cream

### Fruity

Raspberry  
Cranberry  
Cherry  
Strawberry  
Coconut  
Orange  
Blackberry  
Banana

### Floral

Lavender  
Rose

\$0.75

### Sugar Free

SF Vanilla  
SF Hazelnut  
SF French Vanilla  
SF Carmel

## Teas

SERVED HOT OR ICED

### Black

Irish Breakfast  
English Breakfast  
Casablanca Twist  
Earl Grey  
Lavendar Earl Grey  
\*\* Decaf Earl Grey  
\*\* Decaf Peach

### Green

Gunpowder  
Citron Green  
Matcha

### Herbal

\*\* Peppermint  
\*\* Spearmint  
\*\* Chamomile  
\*\* Rooibos  
\*\* Passionfruit Tango

\$3

\*\* Decaffeinated

## Milk OPTIONS

Dairy: Whole, 2%, Skim  
Non Dairy: Oat, Almond

\$1