



TRIANGLOSOPHY

A few things while we have your attention: We are down with the local thing. We try our best to provide local, seasonal items and local, hormone/antibiotic free proteins. Recycling makes us feel warm and fuzzy inside. We make a huge effort not to add to our landfills and our food waste is used for compost. Thanks for making us your local neighborhood spot!

SNACKS

Cinnamon Rolls \$4.5
fresh baked with a home-style milk glaze

House Salad \$3.5
mixed greens, cucumber, tomato, onion,
biscuit croutons, ranch

Biscuits and Gravy \$5
house-made sausage gravy over fluffy
southern biscuits

BENNY'S

served with fruit and your choice of home fries or grits

Crab Cake* \$13.5
poached eggs, crab cakes, hollandaise, fluffy biscuit

Attack of the Mac* \$11
poached eggs, house smoked brisket-mac and cheese,
hollandaise, scallions, bbq drizzle, english muffin

South of the Benny* \$12
poached eggs, bacon, pimento cheese, hollandaise, scallions,
buttermilk biscuit

Meant to Bean* \$11
poached eggs, black bean cakes, hollandaise, pico de gallo,
english muffin

FOLDED EGGS

served with fruit and your choice of home fries or grits

Bacon-Pimento* \$10
four eggs, bacon, pimento cheese, caramelized onion
Veggie Patch* \$9.5
four eggs, avocado, black bean guacamole, cotija cheese,
pico de gallo

Hot Chick* \$11
four eggs, grilled chicken, jalapenos, pepper jack cheese,
caramelized onions, bacon
The Gobbler* \$12.50
four eggs, smoked turkey, swiss cheese, spinach, bacon, avocado

GRIDDLE

Buttermilk Pancakes \$6
stack of three with whipped butter, powdered sugar, maple
syrup and whipped cream
(add chocolate chips \$1.5) (add apples and walnuts \$3.5)

Pigs in a Cake* \$10
two buttermilk pancakes stuffed with ham, sausage, bacon,
cheddar cheese and an over hard egg

Classic French Toast \$8.5
hand dipped and griddled, served with whipped cream,
powdered sugar, butter and syrup

BUILD IT

Two eggs* \$3
over, up, poached, scrambled
Meat* \$4.5
sausage patties, bacon, black forest ham
Cheese* \$1.5
cheddar, american, pepper jack
Carbs \$2.5
white toast, english muffin, biscuit
Extras \$3
home fries, grits, fresh fruit

BRUNCH CRAVERS

Chicken or the Egg* \$12
fried chicken, scrambled eggs, sausage gravy, cheddar,
scallions and bacon all sandwiched between two biscuits
BEWARE! this sandwich is a knife and fork job!

Shrimp and Grits* \$12.5
shrimp, stone ground grits, tasso gravy, scallions, tomato

The Mess* \$8.75
a scramble of eggs, cheddar, home fries, tomatoes, mushrooms,
peppers and onions

Breakfast Totchos* \$9
tots topped with scrambled eggs, sausage gravy, jalapenos,
diced tomatoes and cheddar cheese

Breakfast Burrito* \$11.75
applewood bacon, smoked sausage, scrambled eggs, peppers,
onions and cheddar, served with home fries or grits

Huevos Rancheros* \$9.5
jasmine rice, street corn salsa, black beans, roasted tomatoes,
avocado, cotija cheese, scallions, tortillas, ranchero sauce, over
easy egg

Mahi Tacos* \$11.5
mahi mahi, coleslaw, tomato, scallion, chipotle sour cream, salsa
verde, served with home fries, grits or fruit

Southern Sunrise* \$11.25
two buttermilk biscuits filled with beer braised brisket and cole-
slaw, topped with over easy eggs, hollandaise, pickled red
onions, house tangy bbq sauce



*consumer advisory: some of our menu items may contain raw or undercooked ingredients. consuming raw or undercooked poultry, meat, shellfish, seafood or eggs may increase your risk of food borne illness. guests under the age of 18 may not order ground beef cooked below 155 degrees.