

## Smoothies:

ROSEMARY'S FAVORITE - \$4.25

The perfect mix of pineapples, bananas, cherries & OJ.

RUBY'S CLASSIC - \$4.00

A blend of strawberries, bananas, blueberries & OJ.

BUSTER BERRY - \$4.25

Blackberries, blueberries & strawberries with cranberry pomegranate juice

RICO'S PARADISE - \$4.25

A blend of pineapple, banana, OJ topped off w/a splash of coconut milk.

SWEET GINGER - \$4.50

Blended strawberries, bananas, fresh ginger & apple juice.

MASON'S MEDLEY - \$4.25

A blend of blueberries, bananas, pineapple & coconut milk.

TRANE'S PB 'N J - \$4.50

A blend of bananas, local honey, peanut butter, and your choice organic milk or organic soy milk. We pour half the mixture in the glass; then add blueberries to the blend for the perfect multi-layer concoction.

## Juice Bar:

ORGANIC CARROT

small - \$3.25; large - \$4.00

GRANNY SMITH APPLE

small - \$3.25; large - \$4.00

CARROT & OJ

small - \$3.00; large - \$3.75

CARROT/APPLE

small - \$3.50; large - \$4.50

## Additional Beverages:

ORGANIC COFFEE (regular or decaf) - \$1.95

ASSORTED ORGANIC HOT TEAS - 1.95

FAIR TRADE ICED TEA - \$1.95

JONES NATURAL COLA - \$2.50

ORGANIC MILK: small - \$2.50; large - \$3.25

ORGANIC CHOCOLATE MILK: \$1.95

ORGANIC SOY MILK: small - \$2.50; large - \$3.25

100% PURE OJ: small - \$1.95; large - \$2.50



## Rise 'n Shine Cafe

Merrimon Square

640 Merrimon Ave, Suite 102

Asheville, NC 28804

Open Monday - Saturday, 7:30am - 2:00pm

Open Sunday, 9am-2pm

NOW SERVING  
SCRATCH MADE  
BUTTERMILK BISCUITS!!

Egg & Cheese Biscuit \$3.25

Biscuits & Gravy \$3.25

ASK ABOUT OUR HOMEMADE  
JAM'S TO GO  
ONLY \$5.00 EACH

**828-254-4122**

The Rise 'n Shine Cafe supports local businesses with a conscious effort to conserve and sustain resources.



## You Might Like to Know...

We support local businesses with a conscious effort to conserve and sustain resources.

Our menu features foods from the following Asheville area providers: Dynamite Coffee Roasters, Mountain Foods, Smoky Mountain Honey House & Jack's Boxes.

The following menu items are always organic: Spring Mix, Spinach, Carrots, Granola, Herbal/Black Teas, Yogurt, Milk, Soymilk, Coffee, and Tempeh.

We Serve only Free Range Eggs & Chicken.

All To Go Containers Are Made From Cornbased Biodegradable Materials.

**[www.risenshinecafe.com](http://www.risenshinecafe.com)**  
**828-254-4122**

## Signature Breakfasts

Proteins are sausage or bacon, tempeh or soyseige.

### RISE 'N SHINE BREAKFAST - \$7.50

Two free range eggs, a protein, grits or potatoes, & toast.

Add eggs for \$1.25 each

Add two flapjacks for \$2.00

### SKINNIE MINNY - \$7.95

A free range egg white omelet with three veggies, a protein, sliced

tomatoes or fruit. Add cheese for \$.95

### ROASTED POTATO BOWL - \$7.25

Our special blend of potatoes, onions and peppers, topped with cheddar cheese and two free range eggs your style. Vegan: Sub tempeh for eggs & cheese. Add bacon or soyseige crumbles for \$1.75

### 3-WAY EGGS BENEDICT - \$7.75

Two free range eggs poached and perched atop an English muffin smothered in homemade hollandaise sauce. Choose one of the following styles: Local: with bacon or sausage, Green; with spinach or tomato, Bean: with tempeh or soyseige

### THE BREAKFAST SANDWICH - \$ 7.75

Two free range eggs, cheddar cheese, choice of protein, on choice of toast, served with side. Without side \$6.50

### THE REALLY BIG BREAKFAST - \$7.75

Short stack (3 flapjacks), w/ two eggs and protein choice.

Upgrade your Short Stack to:

Funky Monkey with Bananas, Walnuts, & Syrup - \$2.00

Celestial Fruit w/ Organic Yogurt, & Local Honey - \$2.75

Blueberry With Syrup & Butter - \$2.00

### CAMP EGGS - \$6.75

Two hollowed out pieces of bread with fried eggs in the middle, served with choice of side.

### FRUIT BOWL - \$5.95

Fresh seasonal fruit topped with organic granola, served with organic milk, organic soy milk or organic yogurt

## FlapJacks:

Our Flapjacks are an old family recipe with a modern nutritional twist. The batter has whole wheat flour, free range eggs, and organic milk. Sub 100% Pure Maple Syrup - \$1.50

STANDARD: SHORT - \$3.95; TALL - \$5.50

With Syrup & Butter

FUNKY MONKEY: SHORT - \$4.75; TALL - \$6.25

Bananas, Walnuts, & Syrup.

CELESTIAL FRUIT: SHORT - \$5.25; TALL - \$7.25

Seasonal Fruit, Organic Yogurt, & Local Honey.

BLUEBERRY: SHORT - \$4.50; TALL - \$5.75

With Syrup & Butter

## Omelets

All omelets are made with two free range eggs and are served with a choice of side and toast.

Add extra veggies - \$.75 ea. or cheese - \$.95

Add eggs to any omelet - \$1.25 ea.

Make any omelet egg whites - \$1.50 extra

### BUILD YOUR OWN OMELET - \$6.75

Select: three veggies & one cheese.

Veggies: Bell Pepper, Black Olive, Broccoli, Mushroom, Onion, Spinach, Tomato

Cheese: Cheddar, Feta, Mozzarella, Swiss

## Signature Omelets

\*No substitutions on Signature Omelets please

### DISCO'S OMELET - \$6.75

A perfect concoction of organic baby spinach, garlic, and two cheeses of your choice.

### SMOOTH HERB - \$5.50

Our special blend with your choice of cheese.

Add extra veggies - \$.75/each

### FRESH GREEK - \$7.25

Loaded with fresh spinach, tomatoes, black olives, onions, two free range eggs & feta cheese.

### SPICY MEXICAN - \$6.95

Tomatoes, onions, bell pepper, cheddar and a special spice blend

### BROCCOLI MUSHROOM - \$6.50

Broccoli and mushrooms and your choice of cheese

## Original & Classic Sides:

### HASH BROWNS - \$1.95

Add Cheddar Cheese - \$.95; Add Onions - \$.75

### ROASTED POTATOES - \$1.75

Add Cheddar Cheese - \$.95; Add Onions - \$.75

### GRITS W/BUTTER :CUP- \$1.75; BOWL - \$2.95

Add Cheddar Cheese - \$.95; Add Garlic - \$.25

### FRUIT CUP - \$4.25

w/ organic granola & w/organic milk, soy milk or organic yogurt & toast.

### TOAST - \$1.50

Choose from Wheat or White; w/butter & grape jelly.

### ENGLISH MUFFIN - \$1.75

### SLICED TOMATOES - \$1.75

### FRESH FRUIT SIDE - \$2.95

### SAUSAGE OR BACON (2) - \$2.50

### ORGANIC TEMPEH(3) OR SOYSAGE (2) - \$2.50

### A LA CARTE STANDARD FLAPJACK - \$2.50

### A LA CARTE EGG - \$1.50

## Lunch Sandwiches:

All sandwiches come with your choice of side: vegan pasta salad, potato salad, or chips. Sub. fresh fruit or simple side salad for \$2.95

### SUPER VEGGIE MELT - \$6.75

A combination of Broccoli, Mushroom & Spinach sautéed and covered with cheese. Add Tempeh or Bacon for \$2.00

### AVOCADO MELT - \$7.25

Sautéed Tempeh or Bacon with Avocado & Mozzarella Cheese, lettuce & tomato on a toasted bread of your choice.

### BLT/TLT - \$7.25

Bacon or Tempeh, Lettuce & Tomato on your choice of bread slathered with your choice of mayo or vegan avocado spread.

### FREE RANGE CHICKEN SALAD - \$6.95

Made with green apple and walnuts on your choice of bread dressed up with lettuce & tomato.

## Lunch Salads:

Homemade Dressings: Honey Mustard, Balsamic Vinaigrette, Soy Ginger, Spicy Ranch

### THE KIT 'N KABOODLE - \$7.25

Carrots, Celery, Tomatoes, Bell Pepper, Broccoli, Cheddar Cheese atop Organic Spring Greens with your choice of salad dressing.

Add Bacon Crumbles for \$1.75, Add Sauteed Tempeh Strips (3) for \$2.50

### KICKIN' CHICKEN SALAD - \$7.50

Served on a bed of organic fields greens with carrots, celery, & tomato.

### THE SAILOR MAN'S SALAD - \$7.25

Ay! Ay Captain! Bacon or walnut crumbles tower over a mound of organic baby spinach, tomatoes, & feta cheese. Served w/ Balsamic Vinaigrette.

## Lunch Sides:

PASTA SALAD (V) - \$.195

POTATO SALAD - \$1.95

POTATO CHIPS - \$1.25

FRESH FRUIT SIDE - \$2.95

SIMPLE SIDE SALAD - \$3.25

## Kid's Menu: (For diners 10 & under only please)

### TOAD IN A HOLE - \$4.75

A hollowed out piece of bread with a fried egg in the middle, served with a simple fruit garnish.

### BIG KID BREAKFAST - \$4.75

One egg cooked to order with potatoes or grits & toast.

### OLD SCHOOL GOOD - \$4.25

PB&J served with potato chips & simple fruit garnish.

### FRUIT & CHEESE - \$4.75

Grill Cheese with fruit salad & chips.