

Appetizers

Ceviche

Chef's choice. 8

Fried Green Tomatoes

Tempura batter, lemon-caper rémoulade. 5

Chickpea Cakes

Stuffed with goat cheese, bell peppers and scallions. Lemon-tahini vinaigrette. 6

Polenta Fries

Golden fried polenta sticks with Parmesan cheese and homemade spicy ketchup. 4.5

Salmon Terracotta

House-cured salmon wrapped around organic clover sprouts. Wasabi aioli, masago caviar. 7

Baked Pimento Cheese

Sharp cheddar, Monterey jack, roasted red pepper, and poblano peppers. Grilled flatbread. 6

Shrimp Spring Rolls

Domestic wild shrimp, julienne vegetables, soba noodles wrapped in rice paper. Sweet Thai chili sauce. 6

Salmon Cakes

Wild Alaskan Salmon, capers, red bell pepper, and scallions. Garlic-lime aioli. 7.5

Scallops Bruschetta

Blackened Carolina scallops, rosemary-olive crostini, gorgonzola-walnut butter. 9

(Entrée portion w/ choice of vegetable or green 18.)

Bread Plate

Organic rosemary-olive bâtard, grilled flatbread, tapenade, extra-virgin olive oil. 3.5

Soup/Salads

Chef's Soup Creations

Made fresh daily. Cup 3 Bowl 5

Add roast chicken breast, grilled tilapia or tempeh to any salad for 3.

House

Organic baby greens, organic carrots, red onion, cucumber and tomato. Choice of dressing.

Side 3.5 Large 6.5

Caesar

Romaine hearts, homemade garlic croutons, anchovies and Parmesan.

Side 3.5 Large 6.5

Ahi Sprout Salad

Pan-Seared Ahi tuna, sweet pea shoots mung bean, daikon and clover sprouts. Red cabbage, spiced toasted pepitas and soy-lime vinaigrette. 12.5 Just Salad. 7

The Med

Organic baby greens, beets, pistachios, goat cheese, roasted red pepper, dried cherries. Citrus vinaigrette. 8.5

The Morning Glory Café proudly uses a bounty of local and organic ingredients, hormone-free meats, and sustainably harvested seafood.

Burgers and Panini

Served with seasoned fries, cup of soup or a side house or Caesar salad.
All burgers are 1/3 pound and hand-patted using only local Foothills Farms beef.

Ahi Panini

Grilled fresh ahi tuna, olive tapenade, fresh spinach and lemon mayo on grilled organic rosemary-olive bread. 12.5

Panini Caprese

Fresh mozzarella, basil and tomatoes drizzled with extra-virgin olive oil then grilled between organic rosemary-olive bread. 8.5

Chow-Chow Burger

Classic Southern spicy-sweet relish of green tomatoes and cabbage. Topped with Monterey jack cheese. 9

Black-and-Bleu Burger

Spicy Cajun seasoning, Gorgonzola cheese, smoked bacon and garlic mayo. 9.5

Back-to-Basics Burger

Lettuce, tomato, onion, and choice of cheese. Period. 8.5

Entrées

Most entrées come with daily vegetable or greens.
Add a cup of soup or a side house or Caesar salad 2.

Moroccan Roast Chicken

Coleman farms organic chicken breast, lemon zest and Moroccan spices. Tropical-fruit chutney and chopped pistachios. Savory Mediterranean couscous. 13.5

Sunburst Farm Trout

Pan-seared local trout topped with a sundried tomato, garlic-lemon sauce. Parmesan risotto. 17

Fish or Shrimp Tacos

Tempura-battered tilapia or shrimp taco with fresh cabbage and cilantro-lime sauce. Fried plantains, organic brown rice, black beans and salsa.

One fish taco. 8.5

Two fish tacos. 11

One shrimp taco. 10.5

Two shrimp tacos. 13

Shrimp and Polenta

Domestic wild shrimp, andouille sausage, poblano peppers and fresh tomatoes. White wine lemon & butter sauce. Organic parmesan polenta. 14.5

Thai Chicken Quesadilla

Lime-grilled chicken, spicy peanut sauce, green onion, shaved carrots and sweet red chili sauce, fresh cilantro. Organic brown rice, black beans and plantains. 13

Vegetable Risotto

Roasted winter squash, portabella mushrooms, red bell pepper, leeks, and fresh rosemary. 11

(Add Italian sausage 3)

Stuffed Local Squash

Acorn squash, chorizo sausage, brown rice, bell peppers, onions, pistachios and dried cranberries.

Manchego cheese, romesco sauce. 14

(Available vegetarian)

Lamb Chop

New Zealand lamb chop rubbed with fresh rosemary then grilled to order. Caramelized shallots and port-wine reduction. Goat-cheese mashed potatoes. 14

(Add a second chop. 17)

Steak au Poivre

Six ounce grass-fed beef tenderloin filet encrusted with smoked peppercorns, grilled to order. Cognac crème, goat cheese mashed potatoes. 19

Maple Leaf Farms Duck

Boneless duck breast pan-seared, roasted to order. Local parmesan polenta, ancho-cherry demi-glace. 18