

# Breakfast *Includes 1 Side*

## AVOCADO TOAST

Toasted Thick Sliced Multigrain Bread, Sliced Avocado, Romesco Sauce, Chia, Flax & Nutritional Yeast add (2) Eggs Scrambled or Tofu Scramble \$2

\$8

## VEGAN "BUTTERMILK" PANCAKES V

(3) Pancakes Served with Maple Syrup

\$9

## BRAISED BEEF SHORT RIBS OMELET

Pulled Beef Short Ribs braised in Red Wine & Herbs

\$12

## Sides \$3

### FRUIT BOWL

Medley of Freshly Cut Fruit

### NO SMALL POTATO

Smashed & Then Fried Potatoes

### BACON

Applewood Smoked

## Grab & Go \$2

### BANANA NUT BREAD SLICE

### GRANOLA



# Build Your Own

*Includes 1 Side*

## OMELET

\$12

### Choose three:

Bacon, Peppers, Mushrooms, Onions, Potatoes, Pepper Jack, Gruyere, Fontina Cheese, Vegan Cheddar, Salsa

## BREAKFAST BURRITO

\$10

### Choose any of the following:

Egg, Tofu Scramble, Bacon, Peppers, Mushrooms, Onions, Potatoes, Pepper Jack, Gruyere, Fontina Cheese, Vegan Cheddar, Salsa, Ranchero Sauce, Black Beans, Brown Rice

## BREAKFAST SANDWICH

\$10

### Choose any of the following:

Egg, Tofu Scramble, Bacon, Peppers, Mushrooms, Onions, Potatoes, Pepper Jack, Gruyere, Fontina Cheese, Vegan Cheddar, Salsa, Black Beans

# Brunch *Includes 1 Side*

## AVOCADO TOAST \$8

Toasted Thick Sliced Multigrain Bread, Sliced Avocado, Romesco Sauce, Chia, Flax & Nutritional Yeast *add (2) Eggs Scrambled or Tofu Scramble \$2*

## VEGAN "BUTTERMILK" PANCAKES \$9

(3) Pancakes Served with Maple Syrup

## BRAISED BEEF SHORT RIBS OMELET \$12

Pulled Beef Short Ribs braised in Red Wine & Herbs

## THE FRENCHMAN \$12

Brie Stuffed French Toast with Cinnamon & Maple Syrup

## DON'T BE A CRAB! \$16

Homemade Crab Cakes, Braised Greens with Two Poached Eggs & Hollandaise

## Sides \$3

### FRUIT BOWL

Medley of Freshly Cut Fruit

### NO SMALL POTATO

Smashed & Then Fried Potatoes

### BACON

Applewood Smoked

## Grab & Go \$2

### BANANA NUT BREAD SLICE

### GRANOLA



# Build Your Own

*Includes 1 Side*

## OMELET \$12

**Choose three:**

Bacon, Peppers, Mushrooms, Onions, Potatoes, Pepper Jack, Gruyere, Fontina Cheese, Vegan Cheddar, Salsa

## BREAKFAST BURRITO \$10

**Choose any of the following:**

Egg, Tofu Scramble, Bacon, Peppers, Mushrooms, Onions, Potatoes, Pepper Jack, Gruyere, Fontina Cheese, Vegan Cheddar, Salsa, Ranchero Sauce, Black Beans, Brown Rice

## BREAKFAST SANDWICH \$10

**Choose any of the following:**

Egg, Tofu Scramble, Bacon, Peppers, Mushrooms, Onions, Potatoes, Pepper Jack, Gruyere, Fontina Cheese, Vegan Cheddar, Salsa, Black Beans

# F R E R E T FAIRE

FRESHEST FAIRE ON FRERET



## Appetizers \$7

### SPINACH DIP

Homemade Creamy Spinach Dip, Grilled Naan

### SASSY SHRIMP

Seasoned Shrimp steamed and tossed in Sweet Heat Sauce then layered on Homemade Peanut Sauce

### CHEESY FRITES

Fries topped with Smoked Gouda & Gruyere Cheese Sauce topped with Homemade Vegan Chili or Bacon

### CHEESY POOFS

Pâte à Choux (Puff Pastry) Gruyere Puffs

### AVOCADO FRITES

Beer Battered Tempura Fried Avocado with Miso Dipping Sauce

## Soups \$4

**GUMBO Z'HERBES** *Cup*

**SOUP OF THE DAY** *Cup*

## Salads \$8

### CAESAR SALAD

Chopped Romaine, Shaved Grana & Homemade Croutons with Roasted Garlic Lemon Dressing

### FATTOUSH SALAD V

Greens, Toasted Chickpeas, Toasted Pita, Tomatoes, Cucumber, Radish, Avocado with Lemon Tahini Dressing

### TUNA NICOISE GF

Sliced Seared Tuna, Roasted Potatoes, French Green Beans, Olives with Dijon Vinaigrette

### SOUTHWEST COBB

Marinated Black Beans, Charred Fresh Corn, Tomatoes, Avocado, Plant Based Cheddar with Roasted Tomato Dressing & Fried Tortilla Strips

### ADD PROTEIN + \$3

Grilled Shrimp  
Chicken Breast  
Marinated Roasted Tofu

V Vegan GF Gluten Free

# Sandwiches

Choice of: Multigrain, Rye, Sourdough, Oat or Brioche Bun  
Includes 1 Side

## THE BGT

Thick Sliced Center Cut Applewood Smoked Bacon, Braised Greens, Tomato with Roasted Tomato Dressing

\$10

## REUBEN IN THE GARDEN

House Seasoned Tempeh, Plant-Based Smoked Gouda, Kimchi, Lettuce, Tomatoes, Roasted Tomato Horseradish Aioli

\$10

## FRIED OYSTER PEACEMAKER

Fried Oysters, Bacon, Fontina Cheese, Lettuce, Tomatoes & Remoulade Sauce

\$14

## BRAISED SHORT RIB SLIDERS

3 Sliders with Braised Beef Short Ribs, Shaved Cabbage & Roasted Garlic Aioli

\$10

## MONTE CRISTO

Ham, Swiss, Dijon Mustard, Fig Jam battered & topped with Powdered Sugar

\$10

## VEGGIE BURGER

6 Oz. House made Veggie Burger, Grilled Onions, "Cheddar", Romesco, Lettuce and Tomato

\$10

## OUR CLUB

Shaved Smoked Turkey, Pickled Onions, Avocado, Bacon, Pepper Jack, Zapps & Homemade Honey Mustard

\$10

## SMASH BURGER

6 Oz. Market Grind, Grilled Onions, Bacon, Homemade BBQ Sauce stuffed with White Cheddar

\$10

## TURKEY BURGER

6 Oz. Market Grind, Roasted Garlic Aioli, Sautéed Mushrooms & Swiss

\$10

## Sides

\$4

## LES FRITES

Potato Fries served with Peanut Sauce or Garlic Aioli

## MAC 'N' CHEESE

Shells smothered in a Smoky Gouda Cheese Sauce

 Vegan  Gluten Free



F R E E T  
**FAIRE**

**Coffee**

<b>DRIP COFFEE</b>	12 oz. \$2	16 oz. \$3
<b>ICED COFFEE</b>	12 oz. \$4	16 oz. \$6
<b>ESPRESSO</b>	1 Shots \$3	2 Shots \$6
<b>LATTE</b> Double Shot of Espresso, Steamed Milk	12 oz. \$4	16 oz. \$6
<b>CAPPUCCINO</b> Shot of Espresso, Milk and Foam	12 oz. \$4	16 oz. \$6
<b>CHAI LATTE</b> Chai Tea, Steamed Milk	12 oz. \$4	16 oz. \$6
<b>MATCHA LATTE</b> Matcha Powder, Steamed Milk	12 oz. \$4	16 oz. \$6
<b>ADD FLAVOR / MILK</b> Vanilla or Hazelnut Flavor Milk Substitutions: Oat, Almond, Soy or Coconut		75¢

**Drinks**

<b>SODA / TEA</b>	\$2
<b>BOTTLED WATER</b>	\$1
<b>ROUSES ITALIAN SPARKLING WATER</b>	\$1

**Smoothies**

20 oz.   \$6
<b>THE "GREENER" WAVE</b> Banana, Spinach, Kale, Avocado, and Apple
<b>MONKEY HILL</b> Chocolate, Peanut Butter, Banana and Oat Milk
<b>PONTCHARTRAIN PUNCH</b> Banana, Pineapple, Mango, Strawberries and Red Grapes
<b>MEET ME AT THE BUTTERFLY!</b> Banana, Mixed Berries, Honey and Oat Milk

**Smoothie Add Ons | \$1**

Chia, Hemp Hearts, Flax, Maca, Spirulina, Goji Powder, Yogurt, Peanut Butter, Avocado, Espresso, Sun Warrior Protein Powder (Vanilla or Chocolate)

**Juice**

12 oz.   \$6
<b>CALLIOPE</b> Orange, Apple, Beet, Ginger, Lemon & Carrot
<b>TCHOUPITOULAS</b> Apple, Strawberry, Blueberry, Grapes, Kiwi & Ginger
<b>MAGNOLIA</b> Orange, Carrot & Apple
<b>OCTAVIA</b> Watermelon, Ginger, Orange, Green Apple, Strawberries & Mint

