

# Breakfast Includes 1 Side

- AVOCADO TOAST** V \$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** V \$9  
(3) Pancakes Served with Maple Syrup *add Fruit for no extra charge*
- BRAISED BEEF SHORT RIBS OMELET** \$12  
Pulled Beef Short Ribs braised in Red Wine & Herbs

## Sides \$3

- BLACK BEANS** V  
Creamy Cuban Style
- STONE GROUND GRITS** V
- FRUIT BOWL** V  
Medley of Freshly Cut Fruit
- NO SMALL POTATO** V  
Smashed & Then Fried Potatoes
- BACON**  
Applewood Smoked

## Grab & Go \$2

- BANANA NUT BREAD** V  
Slice
- GRANOLA** V



# Build Your Own

Includes 1 Side

## OMELET \$12

**Choose three:**  
Bacon, Peppers, Mushrooms, Onions, Potatoes, Pepper Jack, Gruyere, Fontina Cheese, Vegan Cheddar, Salsa, Diced Tomatoes

## BREAKFAST BURRITO \$10

**Choose three:**  
Egg, Tofu Scramble, Bacon, Peppers, Mushrooms, Onions, Potatoes, Pepper Jack, Gruyere, Fontina Cheese, Vegan Cheddar, Salsa, Black Beans, Brown Rice, Diced Tomatoes

## BREAKFAST SANDWICH \$10

**Choose three:**  
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

- CHEESY FRITES**  
Fries topped with Smoked Gouda & Gruyere Cheese Sauce topped with Bacon (optional)
- AVOCADO FRITES** V  
Beer Battered Tempura Fried Avocado with Miso Dipping Sauce
- VEGAN NACHOS** V  
Hola Nola Chips, Roasted Corn, Tomato, Black Beans & Vegan Chipotle Nacho Cheese Sauce
- SHORT RIB NACHOS**  
Braised Beef Short Ribs, Hola Nola Chips, Green Salsa, Roasted Pepper Cheese Sauce, Optional Crumbled Feta & Jalapenos

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

## Soups \$4

- GUMBO Z'HERBES** *Cup* V
- SOUP OF THE DAY** *Cup*

## 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** \$10  
Thick Sliced Center Cut Applewood Smoked Bacon, Braised Greens, Tomato with Roasted Tomato Dressing
- REUBEN IN THE GARDEN** V \$10  
House Seasoned Tempeh, Plant-Based Smoked Gouda, Kimchi, Lettuce, Tomatoes, Roasted Tomato Horseradish Aioli
- FRIED OYSTER PEACEMAKER** \$14  
Fried Oysters, Bacon, Fontina Cheese, Lettuce, Tomatoes & Remoulade Sauce
- BRAISED SHORT RIB SLIDERS** \$10  
3 Sliders with Braised Beef Short Ribs, Shaved Cabbage & Roasted Garlic Aioli
- MONTE CRISTO** \$10  
Ham, Swiss, Dijon Mustard, Fig Jam battered & topped with Powdered Sugar
- VEGGIE BURGER** V \$10  
6 Oz. House made Veggie Burger, Grilled Onions, "Cheddar", Romesco, Lettuce and Tomato
- GRILLED CHEESE** \$8  
Classic American Sandwich on White Bread with a blend of cheeses
- OUR CLUB** \$10  
Smoked Turkey, Pickled Onions, Avocado, Bacon, Pepper Jack, Zapps & Homemade Honey Mustard
- SMASH BURGER** \$10  
6 Oz. Market Grind, Grilled Onions, Bacon, Homemade BBQ Sauce stuffed with White Cheddar
- TURKEY BURGER** \$10  
6 Oz. Market Grind, Roasted Garlic Aioli, Sauteed Mushrooms & Swiss
- FOCCACIALETTA** \$12  
Classic New Orleans Italian Sandwich with Ham, Provolone Cheese, Olive Salad & Salami on Focaccia from Gracious Bakery

## Sides \$4

- CHEF'S SPECIAL**  
Side of the Day
- LES FRITES**  
Potato Fries served with Peanut Sauce or Garlic Aioli
- MAC 'N' CHEESE**  
Shells smothered in a Smoky Gouda Cheese Sauce



# F R E R 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>  | 12 oz. \$4  | 16 oz. \$6  |
| <small>Double Shot of Espresso, Steamed Milk</small>  |             |             |
| <b>CAPPUCCINO</b>   | 12 oz. \$4  | 16 oz. \$6  |
| <small>Shot of Espresso, Milk and Foam</small>  |             |             |
| <b>CHAI LATTE</b>   | 12 oz. \$4  | 16 oz. \$6  |
| <small>Chai Tea, Steamed Milk</small>   |             |             |
| <b>MATCHA LATTE</b>   | 12 oz. \$4  | 16 oz. \$6  |
| <small>Matcha Powder, Steamed Milk</small>  |             |             |
| <b>ADD FLAVOR / MILK</b>  | 75¢         |             |
| <small>Vanilla or Hazelnut Flavor<br/>Milk Substitutions: Oat, Almond, Soy or Coconut</small> |             |             |

## Drinks

- SODA / TEA** \$2
- BOTTLED WATER** \$1
- ROUSES ITALIAN SPARKLING WATER** \$1

## Smoothies

- 20 oz. | \$6
- THE "GREENER" WAVE**  
Banana, Spinach, Kale, Avocado, and Apple
- MONKEY HILL**  
Chocolate, Peanut Butter, Banana and Oat Milk
- PONTCHARTRAIN PUNCH**  
Banana, Pineapple, Mango, Strawberries and Red Grapes
- MEET ME AT THE BUTTERFLY!**  
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
- CALLIOPE**  
Orange, Apple, Beet, Ginger, Lemon & Carrot
- TCHOUPITOULAS**  
Apple, Strawberry, Blueberry, Grapes, Kiwi & Ginger
- MAGNOLIA**  
Orange, Carrot & Apple
- OCTAVIA**  
Watermelon, Ginger, Orange, Green Apple, Strawberries & Mint

