

## COFFEE & ESPRESSO FTO

	Single	Double
Espresso	1.59	1.79
Macchiato	1.79	1.99
	12oz	16oz
Drip Coffee	1.59	1.79
<small>Refills .50</small>		
Au Lait	1.99	2.29
Americano	1.69	1.99
Cappuccino	2.79	3.29
Latte	2.79	3.29
Flavored Latte	3.29	3.79
Mocha Latte	3.29	3.79
Carmel Mocha Latte	3.79	4.29

## OTHER HOT DRINKS

	12oz	16oz
Hot Chocolate <small>FTO</small>	2.49	2.99
Steamer	1.79	1.99
Flavored Steamer	1.99	2.29

## TEA & TEA LATTES

Whole Leaf Tea <small>FTO</small>	1.99
Tea Latte	2.79 3.29
Yerba Mate Latte	2.79 3.29
<small>Green, Dark Roast and Chai</small>	
Coconut Chai Latte	2.79 3.29

## ICED COFFEE & ESPRESSO FTO

Cold Brewed Coffee	1.59	1.79
Iced Americano	1.69	1.99
Iced Latte	2.79	3.29
Iced Flavored Latte	3.29	3.79
Iced Mocha	3.29	3.79
Iced Carmel Mocha	3.79	4.29
<small>Add Espresso Shot, Syrup, Breve for .50</small>		

## FROZEN FRAPPÉS

Dominican Mocha	3.99
Vera Cruz Cafe Latte	3.99
Belizian Vanilla Latte	3.99

## ICED TEA & DRINKS

	8oz	12oz	16oz
Iced Black, Green or Herbal Tea			1.79
Iced Yerba Mate Latte		3.29	3.79
Heinzelmännchen Root Beer on Tap	2.29	2.99	
Natural Cola, Ginger Ale or Diet Cola	1.69		
Lemonade	1.59	2.19	2.79
Strawberry Lemonade	1.99	2.59	3.29
Organic Apple Juice	1.99	2.59	3.29

## BEER & WINE

Pisgah Organic Pale Ale	3.99
Badger Mountain Organic Red & White Wine	3.99
<small>Sulfite-Free</small>	

## FRESH PRESSED JUICE

	8oz	12oz	16oz
	<small>Add Ginger .50</small>		
Fresh Squeezed OJ	2.59	3.59	4.59
Organic Carrot Juice	2.99	3.99	4.99
Sunshine	2.99	3.99	4.99
<small>Carrot &amp; Orange</small>			
Red Planet	3.29	4.59	5.59
<small>Carrot, Apple, Beet, &amp; Ginger</small>			
Green Flash	3.29	4.59	5.59
<small>Carrot, Apple, Celery, Kale, Spinach and Parsley</small>			
Lemon Zing	3.29	4.59	5.59
<small>Carrot, Apple, Lemon and Ginger</small>			

## SMOOTHIES

	16oz
	<small>Add Hemp or Soy Protein Powder, Spirulina, Peanut Butter .50 Almond Butter 1.00</small>
Strawberry Fields	4.59
<small>Strawberries, Bananas, Tropical Fruit Purée and Organic Apple Juice</small>	
Blue Mountain	4.59
<small>Blueberries, Bananas, Tropical Fruit Purée and Organic Apple Juice</small>	
Peach Tree	4.59
<small>Peaches, Bananas, Tropical Fruit Purée and Organic Apple Juice</small>	
Tropical Paradise	4.59
<small>Pineapples, Bananas, Mangoes, Papaya and Organic Apple Juice</small>	
Green Monster	4.99
<small>Blueberries, Strawberries, Bananas, Tropical Fruit Purée, Organic Apple Juice with Spirulina</small>	
Berries & Cream	4.99
<small>Blueberries, Strawberries, Tropical Fruit Purée, Organic Low Fat Vanilla Yogurt and Organic Vanilla Soy Milk</small>	

\* Please notify the barista if you have any allergies.

## MISSION

The GREEN SAGE will lift the spirits and Nurture the well-being of its customers through its Extraordinary fair-trade organic coffee, Natural & organic food, and Ecologically-driven business practices, And so doing will create a sustainable business and Amazing coffeehouse experience For the Asheville community it serves, and a Respectful culture for the team members and Environmental resources it employs.

## OUR FOOD AND BEVERAGE GOALS

To Produce Wholesome Beverages and Meals from ingredients that include:

- Local ingredients produced within the Appalachian Bio-Region.
- Local Produce raised organically.
- Local Eggs raised organically, free range and antibiotic-free.
- Local and/or Organic Dairy Products produced without synthetic growth hormones (rBGH) or antibiotics.
- Local Meats and Trout raised antibiotic and hormone-free.
- Fair Trade Organic, Shade-Grown Coffee.
- Fair Trade Organic Teas, Chocolate, Sugar and Bananas.
- Local Organic Beer.
- North Carolina and Organic Wines.
- Purified Chlorine and Chemical-Free Water for drinking, cooking and cleaning.
- No artificial chemicals, colors, flavorings, hydrogenated oils, cottonseed oil, preservatives or additives.
- Compostable Beverage and Food Containers.

## OUR REGULAR FARMERS & PRODUCERS

- Annie's Bakery: Organic Breads (Sylva, NC)
- Ashely Farms: All Natural Chicken (Winston-Salem, NC)
- Carolina Bison Ranch (Leicester, NC)
- Dolci di Maria: Gluten-Free Desserts (Asheville, NC)
- Flying Cloud Farms: Vegetables (Fairview, NC)
- Hickory Nut Gap Farms: Pasture-Raised Beef & Pork (Fairview, NC)
- Homeland Creamery: rBGH-Free Milk, Cream and Butter (Julian, NC)
- Imladris Farms: Apple Butter and Fruit Preserve (Fairview, NC)
- J.Parham Farms: Eggs (Candler, NC)
- Larry's Beans: Fair Trade Organic Coffee (Raleigh, NC)
- Lindley Mills: Organic Stone Ground Flour (Graham, NC)
- Pisgah Brewing Company: Organic Beer (Black Mountain, NC)
- Split Creek Farm: Goat Cheese (Anderson, SC)
- Sunburst Trout Farm (Waynesville, NC)
- World's Best Carrot Cake (Asheville, NC)



# Menu

### COFFEEHOUSE HOURS

Mon-Thurs	7:30am - 8pm
Friday	7:30am - 10pm
Saturday	8am - 10pm
Sunday	8am - 7pm

### CAFÉ HOURS

Breakfast All Day  
Lunch & Dinner 11am -5pm, 7pm Fri,Sat

5 Broadway Street, Asheville, NC 28801  
P: (828) 252-4450 F: (828) 252-4757

www.thegreensage.net

## BREAKFAST ALL DAY

	Cup	Bowl
Fresh Seasonal Fruit (V)	2.99	4.99
Maple Pecan Granola Bowl	3.99	5.99
<small>Served with Fresh Fruit and Organic Low Fat Vanilla Yogurt</small>		
Buttermilk Pancakes		6.99
<small>Two Large Pancakes topped with Glazed Pecans, Fresh Fruit, Served with Organic Maple Syrup, Butter (or Earth Balance) Add Blueberries 1.00</small>		
Sourdough French Toast		6.99
<small>Topped with Glazed Pecans and Fresh Fruit; Served with Organic Maple Syrup, Butter (or Earth Balance)</small>		

## BISCUITS, BAGELS & BURRITOS

Add Cheddar or Swiss 1.00 Sub Bagel .20

Buttermilk or Vegan Biscuit (V)	1.59
with Shitake Gravy (V)	2.59
with Sausage* (V)	3.79
with Sausage* & Shitake Gravy (V)	4.79
<small>* Pork, Bison or Tempeh Soysage</small>	
Egg Biscuit (GF)	2.99
Egg & Cheddar Biscuit (GF)	3.99
Sausage & Egg Biscuit (GF)	4.99
Bacon & Egg Biscuit (GF)	4.29
Bagel with Butter & Jam (V GF)	1.79
Bagel & Cream Cheese (GF)	2.29
Trout Lox Bagel (GF)	7.99
<small>Served with Cream Cheese, Tomato, Lettuce, Red Onion and Capers</small>	
Breakfast Burrito (V GF)	7.99
<small>Scrambled Eggs, Cheddar, Avocado, Red Onion, Tomato, Sweet Potato Home Fries and Sour Cream Add Sausage, Soysage or Bacon 1.50. (Sub Tofu Scramble for Eggs)</small>	

## EGGS

Served with Sweet Potato Home Fries and Choice of Grits, Biscuit or Multigrain Toast. Sub Cheese Grits 1.00  
Add Cheddar or Swiss 1.00 Add Chèvre or Feta 1.50 Add Trout Lox 3.00

The Green Sage Plate (V GF)	7.99
<small>Two Eggs, Sweet Potato Home Fries, Sautéed Kale and Onions Served with Biscuit and Shitake Gravy (Available with Tofu Scramble)</small>	
Sunrise (GF)	6.99
<small>Two Eggs with Sweet Potato Home Fries and Grits, Biscuit or Toast</small>	
Classic (V GF)	8.99
<small>Two Eggs, Sweet Potato Home Fries with Sausage, Soysage or Bacon. Choice of Grits, Biscuit or Multigrain Toast (Available with Tofu Scramble)</small>	
Tofu Herb Scramble (V GF)	6.99
<small>Tofu Scrambled with Parsley and Scallions, Tomatoes, and Turmeric with Sweet Potato Home Fries, and Choice of Grits, Biscuit, or Toast</small>	

## OMELETS

Served with Sweet Potato Home Fries and Choice of Grits, Biscuit or Multigrain Toast. Sub Cheese Grits 1.00

Spinach Feta Omelet (GF)	8.59
<small>Three Eggs with Spinach, Tomatoes, Sautéed Red Onions and Feta</small>	
Farmer's Omelet (GF)	8.99
<small>Three Eggs made with Sausage or Soysage, Cheddar Cheese, Tomatoes, Mushrooms and Sautéed Kale and Onions</small>	
Quiche of the Day	6.99
<small>Served with Fresh Fruit or Side Salad</small>	

## Lunch and Dinner 11am-5pm, 7pm Fri-Sat

### HOT SOUPS

Served with Toasted Pita Bread

	Cup	Bowl
Green Lentil Vegetable (V GF)	2.99	4.99
Soup of the Day	Market Price	

### SALADS

Add Grilled Chicken or Curry Cashew Chicken Salad for 3.00  
Grilled Tempeh, Hummus or 1/2 Avocado for 2.00

Sage House Salad (V GF)	7.99
<small>Mixed Greens, Cucumbers, Grape Tomatoes, Beets, Carrots, Red Onion, Glazed Pumpkin Seeds and Sprouts with choice of Lemon Tahini Dressing or Balsamic Vinaigrette and Toasted Pita Bread</small>	
The Kalamata (V GF)	7.99
<small>Mixed Greens, Tomato, Red Onion, Kalamata Olives, Feta, Balsamic Vinaigrette and Toasted Pita Bread</small>	
Spinach & Beet Salad (V GF)	7.99
<small>Spinach served with Roasted Beets, Chèvre, Glazed Pecans and Croutons with Balsamic Vinaigrette</small>	
Hummus Veggie Plate (V GF)	7.99
<small>Hummus served with Thinly Sliced Carrots, Cucumbers, Grape Tomatoes, Kalamata Olives, Red Onion and Toasted Pita Bread</small>	

## VEGAN & GLUTEN-FREE OPTIONS

- (V) Vegan Item
  - (V) Vegan Option Available
  - GF Gluten-Free
  - (GF) Gluten-Free Option Available
- We have three Gluten-Free breads available upon request: Tapioca Rice Bun 1.00 Brown Rice Wrap .50 Brown Sandwich Bread 1.00

## BURGERS & HOT SANDWICHES

Served with Choice of Sweet Potato French Fries, Side Salad, Fresh Fruit or Cup of Soup  
Add Cheddar or Swiss, 1.00 Add Chèvre 1.50  
Add Slice Bacon 1.30

The Sage Burger (GF)	8.99
<small>Hickory Nut Gap Grass Fed Beef served on a Wheat Bun with Lettuce, Tomato, and Red Onion, Spicy Brown Mustard and Aioli</small>	
Bison Burger (GF)	9.99
<small>Carolina Grass Fed Bison served on a Wheat Bun with Lettuce, Tomato, and Red Onion, Spicy Brown Mustard and Aioli</small>	
Black Bean Veggie Burger (V)	8.59
<small>House-Made Burger Served on a Wheat Bun with Lettuce, Tomato, and Red Onion, Spicy Brown Mustard and Veganise</small>	
Tempeh Rueben on Jewish Rye (V GF)	8.99
<small>Marinated Tempeh with Swiss Cheese, Organic Sauerkraut and Russian Tofu Dressing</small>	

## SIGNATURE SANDWICHES & WRAPS

All Signature Sandwiches are Served with Choice of Sweet Potato French Fries, Side Salad, Fresh Fruit or Cup of Soup

Veggie Hummus on Spinach Wrap (V GF)	7.99
<small>With Lettuce, Tomato, Cucumber, Red Onion, Sprouts and Kalamata Olives</small>	
Roast Beef with Carmelized Onions (GF)	8.99
<small>Served on Ciabatta with Lettuce, Tomato and Horseradish Aioli</small>	
Roast Turkey Club on Ciabatta (GF)	8.99
<small>With Cheddar, Bacon, Lettuce, Tomato, Red Onion and Aioli.</small>	
Avocado BLT on Sourdough (GF)	8.99
<small>With Bacon, Lettuce, Tomato, Red Onion and Aioli</small>	
Avocado TLT on Multigrain (V GF)	8.99
<small>With Grilled Tempeh, Lettuce, Tomato, Red Onion and Aioli</small>	
Curry Cashew Chicken Salad Wrap (GF)	8.99
<small>With Raisins, Onion and Garlic. Served with Tomato and Sprouts on Whole Wheat Wrap</small>	

## GLOSSARY

- Agave - low glycemic syrup made from the agave cactus
- Earth Balance - trans fat-free soy-based margarine
- Gluten - a naturally occurring protein in grains including wheat, rye, barley and spelt
- Stevia - natural, zero calorie sugar substitute (300 times the sweetness of sugar)
- Spirulina - fresh water nutrient-rich micro algae
- Tempeh - fermented whole soy bean cake
- Vegan - contains no animal ingredients

## BREAKFAST SIDES ALL DAY

Bacon Thick Cut - Two Slices GF	2.59
Eggs - Two GF	2.99
French Toast - 1/2 Order	3.59
Granola Cup with Choice of Milk	2.99
Grits GF	1.59
Grits with Cheese GF	2.59
Pancake One Large	2.99
Pancake with Blueberries	3.59
Sausage - Pork or Bison - Single Pattie GF	2.29
Sautéed Greens GF	2.99
Shitake Gravy	.99
Soysage - Tempeh GF	2.29
Sweet Potato Home Fries GF	2.99
Tofu Scramble GF	2.99
Multigrain Toast 2 Slices with Butter and Jam	1.29

## LUNCH SIDES 11am to 5pm, 7pm Fri-Sat

Fruit Cup	2.99
Lentil Soup Cup	2.99
Sautéed Kale and Onions	2.99
Side Salad	2.99
Sweet Potato French Fries - Small	2.99
Large	4.99

## KIDS MENU

Kids Strawberry Banana 8oz Smoothie	2.99
Organic Apple Juice	1.99
Milk, Soy Milk or Rice Milk	1.59
Chocolate Milk, Soy Milk or Rice Milk	1.99
Hot Chocolate w/Choice of Milk	1.99
PBJ on Multigrain	2.99
1/2 Grilled Cheese on Multigrain	2.99

