


brunch

10:00am - 2:00pm

starters


- THP  **hummus** - house recipe | tzatziki | flatbread | vegetables | 14
- button mushrooms** - beer batter | parmesan | remoulade | 13
- 1 lb jumbo chicken wings** - buffalo | thai dye | dry rub | 16
- crab dip** - lump crab | flatbread | 17
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brunch specialties

- breakfast club sandwich** - eggs | ham | bacon | lettuce | tomato | mayo | cheese | honey wheat bread | side | 15
- chef omelet** - andouille sausage | red peppers | onions | mushrooms | jack cheese | cajun spices | side | 15
- garden omelet** - mushrooms | tomato | spinach | onions | garlic | goat cheese | side | 14
- bbq benny*** - poached eggs | beer braised pork | slaw | jalapenos | poblano aioli | bbq hollandaise | english muffin | side | 15
- smokey benny*** - poached eggs | smoked salmon | herbed cream cheese | arugula | onion | hollandaise | fried capers | side | 18
- eggs benny*** - ham | poached eggs | english muffin | garlic aioli | hollandaise | side | 14
- huevos rancheros** - eggs | chorizo | tostada | avocado | corn relish | pico de gallo | 15
- breakfast tacos** - eggs | chorizo | jack cheese | kale | chimichurri sauce | pickled onions | side | 14
- northshore hash*** - poached eggs | brussels | southwest potatoes | béarnaise | 14
- chicken & waffles** - belgian waffle | chicken tenders | syrup | side | 16
- blueberry waffle** - belgian waffle | fresh blueberries | sauce aux fruits | whipped cream | side | 13
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sides

- broccoli crowns** | southwest potatoes | pimento cheese grits | fries
- cucumber salad** | sweet potato fries | yogurt parfait

THP  Healthier choices recommended by the professionals at the Temple of Human Performance

We take pride in preparing our food from scratch everyday. We are concerned for your well being, if you have allergies please alert us as not all ingredients are listed. We hope you enjoy your time with us, bon appétit!

Out of consideration for other guests who are waiting, we may ask for your table if a significant amount of time has passed subject to your seating. We typically will not make this request until at least 90 minutes after your party is seated.

* We are obliged to tell you that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a medical condition.

entrees & salads

sliders* - 2 hand pattied burgers | sautéed onion | american cheese | mustard | fries | 17

bison burger - tillamook cheddar | sautéed onions | garlic aioli | tomato | arugula | broccoli crowns | 19

fish and chips - fanatic red ale beer batter | fries | tartar | 22

shrimp & grits - andouille sausage | mushrooms | onions | tomato | sherry cream sauce | 21

THP  **salmon*** - scottish salmon | broccoli crowns | 29

trout - grilled carolina trout | quinoa | lemon cream sauce | slaw | 17

THP  **mediterranean bowl** - quinoa | spinach | red onion | tomato | olive | goat cheese | cucumber | 15

smoked salmon power bowl - mixed greens | sweet potatoes | tzatziki | corn relish | tomato | beans & rice | 18

caesar with chicken - kale | napa | parmesan | chicken | crostini | 16

wedge - tomato | bacon | red onion | blue cheese dressing & crumbles | balsamic reduction | 11

add - bacon 3 | chicken 8 | salmon 14 | ahi 15 | filet* 33*

dressings: creamy caesar, cilantro honey vinaigrette, ranch, blue cheese, honey dijon, basil vinaigrette

homemade desserts

panna cotta - winter berries | blueberry reduction | whipped cream | milk crumble | pistachios

dark chocolate ganache cake - triple layer | rum caramel sauce | vanilla ice cream

drinks

bloody mary 5

fresh squeezed mimosa 5

fresh squeezed screwdriver 5

white sangria 5

raspberry mojito 9