



Appetizers

- SOPHIA'S GREEK YOGURT** Honey, Fresh Berries, Almonds, Granola 8.5
- BLUEBERRY COFFEE CAKE** Honey Butter 7.5
- VERMONT CHEDDAR PIMENTO CHEESE SPREAD** Raw Veggies & Crostini 10
- HUMMUS PLATE** English Pea Mojo Rojo 11.5 Add **SPICED LAMB** +3
Extra Fresh Baked Pita +2 each
- HOUSE SALAD** Artichokes, Olives, Mushrooms, Tomato, Pecorino, Balsamic 11
- BUFFALO CAULIFLOWER** Blue Cheese Yogurt Dipping Sauce 13.5
- SWEET CHILI LACQUERED BABY BACK RIBS** 15

Big Plates & Sandwiches

WE USE ORGANIC, CAGE-FREE EGGS!

- FRENCH TOAST BREAD PUDDING** Mixed Berry Compote 14.5
- FRITTATA WITH HOUSE SALAD** Kale, Tomato, Cheddar, Shishito Pepper 15
- SCRAMBLED EGGS WITH FRITES** Ramps, Goat Cheese, Pickled Red Onion 14.5
- DUCK CONFIT HASH** Sunny Side Up Egg, Red Potato, Bell Pepper, Mint Pesto 15.5
- EGGS BENEDICT** Avocado, Pickled Red Onion, Mustard Greens 16
- SKIRT STEAK AND EGGS*** Grits, Grilled Snap Peas, Preserved Lemon 21
- TURKEY BURGER** Avocado, Carolina BBQ Sauce, Slaw, Pickle 14
- BEAT'S BREAKFAST GRILLED CHEESE** Pimento Cheddar, Virginia Ham, Fried Egg 16
- PRIME NATURAL BEEF HAMBURGER*** Balsamic Onions, Special Sauce, Frites 17
Add Cheddar, Gorgonzola, Bacon \$.5/ea



EARTHLY DELIGHT BOWLS



Natural Grain & Salad Bowls with your choice of topping:

POACHED EGGS +2

ROAST VEGGIE FALAFELS +2

ROASTED FREE RANGE CHICKEN +4

SEARED ALL NATURAL SHRIMP +5

SEARED SALMON* +5

GRILLED SKIRT STEAK* +9

NATURAL BOWL

Multigrain Farro Pilaf, Beets, Cara Cara Oranges,
Kale, Radish, Parmesan, Citrus Vinaigrette
13.50

BOWL AZTECA

Adobo-Spiced Quinoa, Tomatillo Salsa, Corn,
Squash, Green Beans, Avocado, Baby Spinach
13.50

BIG SALAD BOWL

Artichokes, Olives, Mushrooms, Tomato,
Pecorino, Balsamic Vinaigrette
12.5

Sides

BACON 6

FRITES 7

MAPLE SAUSAGE 6

Flower Children

KIDDIE SCRAMBLED EGGS & FRITES 8.5

KIDDIE GRILLED CHEESE & FRITES 8.5

KIDDIE CHOCOLATE CHIP PANCAKES 9.5

CHICKEN DINOS & FRITES 9





Pick Me Ups

MIMOSA 12
DOMAINE CHANDON BRUT, OJ

HONEY CRISP 13.5
DOMAINE CHANDON BRUT, APPLE BRANDY,
APPLE CIDER, BURLESQUE BITTERS

BLOODY MARY 11.5

Beat Cocktails

Something Natural Cilantro, Hanson Cucumber Vodka, Lime 12

Port Royal Rye, Pimento Dram, Vya Sweet Vermouth, Amere Nouvelle 14

Grapefruit Julep Mint, Vodka, Pomegranate, Grapefruit 12.5

American Breed Bourbon, St. Elder Elderflower Liqueur, Apple Cider 13

Devil's Garden Amber Rum, Szechuan Peppercorn Infused Vermouth, Lemon, Ginger 13

Corazon de Oro Mezcal, Honey, Cherry Heering, Absinthe 13.5

Draft Beer

Harpoon IPA (MA) 6.25

Victory Brewery Golden Monkey 9.5% ABV (PA) 7.25

Brooklyn Sorachi Ace (NY) 6.75

Miller High Life (WI) 4.25

Abita Turbo Dog English Brown Ale (LA) 6.5

Ballast Point Sculpin Grapefruit IPA (CA) 8.25

Canned Beer

Foolproof The Grotto IPA (RI) 16oz 10.5

Jack's Abby House Lager (MA) 16oz 6.5

Night Shift Brewing Whirlpool APA (MA) 16oz 9.75

Fisherman's Brew Amber Lager (MA) 12oz 6.25

Cisco Sankaty Light (MA) 12oz 7

Notch Session Pils (MA) 12oz 6.25

Clown Shoes Clementine White Ale (MA) 12oz 6.75

Harpoon UFO Huckleberry (MA) 16oz 7.25

Coors Non-Alcoholic (CO) 12oz 4.25

Bantam Wunderkind Cider (MA) 12oz 9.75

PUNCH BOWLS

Spring California Punch

Silver Tequila, Barrow's Ginger, Agave,
Fresh Lime & Blood Orange, Hellfire Bitters

For 4 @ \$45 For 6 @ \$65 For 8 @ \$85

Bounty Punch

Clear Creek Apple Brandy, Tea-Infused Vermouth,
Aperol, Sparkling Wine, Citrus

For 4 @ \$45 For 6 @ \$65 For 8 @ \$85

Bubbly by the 1^{1/2} Glass

DOMAINE CHANDON, BRUT RESERVE, CA
(SPLIT 187 ML) 13

DOMAINE CHANDON ROSE, CA
(SPLIT 187 ML) 13

