



At EiO, everything is organic. We want you to feel good about what you're eating and where it's coming from; we are committed to sourcing the highest quality, most local, and sustainable ingredients available. Where does the waste go? We compost 95%, recycle 4%, and send less than 1% to the landfill.

SOUPS & BOWLS

Ginger Miso Chicken Soup ●●● 15

ginger miso chicken broth, chicken, greens, quinoa, root vegetables

Cup of Bone Broth ●●● 5

rotisserie chicken bone broth

Coconut Curry Bowl ●●● 15

sweet potato, cauliflower, baby bok choy, marinated raisins, sprouts, coconut curry, choice of chickpeas or quinoa

Mushroom Bowl ●●● 14

Firefly Farms mushrooms, broccoli, market greens, tamarind ginger vinaigrette, choice of chick peas or quinoa

Southern Farmers Bowl ●●● 11

spring pea purée, black eyed peas, summer corn, and kale sauté over cauliflower rice and topped with house made chow chow

<<ADD YOUR PROTEIN>>

Smoked Salmon 6 Salmon Fillet 8 Chicken 5 Tempeh 5
Bacon 5 Egg* 1⁵⁰ Avocado 1⁵⁰

SALADS

Beet Salad ●●● 13

poached beets, mixed baby greens, quinoa, sunflower seeds, oranges, honey ginger vinaigrette

Kale Caesar ●●● 11

chopped kale, romaine and almond butter Caesar dressing

*add blackened salmon for 8

Farro ●●● 12

seasonal vegetables, farro, feta, pepitas, creamy vinaigrette

Green Salad ●●● 11

mixed greens, marinated tomatoes, cucumber, green beans, rosemary garlic croutons, citrus vinaigrette

PICK YOUR TAPAS PLATE ONE \$6 | TWO \$12 | THREE \$16

Market Veggies ●●●

lemon garlic seasoned vegetables

Hot Cauliflower ●●●

cauliflower, buffalo hot sauce

Cajun Potato Salad ●●●

potato, onion, celery, brussel sprouts, mustard, cajun spice, veganaise

Farro Salad ●●●

seasonal vegetables, farro, feta, pepitas, creamy vinaigrette

Shells N Cheese ●●●

white cheddar, pasta shells

Quinoa Salad ●●●

quinoa, beet, carrot, champagne vinaigrette

Cilantro Rice ●●●

Broccoli ●●●

Mexican Street Corn ●●●

SANDWICHES

WITH CHOICE OF ONE TAPA

Veggie Burger ●●● 16

house-made beet & lentil burger on sourdough bun, lettuce, tomato, pickles, garlic aioli

Chicken Salad Melt 13

pulled rotisserie chicken, greek yogurt, dried cranberries, sunflower seeds, celery, red onion, parsley, fontal cheese, sprouts, pumpernickle

EiO Burger* 16

Pinewood grass-fed beef, mushroom dijon, caramelized onion, lettuce, swiss, pickles

A-BLT 13

avocado, bacon, tomato a Giving Thanks Farm egg, garlic aioli, sourdough

Grilled Cheese ●●● 13

avocado, tomato, fontina and cheddar cheeses, sourdough bread

Avocado Toast ●●● 12

pugliese rustic loaf, ricotta, sprouts, pepitas, avocado smash, salsa verde

Reuben ●●● 13

The BE Hive seitan, sauerkraut, fontal cheese, special sauce, pumpernickle

MAINS

ON THE GO? CALL AHEAD AND WE'LL HAVE IT READY FOR TAKE AWAY!

ENTREÉS

Rotisserie Chicken ●●●

1/4 chicken: 12
1/2 chicken: 18
whole chicken: 28

served with choice of two tapas and one sauce:
EiO BBQ, Coconut Curry, Honey Mustard

Salmon* ●●● 17

4 oz. fillet with spring pea puree, black eyed peas, Tennessee corn, peppers

Vegan Burrito ●●● 13

BeHive chorizo seitan, onion, avocado, salsa verde, black beans, vegan cheese served with a side of cilantro rice and Mexican street corn

● Veg ● Lactose Free ● Gluten Free

Want more specifics? Ask to see our ingredient guide!

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have a medical condition.

REDS

Anguilo Innocenti Nonni - Malbec

Argentina
10 / 40

Bee's Box - Pinot Noir

California
10 / 40

Seventy Five - Cabernet Sauvignon

California
13 / 50

M.A.N. - Pinotage

South Africa
8 / 30

WHITES

Nobilo - Sauvignon Blanc

New Zealand
ON TAP 10

Candoni - Pinot Grigio

Pavia Lombardy, Italy
9 / 35

Bee's Box - Chardonnay

California 2016
10 / 40

ROSÉ

Hogwash

California 2016
ON TAP 9

Wolftrap

South Africa 2016
9 / 40

SPARKLING

Wycliff

California
7 / 25

Tiamo - Prosecco

Italy
10 / 40

COCKTAILS

St. Tito's Lemonade 9

Tito's vodka, lemonade, elderflower simple syrup

Peace, Love & Understanding 9

tequila, grapefruit, lime, rosemary simple syrup

Tennessee Stud 9

WhiskeyJAM blackberry whiskey, ginger kombucha, orange bitters

Green Monk 10

tequila, apple, cucumber, and pineapple juice, jalapeno lemon simple syrup

Gold Digger 10

Tito's vodka, turmeric, ginger, apple and pear juices

Mimosa 9

Wycliff sparkling, fresh squeezed orange juice

COFFEES

Muletown Coffee

Drip 12 oz 4
15 oz 5
Cold Brew 4
Espresso 4
Latte 5
Green Tea Matcha Latte 6
Golden Turmeric Latte 6
Firepot Chai Latte 6
* add espresso +2
* substitute nut milk +1.5

Bulletproof Coffee 6

BP Coffee, ghee, BP brain octane oil

BEER

On Tap 16 oz

seasonally rotating

Canned

seasonally rotating

KOMBUCHA, TEAS & HAND-SQUEEZED LEMONADES

High Garden Kombucha & Tonic On Tap 7

High Garden Herbal Bag Teas 3

Green Garden Mint
Milky Oolong
Tennessee Honeysuckle
Eastside Bergamot Chai
Lavender w/ Love
Calm
FlowerGarden
Overworked
Yerba Dark Cocoa

Lemonade 3.5

Floral-infused Lemonade 4.5

JUICES

(16oz) 9

Dr Feel Good

greens, celery, cucumber, apple, ginger, lemon

Rich Girl

greens, apple, celery, cucumber, ginger, lemon, cinnamon, cayenne, honey

Redemption

beets, celery, carrot, apple, lemon

Good Vibes

carrot, orange, cucumber, ginger, lime

Hair of the Dog

tomato, carrot, celery, lime, ginger, garlic, tamari, cayenne

(8oz) 5

Just Juice

any single fruit or vegetable juice

ELIXIRS

3.75

Remedies for your ailments

E3 Live (2oz)

blue-green algae from Lake Klamath, Oregon; channels focus, aids clarity, increases energy, endurance & mood

Help (2oz)

tumeric, ginger, grapefruit, honey; disease fighting, anti-inflammatory, allergy relief

Rocket Man (2oz)

ginger, lemon, honey, cayenne; metabolism boost, digestion relief, anti-inflammatory

Wheatgrass (1oz)

Increases red blood cell count, lowers blood pressure, cleans blood & organs, fight tumors

Power Trifecta (4oz) 10.50

Rocket Man+Wheatgrass+E3; super immunity boosting, flu fighting, cleansing, anti-inflammatory

BLENDS

(16oz) 9

Smoothie of the Day

changes daily

Concrete Jungle

almond milk, banana, dates, celery, greens, almond butter, hemp seeds, maca, vanilla

Superbass

coconut water, coconut meat, almond butter, banana, hemp seed, maca, agave

Purple Rain

coconut water, coconut meat, blueberries, banana, almond butter, maca, agave

Strawberry Fields

coconut water, strawberry, banana, fig, hemp seed, vanilla

Love Buzz

coffee, banana, coconut oil, almond butter, chia seed, vanilla

Acai Bowl 11

acai, almond milk, banana, berries topped w/ granola & hibiscus maple

add 1ml CBD (exclusive to EiO) \$MP

100mg per dose of 99% pure hemp CBD oil zero THC; anti-tumor, aids anxiety, boosts energy & metabolism, healing & rejuvenating

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