

# ★ BIG LICK BOWLS ★

DOWNSHIFT - HAND CRAFTED BIKES & BREWS

## BREAKFAST

SERVED UNTIL 11:00 A.M.

SHOAL BOWL ..... \$5.50

Genuine North Carolina grits with shredded cheddar cheese, red onion, spinach, tomato, butter, and a fried egg. Ask for a drizzle of real maple syrup for a sweet and savory treat.

\* Add sausage crumble for \$1

## SNACKS

NACHOS ..... \$4.50

Start with tortilla chips and then layer on the toppings: salsa, pinto beans, red onions, jalapeños, black olives, and sour cream. Covered in hot-cheesy heaven.

\* Add a protein for \$1 and/or avocado for .50

## LUNCH AND DINNER

SERVED 11:00 A.M. - SOLD OUT

BREAKAWAY ..... \$5.50

Brown rice, pinto beans, and medium-hot red salsa. Served with cheddar cheese, diced tomatoes, jalapeños, sour cream, and cilantro. Drizzled with spicy yum yum sauce.

\* Add a protein for \$1 and/or avocado for .50

GRUPETTO ..... \$5.50

Thai jasmine rice, edamame, spinach, red onion, tomato, black olives. Drizzled with goddess dressing, a creamy tahini and lemon-y favorite.

\* Add a protein for \$1 and/or avocado for .50

🍷 HUBBARD ..... \$5.50

Thai jasmine rice, black beans, and medium-hot red salsa. Served with jalapeños, black olives, diced tomatoes, edamame, red onion, and cilantro. Drizzled with goddess dressing.

\* Add a protein for \$1 and/or avocado for .50

BUILD YOUR OWN BOWL ..... Starts at \$5.50

Ask for a BYOB menu and we'll make your fresh bowl just the way you like it.

## BEVERAGES

9OZ, 12OZ, 16OZ, GROWLER

KOMBUCHA ON TAP ..... \$3.5/4.5/5.5/17

This effervescent, fermented tea is brewed right in Floyd by Buffalo Mountain Kombucha.

NITRO COLD BREW COFFEE ..... \$3.5/4.25/5/16

Cold-brewed coffee that is charged with nitrogen for a smooth, easy-to-drink texture.

ESPRESSO ..... Varies

We offer a wide variety of espresso drinks using Lexington Coffee Roaster's Giusto. Check the board for our full menu.

CRAFT BEER ..... Varies

We have six regional craft beers on draft and a fridge full of more options! Enjoy one here, build a six pack to-go, fill a growler or enjoy a flight of 4 drafts for only \$8.