



## Breads & Grains

**Bakery Plate** house made muffins and pastries 12

**Bagel** toasted with butter 3  
with plain or lowfat cream cheese 5

**Cold Cereals** varied selections 5  
with sliced bananas or seasonal berries 8

**Pecan Granola** fruit, honey,  
local greek yogurt **gf** 9

## Fruit, Smoothies & Yogurt

**Berries in their Juice** the best berries tossed with a little sugar, mint, and orange zest **gf** 8

**Yogurt and Seasonal Berries** the best berries with local greek yogurt **gf** 10

**Grapefruit Brulee** citrus curd, turbinado sugar glaze **gf** 8

**Green Smoothie** spinach, pineapple, apple cider 8

**Berry-Banana Smoothie** raspberries, strawberries, bananas, OJ, yogurt 8

## Southern Breakfasts

**Cheddar Biscuit & Gravy** our pork sausage patty, peppered-milk gravy 11

**Baked French Toast** croissants, cinnamon custard, buttered cream, blueberry maple syrup 12

**Malted Buttermilk Waffle** pure vermont maple syrup 10  
with toasted pecans 12

**Avocado Toast** H&F whole grain bread, haas avocado, poached eggs, smoked bacon 13

**Farmer's Omelette** three farm eggs, charred tomatoes and peppers, white cheddar, pecan bacon 13

**Egg White Frittata** mushrooms, goat cheese, kale, grana padano, tomato relish, crispy panko **mgf** 12

**Steel Cut Oats** buttered cream, cacao nibs, toasted seeds, caramelized banana, coconut, date syrup **gf** 10

**Hanger Steak & Eggs** marble potatoes, 2 farm eggs any style, horseradish cream, charred sweet peppers **gf** 26

## South City Specialties

**South City Breakfast** white cheddar scrambled eggs, geechie boy grits, pecan smoked bacon, chicken or pork sausage, tomato relish **gf** 12

**City Ham Benedict** local gouda, chive hollandaise, geechie boy grits **mgf** 13

**South City Kitchen Waffle** candied pecans, caramelized banana, buttered cream 14

**Stacked Chicken Biscuit** big cream biscuit, chicken cutlet, gouda, pecan smoked bacon, apple butter 14

## Beverages

**Coffee**

**Espresso, latte, cappucino**

**Tea** selection of herbal and black teas

**Milk** whole and 2%

**Juices** orange, tomato, grapefruit, apple

**Almond Milk**

## On the Side

geechie cheese grits <b>gf</b> 6	egg your way <b>gf</b> 2
smoked bacon <b>gf</b> 5	pork sausage <b>gf</b> 5
toast 5	chicken sausage <b>gf</b> 5
whole grain, rye,	skillet potatoes <b>gf</b> 5
semolina, gluten free	hand cut fries 5
fresh seasonal fruit 6	geechie boy grits <b>gf</b> 5

### **A FIFTH GROUP RESTAURANTS CONCEPT**

South City Kitchen | La Tavola | Ecco | The Original El Taco | Alma Cocina | Lure | Bold Catering and Design  
South City Kitchen Avalon is operated by HEI HOTELS

For private & group dining reservations, visit [avalon.southcitykitchen.com/privatedining](http://avalon.southcitykitchen.com/privatedining).

\* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

**gf = gluten-friendly preparation as-is. mgf = can be prepared gluten-friendly w/ modification**