

Welcome to The Grit

ATHENS' LANDMARK OF LOVEABLE FOOD



THE GRIT VEGGIE PLATE

Choose from our fabulous and dynamic variety of vegetable dishes, stews, and casseroles listed daily on the Specials Board. Also available are:

**Pinto Beans • Tabouli Side • Petite Salad Side • Two Falafel
Tofu Cube Cup • Black Bean Chili • Cup of Dal • Cup of Today's Soup**
your choice of three for \$6.95 or a la carte \$2.75

*A Huge Variety
of Habit-Forming
CAKES, PIES
& COOKIES
Made from Scratch
Here at The Grit*

Don't Miss the Fabulous...



*Saturday & Sunday
10:00am-3:00pm*



*In order to provide smooth, quick service,
The Grit Does Not Separate Checks.*

Change is available through your server and we thank you for abiding by our policy.

APPETIZERS

- HUMMUS SIDE** – a chick pea/tahini dip served with pita points. \$4.95
HERBIE'S SIDE – herbed cream cheese served with pita points. \$4.95
LOADED NACHOS – a generous serving of corn chips, melted cheese, black bean chili, lettuce, red onions, sour cream, and our homemade salsa. \$6.95
NACHOS – corn chips, melted cheese, and our own salsa. \$4.75
CHIPS & CHEESE DIP – white corn chips with premium cheese dipping sauce. \$3.75
CHIPS & SALSA – white corn chips and homemade salsa. \$2.75

SOUPS

- SPLIT PEA DAL** – Indian curry flavor in a deliciously thick and spicy soup. *cup* \$2.75 *bowl* \$3.75
SOUP OF THE DAY – please see our Specials Board or ask about today's selection. *cup* \$2.75 *bowl* \$3.75

SALADS


All of our dressings are made here at The Grit. Please choose from: creamy garlic, feta, vinaigrette, honey mustard, Indian curry, lemon-tahini, or oil & vinegar

- HOUSE SALAD** – a mountain of crisp romaine and tender red leaf lettuces, carrots, purple cabbage, cucumbers, tomatoes, and red onion topped with your choice of sautéed tofu cubes or shredded white cheddar. \$6.95
TABOULI SALAD – Middle Eastern salad featuring the nutty flavor of bulgur tossed with veggies and spices. Served on a bed of greens with lemon-tahini dressing. \$5.50 *side order* \$2.75
PETITE SALAD – a side portion of lettuce, purple cabbage, carrots, and cucumbers. \$2.75

BAGELS

Varieties offered are plain, multi-grain, and everything

- ROSA'S** – melted cheese, fresh tomato slices, Italian spices, and vinaigrette dressing. \$4.50
HUMMUS – served with cucumbers on a toasted bagel. \$4.50
HERBIE'S – herbed cream cheese and cucumbers on a toasted bagel. \$4.50
TOASTED – with butter or garlic butter \$.99 *with cream cheese* \$1.95

 **18% gratuity is added for parties of 5 or more**

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SANDWICHES

All sandwiches come with chips. Substitute petite salad, cup of soup, or veggies side for \$1.65

TERIYAKI TOFU WRAP – tofu and assorted veggies sautéed in our homemade teriyaki sauce and wrapped in pita. \$5.75

FALAFEL – chick pea fritters in pita bread with veggies and lemon-tahini dressing. \$5.95

HUMMUS – our homemade chick pea spread and veggies wrapped in pita bread with lemon-tahini or vinaigrette dressing. \$5.95

GRILLED CHEESE SMELT – your choice of fresh spinach or sliced tomato melted with cheddar cheese and honey mustard dressing on our homemade whole wheat bread.
Athens' biggest and best grilled cheese sandwich. \$5.95

CHIK'N PARMESAN SANDWICH – a large French bread hoagie stuffed with a jumbo, breaded chicken-style patty and smothered in our homemade marinara sauce and melted white cheddar. Choice of chips or mini green salad side. \$5.95

BUFFALO CHIK'N ON TEXAS TOAST – a super spicy creation of the kitchen crew, it's the classic hot wing sauce on a breaded chicken-style patty between two slabs of fat grilled toast with some cool dressing to mellow the madness. \$5.95

TOFU REUBEN SANDWICH – round marbled rye bread grilled and filled with specially seasoned tofu, swiss cheese, sauerkraut and Russian dressing. \$6.50

EXCELLENT EDIBLES

STIR FRY – assorted vegetables sautéed in our own teriyaki sauce served over brown rice or noodles. \$5.95 *add sautéed tofu \$1.50*

GOLDEN BOWL – browned tofu cubes sautéed with soy sauce and nutritional yeast served over brown rice. *small \$4.75 large \$5.75 add cheese \$.95 add veggies \$.95*

HOT NOODLE BOWL OF THE DAY – a revolving roster of asian-inspired broths and sauces in a huge steaming bowl of noodles with a variety of delicate vegetables and hearty tofu or tempeh. See board for selection. \$6.75

BIG DADDY BURGER – the world's greatest and biggest (5 ounce) veggie burger, sizzled on the flat-top and served on a huge delicious bun with lettuce and red onion.
Includes chips. \$5.75 *add cheese \$.95*

VEGGIE CHILI CHEESE DOG – a hearty veggie frank on a delicious poppy seed bun with our famous black bean chili, white cheddar, and side of chips. \$4.50 *two on a platter \$7.25*

THE GRIT STAPLE – a complete protein of pinto beans, brown rice, melted cheese, and onions.
*small \$3.95 large \$4.95 add assorted veggies \$.95
substitute black bean chili for pinto beans \$.50*

BLACK BEAN CHILI – our popular house recipe with black beans, bulgur, veggies, and assorted, zesty spices. Topped with a dollop of sour cream. *small \$4.50 large \$5.50*

INDIAN

CURRIED VEGETABLES & RICE – assorted vegetables sautéed in our curry sauce.

Served over brown rice. \$5.95 *add sautéed tofu* \$1.25

VEGETABLE SAMOSAS – two baked pastries filled with a blend of curried vegetables.

Comes with a side of our curry dressing. \$6.75

DAL BABY – a cup of split pea dal, one vegetable samosa, brown rice, and a side of Indian curry dressing. \$6.75

ITALIAN

PASTA MARINARA – linguine pasta smothered with our homemade red sauce.

Comes with garlic toast. \$6.50 Kid size mini marinara \$3.95

add assorted, sautéed veggies \$.95 *add sautéed tofu* \$1.50

PASTA FAGIOLE – a heaping bowl of pasta, pinto beans, and marinara sauce covered with melted cheese. *small* \$5.50 *large* \$6.75

PITA PIZZA – toasted pita bread with our marinara sauce, cheese, and spices. \$3.95
add assorted veggies \$.95

MEXICAN

MONDO BURRITO – a large, open faced burrito layered with brown rice, black bean chili, veggies, cheese, and salsa. \$6.95

DELUXE QUESADILLAS – a large flour tortilla with your choice of fillings.

Comes with chips, salsa and sour cream.

add BB Chili to any Quesadilla \$1.25

Spinach Creation & Cheese \$6.75

Crunchy Vegetables & Cheese \$6.25

Cheese & Onion \$5.50

BLACK BEAN CHILI – our popular house recipe with black beans, bulgur, veggies, and assorted, zesty spices. Topped with a dollop of sour cream.

small \$4.50 *large* \$5.50

LOADED NACHOS – corn tortilla chips, melted cheddar cheese, black bean chili, lettuce, red onions, tangy salsa, and sour cream. It's big! \$6.95

NACHOS – corn tortilla chips smothered in melted white cheddar cheese and a side of our fresh, tangy salsa. \$4.75

MIDDLE EASTERN

MID-E PLATTER – a sampling of hummus, falafel, and tabouli served with lemon-tahini dressing, pita points, and assorted raw vegetables. \$7.50

FALAFEL PLATTER – five chick pea fritters served with lemon-tahini dressing, pita points, cucumbers, carrots, celery, and radishes. \$7.50

TABOULI SALAD – Middle Eastern salad featuring the nutty flavor of bulgur tossed with veggies and spices. Served on a bed of greens with lemon-tahini dressing.
\$5.50 *side order* \$2.75

Hey MEAT Lovers

Don't run for
the door!

Check out our
meaty and
filling sandwiches,
Big Daddy Burger,
Chili Cheese Dogs
and Deluxe Stuffed
Quesadilla choices.

Even the tofu
is good here!

SIDES & EXTRAS

Side of Salsa	\$1.75
Premium Cheese Dip	\$2.50
Yeast Gravy	\$1.75
Corn Bread	\$1.95
WW Cheese Toast	\$1.95
WW Bread	\$.99
WW Garlic Toast	\$.99
Pita Bread	\$.99
White Cheddar	\$.99
Sour Cream	\$.95
Extra Dressing	\$.95
Tofu Cubes	\$2.75
Brown Rice	\$.99

Feed YOUR Kids

Try the...

Plain Smelt	
Grilled Cheese	\$4.50
Cheesy Veggie Dog	\$3.50
Chik Nuggets	\$3.50
Pita Pizza	\$3.95
Big Daddy Burger (HUGE)	\$5.75
Mini Marinara Pasta	\$3.95

SWEETS

Please see our display case for today's selections

Blonde Brownie	\$2.75
Cake	\$3.95
Pie	\$3.75
Root Beer Float or Coke Float	\$2.95
Ice Cream / a la mode	\$1.50
Cookies	\$.95



Take home a
bag of our
Homemade
Grit Granola

BEVERAGES

HOT

Coffee – regular or decaf	\$1.50
Tea – black or herbal	\$1.50
Espresso	\$1.95
Double Espresso	\$2.95
Cappuccino	\$2.95
Double Cappuccino	\$3.50
Latté	\$3.75
Double Latté	\$3.95
Hot Chocolate	\$2.25

COLD

GA Mountain Spring Water	\$.95
Milk	\$1.50
Iced Tea	\$1.50
Coke, Diet Coke, Sprite, Ginger Ale	\$1.50
Lemonade	\$1.50
Apple Juice	\$1.75
I.B.C. Root Beer	\$1.95
Sioux City Cream Soda	\$1.95
Perrier, Orangina	\$1.95
Knudsen Natural Fruit Sodas	\$1.95

Desserts are
made from
scratch here
at the Grit

PLEASE

DON'T
BRING IN
FOOD
From
Elsewhere

PLEASE

DON'T
BRING IN
ALCOHOL
From
Elsewhere

BEER & WINE

Please see our display case or ask your server about our selection of fine beers and ales.
Also see our wine selection board or ask your server about our specialty wines and champagne.

