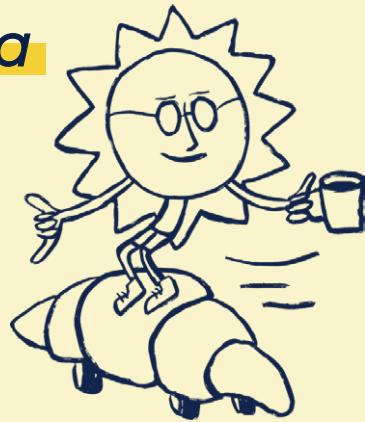


Coffee + Tea

ESPRESSO	3.50
AMERICANO	3.50
CORTADO	3.75
CAPPUCCINO	4.75
LATTE	5.00
DRIP COFFEE	3.00
16 oz to-go coffee	3.35
TEA (LOOSE LEAF)	3.75



ALL DAY Darling MONTFORD

Bowls

Served with warm kale & bamboo rice

THE BUDDHA **	14.95
Grilled avocado, poached eggs, fermented vegetables	
THUNDERBOWL **	15.95
GF fried chicken, harissa aioli, fermented vegetables	
STEAK BOWL *	18.25
Steak, chimichurri, fried cheese and market veggies	
BEANS & GRAINS BOWL	13.95
Toasted seeds, Vegan	

Darling Drinks

HOT OR ICED

GOLDEN MOCHA	5.75
Chocolate, turmeric, ginger, cardamom, espresso, milk	
MIEL LATTE	5.25
Honey, allspice, salt, espresso, milk	
HIGH FIVE CHAI	4.75
Chai spiced tea, raw sugar, milk	
MATCHA LATTE	5.25
Matcha powder, honey, oat milk	
SPICY DRINKY	5.50
Latte with cayenne, vanilla, and cinnamon	
Oat milk can be substituted for +.75	

COLD

HOUSE ICE CREAM	4.00
COLD BREW	4.00
Cold brewed coffee	
AFFOGATO	6.00
Ice cream, espresso	
SPRODA	4.50
Espresso, citrus, soda	
LULULEMONADE	4.50
Citrus, matcha, chlorophyll, soda	
CLASSIC ICED TEA	3.00
HERBAL ICED TEA	3.00

BLENDED

FLYING TIGER	8.00
Nitro, banana, almond butter, cacao, honey, granola, oat milk	
GREEN DREAM	8.00
Matcha, greens, ginger, banana, zucchini, honey, oat milk	
YUM YUM	8.00
Strawberries, blueberries, banana, almond butter, oat milk	

Wake up

THE STANDARD **	7.60
Breakfast sandwich with a fried egg, cheddar, herb mayo on a bagel, roll or biscuit with choice of bacon, ham, sausage, or avocado	
THE ALL DAY BREAKFAST **	12.50
Two eggs, toast with choice of bacon, ham, tempeh, sausage, or avocado and salad or roasted kale	
BREAKFAST BOWL **	13.00
Two poached eggs, beans, kale, chimichurri, market veggies, and toasted seeds	
FRIED CHICKEN BISCUIT**	10.25
Harissa aioli, honey, pickle	
SHAKSHUKA **	11.50
Two poached eggs, kale, feta, spicy tomato, flatbread	
LOX PLATE	15.60
Choice of bagel or GF roll , assembled with cream cheese, lox, capers, and onions- served with a salad	
HOUSE GRANOLA	7.50
Honey yogurt, seasonal fruit, almond butter	
THE GF DARLING PANCAKES	10.25
Served with seasonal fruit, maple syrup	
THE GF DARLING FRITTATA	14.50
Seasonal vegetables and cheese, served with a salad, Dairy Free not available.	
STEAK N' EGGS *	18.25
Two eggs, steak, chimichurri, toast, roasted kale	
ADD SIDE	+3.25
Tatertods, french fries, salad, or kale	
ADD BREAKFAST PROTEIN	+3.25
Bacon, sausage, ham, or tempeh	

Open & Closed

THUNDERBIRD **	14.00
Fried chicken, harissa aioli, fermented vegetables on Hawaiian roll with choice of side	
DARLING BURGER **	15.60
Beef cooked medium, herb mayo, cheddar, pickle, on a Hawaiian roll with choice of side	
Add bacon +3.00	
REUBENESQUE	14.00
Pastrami, swiss, house kraut, harissan dressing, house made sourdough (sub tempeh) with choice of side	
CHICKEN SALAD SANDWICH	14.00
Chicken salad, milk toast with choice of side	
Make into a melt with gruyere cheese +1.50	
MUSHROOM TOAST	13.25
Warm brie, dressed greens on whole grain sourdough	
SMASHED AVOCADO TOAST	10.25
Black pepper ricotta, dressed greens on whole grain sourdough.	
ALMOND BUTTER TOAST	7.50
Oats, seasonal fruit, Carolina honey on whole grain sourdough	

Sides

Tatertods, french fries, salad, or kale

Snacks

FRIED CAULIFLOWER **	7.75
Herb mayo	
LENTIL FRITTERS	7.75
Honey tahini, pickled onion, feta	
FRIED HALLOUMI	9.00
Fried sheep's cheese, with honey, fruit, and capers	



Salads

MONTFORD	9.50
Lettuces, avocado, gruyère, veggies, with champagne vinaigrette	
HEARTY	13.50
Kale, hearty lettuces, lentil fritters, seeds, fried halloumi, and honey tahini dressing.	
CHICKEN SALAD	13.50
Lettuces, toasted seeds with champagne vinaigrette	
KALE CAESAR	13.50
Kale, hearty lettuces, breadcrumb, gruyere, grilled lemon, white anchovy	
ADD PROTEIN*	
Grilled chicken, fried chicken, steak	

A La Carte

TATERTODS	5.25
ALL DAY FRIES	5.25
DRESSED SALAD	5.25
WARM KALE	5.75
STEAK*	11.50
GF GRILLED OR FRIED CHICKEN	7.25

Kiddos

Only for 12 & under

GRILLED CHEESE & SIDE	8.85
LITTLE BURGER & SIDE	11.00
LITTLE CHICKEN SANDWICH & SIDE	11.00
BEANS, GREENS & RICE	8.25

Be aware our Gluten Free bread is produced in the same kitchen as bread with Gluten. Our fryer uses Canola oil and is Gluten Free.
*May be served raw/undercooked. **Contains raw/undercooked egg. Consuming raw/undercooked meats, poultry, seafood, or eggs may increase your risk of foodborne illness.