

# BREAKFAST EVERY DAY 8 - 3 PM

**Eggwhites add .50 sub gluten free Eng Muffin 2.25**

<b>BUTTERMILK PANCAKES</b> LARGE with butter & syrup.	6.95
<b>FRUIT PANCAKES</b> strawberry, mango, banana, blueberry- choose up to 2	8.50
<b>CHOCOLATE BANANA PANCAKES</b> cooked with chips and fresh toppings	8.75
<b>FRENCH TOAST</b> thick sliced gorgeous egg bread with butter & syrup	7.95
<b>CRUNCHY FRENCH TOAST</b> thick sliced egg bread dipped in corn flakes	8.95
<b>BELGIAN WAFFLE</b> topped with fresh berries & marscapone chantilly cream	9.95
<b>CORN CAKES</b> signature with scallions and roasted sweet red pepper sauce.	8.25
<b>"1-2-3"</b> 1 buttermilk pancake, 2 scrambled eggs and 3 strips of hickory bacon.	9.75
<b>FRESH SPINACH OMELET</b> with tomato, mushrooms and choice of feta, Swiss or cheddar. Served with home fries or cheese grits and corn muffin or toast.	10.25
<b>AVOCADO BEACH OMELET</b> with fresh spinach, bacon & Swiss cheese Served with home fries or cheese grits and corn muffin or toast.	11.95
<b>DENVER OMELET</b> real bone-in-ham, cheddar cheese, bell peppers and onion Served with home fries or cheese grits and corn muffin or toast.	10.25
<b>WISHBONE OMELET</b> potato, cheddar, onion and spicy salsa inside. Served with home fries or cheese grits and corn muffin or toast.	9.95
<b>JAMBALAYA OMELET</b> chicken, chicken andouille, peppers in a Cajun stew Served with home fries or cheese grits and corn muffin or toast.	10.25
<b>SMOKED SALMON OMELET</b> cold smoked fresh salmon, cream cheese, capers and dill. Served with home fries or cheese grits and corn muffin or toast.	11.25
<b>KENTUCKY SCRAMBLE</b> 3 eggs cooked with corn, peppers & onion topped with bacon. With home fries or cheese grits and corn muffin or toast	10.25
<b>YANKEE SCRAMBLE</b> 3 eggs cooked with cream cheese and onion and topped with bacon With home fries or cheese grits and corn muffin or toast	10.25
<b>BREAKFAST BURRITO</b> eggs, black beans,scallions, cilantro salsa rolled in a flour tortilla. With home fries or grits and sour cream & chili ancho on the side.	8.95
<b>RED EGGS</b> 2 eggs any style on corn tortillas bordered by black beans, cheddar, chile ancho sauce, scallions, sour cream, cilantro salsa & single toast.	9.95
<b>SMOKED BEEF BRISKET HASH</b> house smoked with potatoes, peppers and onion--with 2 scrambled eggs, corn muffin or toast. (no side)	10.50

## SAT/SUN & HOLIDAY BRUNCH - Hollandaise!

**EGGS BENEDICT 9.75 EGGS FLORENTINE 10.25 CRAB BENEDICT 12.25**  
**CHORIZO BENEDICT 10.95 BBQ PORK BENEDICT 10.50 . . . and more!**

## SIDES

<b>Hickory Smoked Bacon</b> 3 strips	3.50
<b>Pork Patty Sausage</b> 2	2.95
<b>Turkey Patty Sausage</b> 2	2.95
<b>Pork Link Sausage</b> 3	2.95
<b>Grilled Ham</b> bone-in	3.75
<b>Home Fries</b> with onion & garlic	3.00
<b>Cheese Grits</b> cheddar	3.00
<b>Plain Grits</b> ONLY till 11 weekdays	2.75
<b>Black Beans</b> slow cooked vegan	3.00
<b>Seasonal Fruit Cup</b>	3.50
<b>100% PURE maple syrup</b>	2.75

## BREADS

<b>Toast</b> multi-grain, white, rye	1.95
<b>Corn Muffin</b> cheddar, cream corn	1.95
<b>Buttermilk Biscuit</b>	1.95
<b>English Muffin</b> regular	1.95
<b>English Muffin</b> gluten free	3.25
<b>Bagel</b> gluten free	3.50
<b>Bagel</b> plain, regular	2.25
<b>Carrot Bread</b> no nuts	2.25
<b>Banana Bread</b> no nuts	2.25



## BENEFITS from WishboneNorth.com



**BREAKFAST** MON - SUN 8 - 3  
**LUNCH** MON - FRI 11 - 3  
**DINNER** THU - SUN 5 - 9

type "Welcome"

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See our **DINNER DELIVERY MENU** for THU - SUN

## OFFSITE CATERING

*from Appetizers to full Buffets (and Breakfasts)*

We have mini-po' boy platters to trays of vegetables, salads, Holiday fare & post wedding brunch .Home delivery and set-up to Office drop off.

## IN HOUSE PARTIES

*from Breakfast Meetings to Rehearsal Dinners*

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## SOUPS / SALADS

- SEAFOOD CHOWDER** ... bowl 6.25 cup 4.75
- SOUP of the DAY** ... bowl 5.50 cup 4.25
- ASHEVILLE SALAD** large mixed lettuce with apples, walnuts, tomato and blue cheese served with honey mustard vinaigrette . . . 8.75
- PENSACOLA SALAD** large mixed lettuce with tomatoes, scallions, bacon, avocado feta cheese, hardboiled egg and choice of dressing\* . . . 9.95
- WISHBONE SPECIAL SALAD** Gruyère, tomato, croutons & balsamic garlic vinaigrette. . . . 6.95
- LOUISIANA WRAP** mixed lettuce, blackened chicken breast and lemon tahini dressing wrapped in a large flour tortilla. With ONE side. . . . 9.95
- HOUSE SALAD** mixed lettuce, tomato, cucumber w/ dressing\* . . sm 4.75 . lg 6.50



corn muffins with all salads

**DRESSINGS:** Lemon Tahini, Honey Mustard Vinaigrette, Ranch & Balsamic Garlic Vinaigrette

**ADDERS:** Gulf Shrimp, fried or Cajun 3.75  
 natural Chicken Breast blackened or grilled 4.75  
 4 oz blackened or grilled Canadian Salmon 5.95

## SANDWICHES / PO' BOYS

With Home Fries, French Fries, Sweet Potato Fries (.75), Black Beans or Yankee Slaw

- DIXIE BURGER** 8 oz. natural, hormone-free Angus beef on kaiser roll with pickle, lettuce, tomato & onion: Add cheddar, feta, Swiss or blue cheese for .75 (mushrooms, grilled onion, egg & bacon adders, too) . . . . . 9.95
- CHICKEN ANDOUILLE PO' BOY** spicy sausage with grilled onion and spicy mayonnaise on French bread. . . . . 8.95
- GULF SHRIMP PO' BOY** wild caught, blackened and served with, with fresh spinach and balsamic garlic vinaigrette on French bread. . . . . 9.95
- BAYOU CHICKEN SANDWICH** blackened juicy breast with remoulade on a roll garnished with lettuce, tomato and onion. (hormone & antibiotic free) . . . . 9.95
- N.C. PULLED PORK PO' BOY** hickory smoked on French bread with chopped sweet slaw served with a choice of pepper vinegar, Wishbone or Lexington bbq sauce. . . . . 8.95
- SMOKED BRISKET PO' BOY** sliced brisket, fried onion strings on French bread with a choice of BBQ sauce, . . . . . 9.50
- FISH CREEK PO' BOY** large herb crusted & pan fried tilapia served with lettuce and spicy mayo on French bread . . . . . 9.95

Gluten Free Focaccia buns--sub for 2.75  
 sub Salad as Side for .95

## LUNCH ENTREES

Served with TWO sides & MUFFIN (except where noted)

- BLACKENED CATFISH** fresh American fillet seared with Cajun spices . . 12.95
- BLACKENED SALMON** fresh deep water 10oz (or GRILLED) . . . . . 15.95
- BLACKENED CHICKEN BREAST** natural, hormone free, boneless seared with Cajun spices and baked. . . . . 11.95
- MANGO CHICKEN BREAST** marinated natural, hormone free bonless, grilled with mango salsa on the side . . . . . 11.95
- SMOKED BEEF BRISKET** sliced hickory smoked with choice of horseradish or BBQ sauce. . . . . 11.95
- PULLED PORK PLATTER** NC style hickory smoked with sweet chopped cole slaw and choice of Wishbone or Lexington BBQ sauce. . . . . 10.95
- N.C. CRAB CAKES** spicy, low country Blue Claw patties served with lemon butter sauce. . . . . 13.50
- RIVERBOAT TILAPIA** herb crusted fillet with lemon caper sauce . . . . . 11.95
- CHICKEN & WAFFLES** buttermilk fried Amish tenders served over a housemade Belgian waffle with butter and spicy bourbon syrup. No sides. . . . . 11.95
- JAMBALAYA** chicken, chicken andouille sausage and peppers for Cajun stew over rice. Muffin, No sides. Add \$3.75 for topping of Cajun shrimp. . . 9.95
- SHRIMP & GRITS** with bacon, mushrooms and scallions in a white wine/cream reduction over cheese grits. Muffin, No sides. . . . . 12.95

## VEGETARIAN

- HOPPIN' JACK** vegan black beans over rice topped with cheddar, scallions & tomato. No sides ... with ham or blackened chicken add 4.75 . . . . . 6.95
- VEGETABLE PLATTER** Choose 3 SIDES . . . . . 8.95
- BLACK BEAN CAKES** gluten free, vegan\* with scallions, cilantro, red and green peppers with sweet red pepper sauce or mango salsa\* . . . . . 9.95

## SIDES

All vegetarian (except greens)

- |  |   |
|--|---|
| <b>Black Beans &amp; Rice</b> vegetarian                   | <b>Macaroni &amp; Cheese</b> 4 cheese       |
| <b>Home Fries</b> skillet fried potato with onion & garlic | <b>French Fries</b>                         |
| <b>Mashed Sweet Potato</b> with pecans                     | <b>Sweet Potato Fries</b> add .75           |
| <b>Collard Greens</b> with smoked turkey wings             | <b>Cheese Grits</b>                         |
| <b>Yankee Cole Slaw</b> onion vinaigrette                  | <b>Steamed Broccoli</b>                     |
| <b>Sauteed Spinach</b> flash with lemon & salt             | <b>Brown Rice</b>                           |
| <b>Tomato Cucumber Salad</b> onion vinaigrette             | <b>Vegetable-of-the-Day</b> see "ORDER NOW" |

sub small salad for side .95

## SOUTHERN SLIDERS

CHOOSE 3 FOR \$11

\$4 each or Combo special: with yankee cole slaw side

- |   |  |
|---|--|
| <b>Blackened Shrimp</b> with yankee cole slaw         | <b>NC Pulled Pork</b> tangy chopped slaw & BBQ sauce.            |
| <b>Smoked Brisket</b> fried onion strings & BBQ Sauce | <b>Fried Green Tomato/Bacon</b> hickory smoked with chopped slaw |

## FOR KIDS

- "Z" Burger** smaller, hormone-free Angus patty on roll with one side . . . . . 6.50
- Thunder Nuggets** natural chicken strips pan buttermilk fried and served with one side. (or grilled) . . . . . 6.50
- Original Mac 'n Cheese** 4 real cheeses (no egg) in a big bowl with chopped baked ham or patty sausage . . . add 2.75 . . . . . 4.50
- Grilled Cheese** cheddar or Swiss with one side Add ham \$2. . . . . 3.95

## APPETIZERS LUNCH

## DESSERTS

- |  |   |
|--|---|
| <b>Hush Puppies</b> spicy mayo dip. . . 4  | <b>French Silk Pie</b> . . . . . 5.25         |
| <b>Fried Green Tomatoes</b> . . . . . 5    | <b>Key Lime Pie</b> . . . . . 4.50            |
| <b>Fried Okra</b> . . . . . 4              | <b>Pecan Pie</b> . . . . . 4.95               |
| <b>Southern Nachos</b> pulled pork. . 5.95 | <b>Specials</b> see menu or all . . . . . ??? |
- cheddar, tomatoes, jalapeños, sour cream and cilantro salsa.

## BEVERAGES

\* Brunch Hours Only

- Fresh Orange or Grapefruit Juice** (lg-16 oz) . . . . . 4.25
- Fresh Fruit Smoothies\*** (NO DAIRY- fresh O.J. base - 16 oz) . . . . 4.25  
 banana strawberry mango pineapple peach-- choose 2
- Carrot Juice\*** (fresh from our juicer - 1 pint) . . . . . 4.25
- Juicer Combos\*** (fresh veggies from our juicer -1 pint) . . . . . 5.25  
 carrot, apple, beet, ginger, celery -- choose 3
- Fruit Lemonade** . . . . . 3.25  
 strawberry cantaloupe cucumber watermelon (with other seasonals)
- Tart Fresh Lemonade or "Arnold Palmer"** . . . . . 2.75
- Mississippi Mud** (16 oz dbl espresso, sweet cond. milk, milk) . . . 4.25
- Coffee** (16 oz organic, fair trade--reg or decaf) . . . . . 2.25
- Iced Tea** (16 oz brewed black tea--sweet or unsweetened) . . . . . 1.95