

# veggie dishes

(ADD YOUR PROTEIN, V=VEGAN)

**SUPERPOWER BOWL (v)\*** 13  
avocado, sweet potato, kale, quinoa, walnuts  
w/ honey dijon vinaigrette\*\*\*

**DIRTY SOUTH SWEET POTATO (v)** 12  
sweet potato, kale, veggie chili, guac,  
fresh jalapeños, w/ chili ranch sauce

**Y'ALL NACHOS (v)** 13  
house potato chips\*, veggie chili & cashew\*\*  
cheese sauce, w/ guac & fresh jalapeños

**THE HEARTY PLATEFUL (v)** 12  
fried breakfast potatoes\*, seasoned  
black beans, sautéed seasoned veggies

**SOUTHWEST VEGGIE BOWL (v)** 12  
black beans, quinoa, kale, avocado &  
salsa, w/ cilantro ranch sauce

**CHEESE BURGER\* FRIES (v)** (add beef +\$5) 12  
french fries\*, cashew\*\* cheese sauce, lettuce,  
tomato, onion, pickle, w/ dill ranch sauce

**CHEESY VEGGIE SMASH (v)** 13  
stewed red potatoes, sauteed seasoned veggies,  
seasoned black beans, cashew\*\* cheese sauce

# fresh salads

(ON A BED OF ORGANIC GREENS)

**BEST COBB SALAD** 13  
mixed greens, tomato, cucumber, boiled egg,  
bacon, avocado w/ cilantro ranch dressing

**APPLE WALNUT SALAD** 12  
mixed greens, apple, walnuts, goat cheese,  
boiled egg, red onion w/ honey dijon vinaigrette

**AVO BURGER SALAD (v)** (add beef +\$5) 11  
mixed greens, avocado, tomato, onion,  
pickles, w/ dill ranch dressing

**QUINOA BEAN SALAD (v)** 12  
mixed greens, quinoa, black beans, avocado,  
red onion, & salsa w/ cilantro ranch dressing

**BUFFALO SALAD** 12  
mixed greens, cucumber, red onion, bacon, goat  
cheese, w/ cilantro ranch & buffalo sauce

# sauces/dressing

Dill Ranch (v) Honey Dijon Vinaigrette 1  
Cilantro Ranch (v) Balsamic Vinaigrette (v)  
Chili Ranch (v) Buffalo Sauce (v)  
Cashew\* Nacho Cheese (v)

# sandwiches

(NOW SERVED W/ FRIES OR SIDE!)

*NOTE: All of the breads are gluten-free.  
Sub bread when ordering, ciabatta roll +\$.50  
Dairy butter now used on ciabatta & multigrain.  
Vegan butter available, used w/ Veggie Burger.*

**CLASSIC BURGER on ciabatta roll** 14  
grassfed beef, lettuce, tomato, pickles,  
red onion, mayo, mustard

**SPICY CHICKEN & GOAT CHEESE** 13  
**on housemade almond bun** - grilled chicken,  
grilled onions, goat cheese, jalapenos

**JAM BURGER on housemade almond bun** 14  
grassfed beef, grilled onions, goat  
cheese, fig jam

**HONEY DIJON AVO CHICKEN** 13  
**on ciabatta roll** - grilled chicken,  
avocado, tomato, red onion & honey dijon

**VEGGIE BURGER on multi-grain toast** 14  
housemade black bean veggie patty, lettuce,  
tomato, pickles, red onion, mayo, mustard

**CHICKEN SALAD SANDWICH** 14  
**on ciabatta roll** - cucumber dill chicken  
salad, lettuce, tomato, pickle

**BACON, EGG & AVO SANDWICH** 14  
**on multi-grain toast** - bacon, fried egg,  
avocado, cilantro ranch, served w/ breakfast  
potatoes

# on the side

(or BUILD YOUR OWN BOWL!)

french fries*	honey walnut	sweet potato	4
breakfast potatoes*	fresh fruit		
house potato chips*	steamed broccoli		
sauteed vegetables****	veggie chili	quinoa	
stewed potatoes	seasoned black beans		

# proteins

(COMBINE W/ SIDES, GREAT FOR KIDS!)

seasoned, sliced chicken	4	ground beef	5
two eggs, scrambled****	3.5	chicken salad	4
two pieces, smoked bacon	3.5	boiled egg	2
goat cheese/cheddar slice	1.5	half avocado	2

\* potatoes fried in peanut oil  
\*\* cashew cheese sauce contains cashews  
\*\*\* not vegan because of honey  
\*\*\*\* olive oil used for grill & eggs  
+ The entire menu is 100% gluten-free!  
- All use of dairy is listed and optional.

# fresh drink

**COFFEE/AMERICANO** 3.5  
2 oz espresso w/ hot water,  
(cream and/or sugar available)

**LATTE (HOT OR ICED)** 5.5  
2 oz espresso w/ 6 oz milk & flavor of choice

honey cinnamon (+0.50)		
honey lavender (+0.50)		
vanilla	caramel	chocolate
hazlenut	lavender	mint
honey	maple	agave
raspberry	brown sugar	stevia

**CORTADO** 3.5  
2 oz espresso w/ 2 oz steamed milk

**CAPPUCCINO** 4  
2 oz espresso w/ 4 oz steamed milk

**WELLNESS LATTE (HOT OR ICED)** 5.5  
powder supplement w/ milk & sweetener  
matcha  
turmeric  
charcoal  
superfood hot chocolate

**HOT TEA** 3.5  
**ask about current hot tea flavors**

**TEA LATTE** 5.5  
tea, milk & flavor of choice, ask about flavors

**ICED TEA** 4  
sweet, unsweet, 1/2 & 1/2,  
raspberry, arnold palmer

Seasonal Flavor

**LEMONADE** 4  
regular, raspberry, lavender, mint

**PROTEIN SHAKES** 7  
protein powder blended w/ milk of choice  
**ask about current protein flavors**

**MILK** 3.5  
dairy (whole) oat milk  
almond milk coconut milk

# more drinks!

CHECK THE COOLER >>>>>

olipop	zevia	LMNT
spindrift	Hint Water	Pelligrino
kombucha	spring water	juice

# native menu

(GOOD FOOD, GLUTEN FREE)

www.nativekitchendalton.com  
706-529-8129  
825 Chattanooga Ave. Dalton, GA  
(INSIDE THE MILL)

# breakfast

(THE WHOLE MENU SERVED ALL DAY)

**TRADITIONAL BREAKFAST** 12  
two scrambled eggs, two bacon, buttered  
multigrain toast, AND breakfast potatoes!

**BLACK BEAN BREAKFAST** 12  
two scrambled eggs, two pieces of bacon,  
seasoned black beans, avocado, w/ salsa

**POTATO VEGGIE BREAKFAST** 13  
two scrambled eggs, fried breakfast  
potatoes, sautéed seasoned veggies, avocado

**AVO TOAST (v)** 10  
two slices of toast w/ avocado  
spread, greens & fresh veggies

**BACON, EGG & AVO SANDWICH** 14  
**on multi-grain toast** - bacon, fried egg,  
avocado, cilantro ranch, served w/ breakfast  
potatoes or side of choice

**BREAKFAST JAMWICH on almond bun** 13  
bacon, fried egg, fig jam, w/ maple syrup,  
served w/ breakfast potatoes or side of choice

**OATMEAL DELUXE (v)\*** 9  
oats, fresh apple, raisins, cinnamon, honey\*\*\*,  
fig jam, nuts & seeds

**PEANUT BUTTER SWEET POTATO (v)\*** 12  
sweet potato w/ peanut butter, bananas,  
berries, cinnamon, honey\*\*\*, nuts & seeds

# appetizers

**TORTILLA CHIPS, GUAC & SALSA (v)** 8  
tortilla chips, housemade guac & salsa

**FRIED POTATO APP (v)** 10  
house chips, french fries, and breakfast  
potatoes\* served w/ dill & chili ranch sauce