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Farm-to-Fork Eatery
at Mossback Distillery

BRUNCH
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by GHOST & GRITS

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115 West Old A.J. Highway
Jefferson City, TN 37760

Dietary Notations: V - Vegan, GF - Gluten Free, DF - Dairy Free

PROTEIN SMOOTHIES

AWAKEN — 5.50 (pea protein, mixed berries, orange juice, flaxseed) — GF

FLOW STATE — 5.50 (pea protein, peanut butter, chia seeds, dates, soy milk) — V, GF, DF

BAGELS (sourdough bagel with choice of plain, everything, or sesame seed)

TOPPED — 5.00 (topping of choice: cream cheese or hazelnut chocolate)

HEARTY — 11.00 (bacon or sausage, egg*, cheese, caramelized peppers & onions - can substitute a biscuit)

SIGNATURE DISHES

GHOST & GRITS — 11.00 (heirloom corn grits, seasonal greens, parmesan cheese, & ghost pepper jam with one egg* cooked your way) — GF

GHOST SHRIMP & GRITS — 18.00 (heirloom corn grits, Ruby Red shrimp, North County andouille sausage, sweet peppers, tomato sauce, seasonal greens) — GF

BISCUITS & GHOST GRAVY — 5.50 for one biscuit or 10.00 for two biscuits

PANCAKES — 13.00 (two medium pancakes with seasonal fruits, whipped cream, maple syrup, powdered sugar) — GF

CHICKEN TENDERS & GHOST FRIES — 14.50 (three fried chicken tenders with seasoned Ghost Fries) — GF

Our menu is created in collaboration with regenerative producers, local growers, and our kitchen garden. Each dish is crafted with care to nourish our community. Local farm friends include Renovatus Farm, Fohl Farms, Shelton Farms, Four Seasons Home & Garden, and Levi Farms.

FOOD ALLERGY NOTICE: Please inform us if you have a food allergy or a special dietary requirement. Thank you.
*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.

FARM FRESH EGGS*

TRIO — 7.00 (three eggs* cooked your way, seasoned to perfection with salt, pepper, turmeric) — GF

VEGGIE TRIO — 13.00 (three eggs* cooked your way with wild mushrooms, seasonal greens and vegetables with your choice of cheddar or feta cheese)

EGGS* FLORENTINE ROYALE — 14.50 (two poached eggs* with spinach, Atlantic smoked salmon*, & Hollandaise sauce on a sourdough muffin)

FRENCH OMELETTE — 14.50 (three eggs* with local pork sausage & gruyere cheese) — GF

BRUNCH SIDES

PROTEIN — 5.00 (choice of two bacon slices or one sausage patty) — GF

EGG* ADD-ON — 2.50 (one egg* cooked your way) — GF

SEASONAL VEGETABLES — 5.00 (wild mushrooms with seasonal greens & vegetables, peppers, onions)

POTATO HASH — 5.00 (crispy potatoes, sweet potatoes, peppers, onions) — GF

CHEESE GRITS — 5.00 (heirloom corn grits, parmesan cheese) — GF

GHOST FRIES — 5.00 (seasoned fries) — GF

SEASONAL SOUP — 5.00 (4 oz. cup of soup)

PLAIN TOAST/BAGEL/BISCUIT — 3.00

PANCAKE — 5.00 (one medium pancake with syrup)

SALADS/SANDWICHES/BURGERS* (served 11 a.m. until 2 p.m.)

SEASONAL GREENS SALAD — 10.00+ (with seasonal fruits, bacon, & white balsamic vinaigrette)
WITH ADD-ON PROTEINS: CHICKEN FOR 6.50 OR SHRIMP FOR 7.50 — GF

GRILLED LETTUCE — 10.00+ (with coriander, spring onion, Caesar, chili-lime oil & peanuts) WITH ADD-ON PROTEINS: CHICKEN FOR 6.50 OR SHRIMP FOR 7.50 — GF

GRILLED CHEESE & SEASONAL SOUP — 13.00 (sourdough grilled cheese sandwich with cheddar & swiss - served with seasonal vegetable soup)

CLASSIC BURGER* — 17.50 (pasture-raised Black Angus 4 oz burger* with lettuce, tomato, mayonnaise, pickles, & cheddar on a brioche bun - served with Ghost Fries)

THE GHOST BURGER* — 20.00 (pasture-raised Black Angus 8 oz burger* with lettuce, tomato, smoked onion aioli, fried onions, pickles, & cheddar on a brioche bun - served with Ghost Fries)

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SNACKS TO SHARE

SPICED PEANUT CHAAT — 6.00 (peanuts sauteed in tomato, cucumbers, cilantro, red onion, lime, and black salt — a spoonable dish served with crackers) — V

BAKED FETA & CIABATTA — 11.00 (feta cheese, local honey, sesame, Urfa, toast)

STARTERS

SEASONAL GREENS SALAD — 10.00+ (with seasonal fruits, bacon, & white balsamic vinaigrette)
WITH ADD-ON PROTEINS: CHICKEN FOR 6.50 OR SHRIMP FOR 7.50 — GF

GRILLED LETTUCE — 10.00+ (with coriander, spring onion, Caesar, chili-lime oil & peanuts) WITH ADD-ON PROTEINS: CHICKEN FOR 6.50 OR SHRIMP FOR 7.50 — GF

GHOST & GRITS — 8.00 (heirloom stone ground corn grits, seasonal greens, parmesan cheese, & Ghost pepper jam) — GF

CRAFT MAC & CHEESE — 11.00 (carrot craft pasta, salsa verde, & mimolette cheese)

BURGERS

CLASSIC BURGER* — 17.50 (pasture-raised Black Angus 4 oz burger* with lettuce, tomato, mayonnaise, pickles, & cheddar on a brioche bun-served with Ghost Fries)

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MAINS

CHICKEN TENDERS & GHOST FRIES — 14.50 (three fried chicken tenders with seasoned Ghost Fries) — GF

GHOST SHRIMP & GRITS — 18.00 (heirloom corn grits, Ruby Red shrimp, North County andouille sausage, sweet peppers, tomato sauce, seasonal greens) — GF

ARTISANAL PASTA — 20.00+ (artisanal pasta with seasonal vegetable ragu) WITH ADD-ON PROTEINS: CHICKEN FOR 6.50 OR SHRIMP FOR 7.50

CHARCUTERIE

DUOS BOARD — 20.00 (choice of two cheeses and two meats)

TRIOS BOARD — 26.00 (choice of three cheeses and three meats)

CHEESES:

BOURBON BELLAVITANO (age: 18-22 months/cow milk by Sartori, United States)

VALDEON (blue cheese, age: 3 months/cow milk and goat milk, Spain)

VERMONT CREAMERY HERB GOAT (age: fresh/goat milk by Vermont Creamery, United States)

MOUNTAIN CHEDDAR (age: 6 months/cow milk, United States)

MAPLE LEAF SMOKED GOUDA (age: 1-2 months/cow milk by Maple Hill, United States)

MURRAY'S FRENCH BRIE (age: 2 months/cow milk by Murray's, France)

MEATS:

CHORIZO (Ibérico pork chorizo, age: 120 days+, Spain)

SALAME DI PARMA (age: 4 weeks, Italy)

PROSCIUTTO DI SAN DANIELE (age: 16 months, Italy)

PÂTÉ DE CAMPAGNE (French traditional country-style pâté, United States)

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