



{ RESTAURANT }

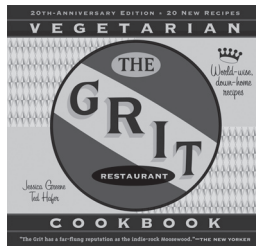


199 Prince Avenue
Athens, Georgia
706-543-6592

Welcome to



Athens' Landmark of Loveable Food Since 1987
Now with Wi-Fi!



The Grit Cookbook available here!



rise and shine
join us for
 breakfast and brunch at the grit

Breakfast	Monday through Friday	8 am – 11 am
Brunch	Saturday and Sunday	10 am – 3 pm
Lunch	Monday through Friday	11 am – 5 pm
Dinner	Sunday through Wednesday	5 pm – 10:00 pm
Dinner	Thursday through Saturday	5 pm – 10:30 pm

Please check the boards
for today's specials.

SIDES AND EXTRAS

Chips	\$1.25	Tofu cubes	\$2.95
Sides of salsa	\$1.95	2 Falafel	\$2.95
Premium cheese dip	\$2.75	Sweet potato fries	\$2.95
Yeast gravy	\$1.95	Brown rice	\$1.50
Cornbread	\$1.95	White cheddar	\$1.25
Homemade bread	\$1.25	Sour cream	\$.95
Homemade garlic toast	\$1.25	Extra dressing	\$.95
Homemade cheese toast	\$2.25	Tomatoes	\$.95
Pita bread	\$1.25	Jalapeños	\$.95

KIDS MEALS

Plain smelt grilled cheese	\$4.50
Pita pizza	\$4.25
Cheesy veggie dog	\$3.95
Mini marinara pasta	\$3.95
Mac 'n' cheese	\$2.95
Tofu cube cup	\$2.95

BEVERAGES

COLD

Iced tea	\$1.75
Lemonade	\$1.75
Apple juice	\$1.75
Coke, Diet Coke, Sprite, Ginger Ale	\$1.75
I.B.C. Root beer	\$1.95
Knudsen natural fruit soda	\$1.95
Perrier, Orangina	\$1.95
Squeezed orange juice	Sm. \$1.95 Lg. \$2.95
Milk	Sm. \$.95 Lg. \$1.95
Spring water	\$.95

HOT

Coffee regular or decaf	\$1.75
Tea black or herbal	\$1.75
Espresso	\$1.95
Double espresso	\$2.50
Cappuccino	\$2.95
Double cappuccino	\$3.50
Latte	\$3.75
Double latte	\$4.25
Hot chocolate	\$2.25

SWEETS

Please see our display case
for today's selections of desserts
made from scratch here at The Grit.

Blonde brownie	\$2.75
Cake	\$4.25
Pie	\$3.95
Root beer or Coke float	\$3.25
Ice cream (a la mode)	\$1.50
Cookies	\$.95

APPETIZERS

Mid-E Platter \$7.50

A sampling of hummus, falafel, and tabouli served with lemon-tahini dressing, pita points and assorted raw vegetables.

Hummus Side \$5.50

A chick pea/tahini dip served with pita points.

Loaded Nachos \$7.25

A generous serving of corn chips, melted cheese, black bean chili, lettuce, red onions, sour cream, and our homemade salsa

Nachos \$4.95

Corn chips, melted cheese, and our own salsa

Chips and Cheese Dip \$4.25

White corn chips with premium cheese dipping sauce

Chips and Salsa \$3.25

White corn chips and homemade salsa

SOUPS

Split Pea Dal Cup \$2.95 Bowl \$3.95

Indian curry flavor in a deliciously thick and spicy soup

Soup of the Day Cup \$2.95 Bowl \$3.95

Please see our Specials Board or ask about today's selection

SALADS

All of our dressings are made here at The Grit.

Dressings

- feta
- ginger sesame
- honey mustard
- lemon-tahini
- ranch
- vinaigrette

House Salad \$7.25

A mountain of crisp romaine and tender green leaf lettuces carrots, purple cabbage, cucumbers, tomatoes, and red onion topped with your choice of sauteed tofu cubes or shredded white cheddar

Tabouli Salad \$5.95 Side order \$2.95

Middle Eastern salad featuring the nutty flavor of bulgur tossed with veggies and spices. Serve on a bed of greens with lemon-tahini dressing.

Petite Salad \$2.95

A side portion of lettuce, purple cabbage, carrots, and cucumbers

BAGELS

Varieties

- plain
- multi-grain
- everything

Rosa's \$4.95

Melted cheese, fresh tomato slices, Italian spices, and vinaigrette dressing

Hummus \$4.95

served with cucumbers on a toasted bagel

Toasted

With butter or garlic butter \$1.25 With cream cheese \$2.25

18% gratuity is added for parties of 5 or more

Please check
the boards for
today's specials. }

AROUND THE WORLD

Mid-E Platter \$7.50

A sampling of hummus, falafel, and tabouli served with lemon-tahini dressing, pita points and assorted raw vegetables.

Falafel Platter \$7.50

Five chickpea fritters served with lemon-tahini dressing, pita points cucumbers, carrots, celery and radishes.

Tabouli Salad \$5.95 Side order \$2.95

Middle Eastern salad featuring the nutty flavor of bulgur tossed with veggies and spices. Served on a bed of greens with lemon-tahini dressing.

Hot Noodle Bowl of the Day \$7.25

A revolving roster of asian-inspired broths and sauces in a huge steaming bowl of noodles with a variety of delicate vegetable and hearty tofu or tempeh. See board for selection.

Stir Fry \$6.25

Assorted vegetable sautéed in our own teriyaki sauce served over brown rice or noodles. Add sauteed tofu \$1.50

Mondo Burrito \$7.25

A large, open-faced burrito layered with brown rice, black bean chili, veggies, cheese and salsa.

Deluxe Quesadillas

A large flour tortilla with your choice of fillings. Comes with chips, salsa and sour cream.

Steak with sautéed veggies, jalapenos, and cheese
(vegan without cheese) \$7.25

Spinach creation and cheese \$6.95

Crunchy vegetables and cheese \$6.50

Cheese and onion \$5.75

Add black bean chili to any quesadilla \$1.50

Black Bean Chili Sm. \$4.75 Lg. \$5.75

Our popular house recipe with black beans, bulgur, veggies and assorted, zesty spices. Topped with a dollop of sour cream.

Loaded Nachos \$7.25

Corn tortilla chips, melted cheddar cheese, black bean chili, lettuce, red onions, tangy salsa, and sour cream. It's big!

Nachos \$4.95

Corn tortilla chips smothered in melted white cheddar cheese and a side of our fresh tangy salsa.

Pasta Marinara \$6.50

Linguine pasta smothered with our homemade red sauce. Comes with garlic toast.

Add assorted, sauteed veggies \$.95 Add sauteed tofu \$1.50

Kid size mini marinara \$3.95

Pita Pizza \$4.25

Toasted pita bread with our marinara sauce, cheese, and spices.

Add assorted veggies \$.95



THE GRIT VEGGIE PLATE

Your choice of three \$7.25 A la carte \$2.95
Choose from our fabulous and dynamic variety of vegetable dishes,
stews, and casseroles listed daily on the Special Board.

Also available

Pinto beans
Tabouli side

Petite salad side
Two falafel

Tofu cube cup
Black bean chili

Sweet potato fries
Cup of soup

SANDWICHES

All sandwiches come with chips.
Substitute side salad, cup of soup, fries, or veggie side for \$1.75

Deluxe Grilled Steak \$7.25
Thinly-sliced, marinated and grilled seitan "steak" on a toasted hoagie with sauteed onions, peppers, and mushrooms. Topped with melted white cheddar, freshly cut lettuce and tomatoes, and our special sauce. Vegan without cheese.

Banh Mi \$7.25
Traditional Vietnamese hoagie-style sandwich with hoisin-seared seitan; home-made pickled onions, carrots, and daikon; jalapenos, fresh lettuce, and diced cucumber, with wasabi-mayonnaise, and topped with fresh cilantro. Vegan.

The Seitan Gyro \$7.25
First the Greeks, and now the Grit!! Zesty Greek-seasoned seitan, sizzled on the grill with roasted red peppers and onion, folded into toasted pita bread with fresh spinach and a creamy cucumber Tzitziki. Vegan.

The Grit B.O.D. (Burger of the Day) \$7.25
Delectable "Grit Original" burger creations, changing from day to day. Your server will have all the scrumptious details!

Teriyaki Tofu Wrap \$6.95
Tofu and assorted veggies sauteed in our homemade teriyaki sauce and wrapped in pita.

Falafel \$6.75
Chick pea fritters in pita bread with veggies and lemon-tahini dressing.

Hummus \$6.75
Our homemade chick pea spread and veggies wrapped in pita bread with lemon-tahini or vinaigrette dressing.

Grilled Cheese Smelt \$5.95
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.

Tofu Reuben Sandwich \$6.95
Round, marbled rye bread grilled and filled with specially seasoned tofu, swiss cheese, sauerkraut and Russian dressing.

EXCELLENT EDIBLES

Golden Bowl Sm. \$5.50 Lg. \$6.50
Browned tofu cubes sautéed with soy sauce and nutritional yeast served over brown rice.
Add cheese \$1.25
Add veggies \$.95

Veggie Chili Cheese Dog \$4.95
A hearty veggie frank on a classic picnic-style bun with our famous black bean chili, white cheddar, and side of chips.
Two on a platter \$7.25

The Grit Staple Sm. \$4.50 Lg. \$5.50
A complete protein of pinto beans, brown rice, melted cheese, and onions.
Add assorted veggies \$.95
Substitute black bean chili for pinto beans \$.50

Black Bean Chili Sm. \$4.75 Lg. \$5.75
Our popular house recipe with black beans, bulgur, veggies, and assorted, zesty spices. Topped with a dollop of sour cream and diced red onion.