

## SOUTHERN BITES

<b>SOUP OF THE DAY</b> 8 CALL FOR TODAY'S HOUSE-MADE OPTIONS	<b>CHEF'S BOARD</b> 14 CONECUH SAUSAGE, ASSORTED MEATS AND CHEESES
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## SHAREABLE BITES

<b>COWBOY CAVIAR SPREAD</b> GF 9 BLACK EYED PEAS, LIME, SMOKED TOMATO PICO, FRESH CORN CHIPS	<b>FRIED GREEN TOMATOES</b> GF 10 GREEN TOMATO SALSA, LEMON DILL AIOLI, AVOCADO CREMA
<b>BACON WRAPPED SHRIMP</b> GF 12 GULF SHRIMP, APPLEWOOD BACON, BBQ SAUCE, ARUGULA SALAD, AVOCADO CREMA	<b>LUMP CRAB CAKES</b> 15 MUSTARD DILL SAUCE, MICRO CILANTRO

## FLATBREADS

<b>SOUTHERN PULLED PORK</b> 13 BRAISED PORK, BBQ SAUCE, OVEN ROASTED TOMATO, SMOKED CHEDDAR, CARAMELIZED ONION, FRESH BASIL	<b>WILD MUSHROOM</b> 14 WILD MUSHROOMS, GOAT CHEESE, CARAMELIZED SHALLOT, TRUFFLE OIL
<b>BIG MEATZA</b> 16 FRESH MOZZARELLA, SPICY TOMATO SAUCE, PEPPERONI, CONECUH SAUSAGE, HAM	

## GREENS

<b>KALE &amp; QUINOA SALAD</b> GF 13 KALE, PEAR, RED & WHITE QUINOA, PICKLED WATERMELON, WATERMELON RADISH, GREEN GODDESS DRESSING	<b>LAB SALAD</b> 10 GEM LETTUCE, ROASTED TOMATOES, CUCUMBER, ROASTED PEPPERS, TOBACCO ONIONS, LEMON VINAIGRETTE
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ENHANCEMENTS | CHICKEN 7 | \*SHRIMP 7

## HANDHELDS—Served with Fries or Chips

<b>STREET TACOS</b> GF 14 BRAISED PULLED PORK, WARM CORN TORTILLAS, PICO DE GALLO, AVOCADO CREMA, COTIJA CHEESE, CILANTRO, LIME, RADISH	<b>LAB-B-Q CHICKEN SANDWICH</b> 14 SMOKED PULLED CHICKEN, FRIED ONION, WHITE BBQ SAUCE ON JALAPENO BREAD
<b>CRISPY CHICKEN SANDWICH</b> 13 FRIED CHICKEN, TARRAGON AIOLI, CHOW CHOW RELISH, TOASTED BRIOCHE BUN	

<b>THE LAB BURGER*</b> 14 TWIN BEEF PATTIES, AMERICAN CHEESE, BIBB LETTUCE, BEEFSTEAK TOMATO, RED ONION, TOBACCO ONIONS, BRIOCHE BUN	<b>BLAZIN' BURGER*</b> 14 TWIN BEEF PATTIES, PEPPERJACK CHEESE, JALAPENO AIOLI, HATCH CHILI JALAPENO RELISH, ARUGULA GREENS, TOBACCO ONIONS, BRIOCHE BUN
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++VEGETARIAN PATTY AVAILABLE UPON REQUEST++

## BIG PLATES

<b>SHRIMP &amp; GRITS*</b> GF 23 SAUTÉED SHRIMP, CONECUH SAUSAGE, CREOLE CREAM SAUCE	<b>MUSHROOM CHEVRE BUCATINI</b> 19 BLEND OF FOREST MUSHROOMS, CREAM, TARRAGON GOAT CHEESE, BUCATINI PASTA
<b>CRISPY CHICKEN</b> GF 20 CHICKEN BREAST, CORN EMULSION, FRIED GRITS, COLLARD GREENS, TOBACCO ONIONS	

## DESSERTS

<b>BERRY COBBLER</b> 8 BERRY COMPOTE, VANILLA ICE CREAM	<b>HAAGEN-DAZS ICE CREAM</b> 6 VANILLA OR STRAWBERRY
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*\*Consuming raw or undercooked meat, poultry, seafood, shellfish and eggs may increase your risk of foodborne illness, especially those with certain medical conditions*

GF—Gluten Free

To comply with the CDC recommendations to not hold large gatherings in an attempt to reduce introduction of the COVID-19 into new communities and to slow the spread of infection in communities already affected, we will be offering take out and delivery options only until these limitations have been lifted.

## OMELETS

<b>THE LAB OMELET*</b>	<b>13</b>
YOUR CHOICE OF THREE FARM-FRESH EGGS, OR EGG WHITES SERVED WITH BREAKFAST POTATOES OR FRESH CUT FRUIT AND TOAST	
CHOOSE THREE ITEMS FROM BELOW. ADDITIONAL ITEMS ARE .75 PER ITEM	
<b>MEATS*:</b> BACON   SAUSAGE   HAM   TURKEY SAUSAGE	
<b>CHEESES:</b> AMERICAN   SWISS   CHEDDAR-JACK	
<b>VEGETABLE:</b> BELL PEPPERS   ONIONS   TOMATOES MUSHROOMS   SPINACH	

## BIG PLATES

<b>BUTTERMILK PANCAKES</b>	<b>12</b>
WARM MAPLE SYRUP AND BUTTER	
<b>BRIOCHE FRENCH TOAST</b>	<b>12</b>
BRIOCHE BREAD, WARM MAPLE SYRUP, BUTTER	
<b>TWO FARM-FRESH EGGS*</b>	<b>14</b>
TWO EGGS ANY STYLE, SERVED WITH BACON, HAM OR SAUSAGE; BREAKFAST POTATOES OR FRESH CUT FRUIT; AND TOAST	
<b>BISCUITS &amp; GRAVY*</b>	<b>15</b>
HOUSE-CRAFTED BISCUITS, COUNTRY GRAVY, TWO EGGS ANY STYLE	

## BAKERIES

<b>BAGEL WITH CREAM CHEESE</b>	<b>4</b>
<b>MUFFIN</b>	<b>4</b>
<b>TOAST   WHITE, WHEAT, RYE</b>	<b>4</b>
<b>CROISSANT</b>	<b>4</b>

## BEVERAGES

<b>SODAS</b>	<b>3</b>
PEPSI, DIET PEPSI, SIERRA MIST, COKE, DIET COKE, COKE ZERO, CANADA DRY GINGER ALE, MOUNTAIN DEW	
<b>BOTTLED DRINKS</b>	<b>4</b>
GATORADE, VITAMIN WATER, AQUAFINA, PERRIER, SOBI WATER	
<b>REDBULL ENERGY DRINK</b>	<b>5</b>
<b>TEAS— HOT TEAS, PURE LEAF ICED TEA</b>	<b>4</b>
<b>TROPICANA ORANGE JUICE</b>	<b>4</b>
<b>COFFEE/DECAF</b>	<b>4</b>

## HANDHELDS

ADD BREAKFAST POTATOES OR FRESH CUT FRUIT FOR AN ADDITIONAL \$3

<b>FRENCH TOAST SANDWICH*</b>	<b>6</b>
COUNTRY HAM, EGG, SWISS CHEESE, RASPBERRY SAUCE	
<b>TEX-MEX MIGAS WRAP</b>	<b>6</b>
EGG, PICO DE GALLO, PEPPER JACK, TORTILLA STRIPS	
<b>SAUSAGE &amp; EGG BISCUIT*</b>	<b>9</b>
EGG, JACK CHEESE, SAUSAGE, HOUSE-MADE CHEDDAR BISCUIT	
<b>BROKEN YOLK SANDWICH*</b>	<b>9</b>
EGG, ARUGULA, TOMATO, AVOCADO, WHITE CHEDDAR, CIABATTA	

## EXPRESS BREAKFAST

<b>"NOURISH ME" PARFAIT</b>	<b>6</b>
TOASTED GRANOLA, YOGURT, FRESH FRUIT	
<b>STEEL-CUT OATMEAL</b>	<b>7</b>
SERVED WITH FRESH CREAM, CINNAMON, SYRUP, GOLDEN RAISINS, AND CRAISINS	
<b>CEREAL WITH MILK</b>	<b>6</b>

## A LA CARTE

<b>BREAKFAST MEAT*</b>	<b>5</b>
BACON, SAUSAGE, HAM, TURKEY SAUSAGE	
<b>BREAKFAST POTATOES</b>	<b>4</b>
<b>GRITS</b>	<b>7</b>
<b>FARM FRESH EGG*</b>	<b>2</b>

## HOW TO ORDER

**CALL (205) 933-9009  
FOR ALL TAKE OUT ORDERS**

**FIND US ON WAITR OR  
UBER EATS FOR DELIVERY**