

SOUTHERN BITES

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

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

FLATBREADS

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

GREENS

KALE & QUINOA SALAD GF 13 KALE, PEAR, RED & WHITE QUINOA, PICKLED WATERMELON, WATERMELON RADISH, GREEN GODDESS DRESSING	LAB SALAD 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

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

THE LAB BURGER* 14 TWIN BEEF PATTIES, AMERICAN CHEESE, BIBB LETTUCE, BEEFSTEAK TOMATO, RED ONION, TOBACCO ONIONS, BRIOCHE BUN	BLAZIN' BURGER* 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

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

DESSERTS

BERRY COBBLER 8 BERRY COMPOTE, VANILLA ICE CREAM	HAAGEN-DAZS ICE CREAM 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

THE LAB OMELET*	13
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	
MEATS*: BACON SAUSAGE HAM TURKEY SAUSAGE	
CHEESES: AMERICAN SWISS CHEDDAR-JACK	
VEGETABLE: BELL PEPPERS ONIONS TOMATOES MUSHROOMS SPINACH	

BIG PLATES

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

BAKERIES

BAGEL WITH CREAM CHEESE	4
MUFFIN	4
TOAST WHITE, WHEAT, RYE	4
CROISSANT	4

BEVERAGES

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

HANDHELDS

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

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

EXPRESS BREAKFAST

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

A LA CARTE

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

HOW TO ORDER

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

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