

01 SHAREABLES

BBQ NACHOS 14 / 24

House corn chips, Redefine™ Meat pulled 'pork', black beans, queso, pico de gallo, jalapeños

CRISPY WINGS ★ 13.50

Six crispy breaded boneless wings
Buffalo, scorpion hot, jalapeño BBQ, sweet BBQ or sweet chili
Celery, house ranch or bleu cheez

BAVARIAN PRETZEL 14.50

Warm salted pretzel, house queso, German or hunni mustard

PIMENTO CHEESE RANGOONS **NEW** 12

5 hand made pimento cheese rangoons served w/ sweet chili sauce

LOADED FRIES 12

Beer-battered fries, queso, bacun bits, ranch, scallions

BATTERED ONION RINGS 14.50

Stout-battered Spanish sweet onion, Russian dressing

02 GREENS

ADD GRILLED CHIK'N 6 · FRIED CHIK'N 6.50 ·
BAKED TOFU 4.50 · HAMBURGER PATTY 5 ·
REDEFINE™ BEEF FLANK 8

KALE CAESAR ★ ✂️ 14.50

Local kale & romaine, house Caesar, parmesan, crouton

BUFFALO SOLDIER ✂️ 15

Fried chik'n, romaine, red onion, pecans, apple, bleu cheez, buffalo

ELEMENTAL SALAD ✂️ 12.50

Romaine, cucumber, tomato, celery, red onion, croutons, bacun bits

HIPPIE HARVEST **NEW** ✂️ 13.50

Arugula, kale, romaine, pickled onions, pickled beets, apple, cashews,
apple cider dijon vinaigrette (no oil), served with choice of just chik'n
or baked tofu

BEYOND THE TABLE

*Let Us Cater
Your Gathering*

Box lunches to full plant-based spreads for
parties, weddings, offices & private events.

SCAN FOR MENUS & QUOTES



VEGSOUTH.COM

05 SIDES & SNACKS

MALT VINEGAR FRIES ★ 5 KETTLE CHIPS ✂️ 3

ONION RINGS 5 COLESLAW ✂️ 4

KALE CAESAR ✂️ 6 HOUSE SALAD ✂️ 5

TATER TOTS 4 GERMAN POTATO SALAD ✂️ 5

Warm potatoes, bacun bits, mustard
vinaigrette, scallions

03 HANDHELDS

CRISPY CHIK'N ★ ✂️ 12.50

Double-dipped fried chik'n, hunni mustard, pickles, lettuce, brioche roll

BUFFALO CHIK'N ✂️ 14.95

Fried chik'n in buffalo, lettuce, tomato, onion, pickles, ranch or bleu cheez, brioche roll

NASHVILLE HOT CHIK'N ✂️ 14.95

Fried chik'n, Nashville hot, coleslaw, mayo, pickles, brioche roll

CHIK'N CAESAR WRAP 12.95

Grilled chik'n, kale & romaine, parmesan, house Caesar, warm tortilla

GRILLED CHIK'N CLUB ✂️ 16.50

Grilled chik'n, bacun, american cheese, LTO, pickles, hunni mustard, brioche roll

PHILLY CHEESESTEAK 15

Beyond steak tips, marinated mushrooms, house cheese, peppers, onions, hoagie

CAROLINA BBQ 13

Redefine™ Meat pulled 'pork', eastern-style sauce, creamy slaw, potato roll

04 BURGERS

MON-FRI · 11AM-2PM · KETTLE
CHIPS + FOUNTAIN SODA
INCLUDED AT MENU PRICE

ELEMENTAL BURGER ✂️ 13.50

4oz patty, house pickles, LTO, special sauce, brioche roll

SMASH BURGER ★ ✂️ 14.95

Two 2oz patties, nacho cheese, LTO, burger sauce, pickles, brioche roll

SMOKEHOUSE BURGER 15.95

4oz patty, BBQ sauce, crispy onions, cheddar, dill pickles, Carolina slaw, brioche roll

WESTERN NODEO 16.95

4oz cheeseburger, onion rings, bacun, jalapeños, jalapeño BBQ, brioche roll

SOUTHERN PIMENTO BURGER **NEW** ✂️ 16.95

4oz burger, pimento cheese, pickled red onions, mustard, arugula, brioche roll

ADD-ONS onion rings +2 · bacun +3 · double patty +5 · grilled mushrooms +1.50 · grilled onions +1 · cheese +1.50 · pimento cheese +2.50

✂️ Gluten-free rolls available · chik'n gluten-free when grilled, not fried

06 SAUCES

1.50 - 2 EACH

BUFFALO

SCORPION

SWEET BBQ

JALAPEÑO BBQ

HUNNI MUSTARD

RANCH NOW nut free

BLEU CHEEZ NOW nut free

LIBATIONS

Cocktails, canna, spirits, wine & twenty rotating taps

O1 SEASONAL COCKTAILS

PEACHY REAPER	14
Creek Water Whiskey, fresh peach, Maine Root ginger ale, ginger beer, house-made Reaper syrup with local XX Farm peppers	
SPARKLING LAVENDER LEMONADE	14
Skyy vodka, organic lemonade, citrus soda, fresh lavender, lemon	
COCOCHITO	14
White rum, coconut cream, fresh lime, local mint, sparkling soda	
WATERMELON MARGARITA	14
Fresh watermelon, tequila, lime, chamoy, chilito rim	

O2 HOUSE COCKTAILS

PINEAPPLE PEPPERITA	14
Lunazul tequila, triple sec, pineapple, cilantro, jalapeño, tajín	
BUTTERFLY EFFECT	13
Blue butterfly tea, vodka, soda, pink cactus lemonade	
CAROLINA MULE	13
Virgin bourbon, ginger beer, fresh lime, mint	
ELEMENTAL MOJITO	12
Silver rum, muddled mint & lime, simple, soda · + flavor 2	
SEASONAL SANGRIA	9.50
Choice of wine, triple sec, fresh fruit, citrus, soda	

O3 CANNA COCKTAILS

HEMP Δ9 · 21+

MANGONADA	14
5mg SRΔ9, mango nectar, seltzer, lime, chamoy & tajín rim	
KUSHARITA	14
5mg SRΔ9 & CBD, house sour, lime, Lunazul tequila	
PINEAPPLE EXPRESS	14
10mg SRΔ9, pineapple, mint, lemon-lime	
BERRILY LEGAL	13
2mg SRΔ9, berry purée, lemon, citrus soda, berries	
FACE PALMER	15
12.5mg SRΔ9 & CBD, organic lemonade, iced tea, lemon	

O4 SPIRITS

TEQUILA	RUM	LIQUEURS & MODIFIERS
El Toro Silver	Mr. Boston Light	Mohawk Triple Sec
Lunazul Blanco	Bacardi Spiced	Arrow Blue Curaçao
Teremana Blanco	Cruzan	Gran Marnier
Teremana Reposado	Calico Jack	Copa de Oro
1800 Reposado	Blue Chair	SR THC tincture
Casamigos Blanco		Calmezzi THC
Patrón Silver		
Patrón Reposado		
Don Julio Blanco		
Don Julio Reposado		
WHISKEY	GIN & COGNAC	VODKA
Virgin Bourbon	Empress Gin	Skyy
Jameson	Tanqueray	Tito's
Basil Hayden	Citadelle	
Woodford	Hennessy VS	
Weldon Mills		
HIGH NOON		MIGHTY SWELL
Real vodka hard seltzer — lightly sparkling, naturally flavored		Sparkling hard seltzer — ask your server for available flavors
Choose a flavor — Peach · Grapefruit · Pineapple	10	

O5 WINE

GLASS / BOTTLE

Hayes Red Blend	7 / 30
Red Blend	
Flight of the Condor	9 / 32
Malbec	
Chemistry	11 / 38
Pinot Noir	
Yalumba Y Series	9 / 32
Sangiovese Rosé	
Hayes Chardonnay	7 / 30
Chardonnay	
Hayes Sauv Blanc	9 / 32
Sauvignon Blanc	
Hayes Pinot Grigio	7 / 30
Pinot Grigio	
Tozai Snow Maiden	9 / 22
Japanese Sake	
Proa Cava	10 / 35
Sparkling Cava	

Ask about our N/A wines & beers

O6 ON TAP

				NORTH CAROLINA CRAFT · 20 TAPS			
Fire in the Mole	5.0%	Trophy Wife	4.9%	Dune Dweller	5.2%	Original Sin	6.0%
Mad Mole · Italian Pilsner		Trophy · Session IPA		Mad Mole · Coastal IPA		Original Sin · Cider	
Patience & Understanding	5.3%	Salted Watermelon Gose	5.4%	Trophy Husband	5.2%	Hop on Top	7.0%
Lynnwood · Peach Sour		Carolina · Gose		Trophy · Witbier		Lynnwood · West Coast IPA	
Rotating Kombucha	—	Salvatierra	4.2%	Moles in the Sun	4.2%	Dopey Old Man	5.0%
Kōmana · Seasonal		Compass Rose · Mexican Lager		Mad Mole · Light Lager		Lynnwood · Brown Ale	
Czech Yourself	5.0%	Lynnwood Light	4.5%	Epic	5.8%	Science Pest	7.2%
Lynnwood · Pilsner		Lynnwood · Golden Ale		Carolina · Hazy IPA		Lynnwood · Hazy IPA	
Back That Razz Up	5.0%	Bill & Ted's	5.0%	Up & At 'Em!	6.3%	Piñata	5.3%
Lynnwood · Raspberry Wheat		Lynnwood · Amber Ale		Compass Rose · Porter		Lynnwood · Mexican Lager	

O7 ZERO-PROOF

100% cane sugar — Mexicane Cola · Diet Cola · Lemon-Lime · Orange · Root Beer · Ginger Ale · Ginger Beer · Lemonade · Pink Prickly Pear · Fresh Lemonade 6 · Butterfly Mocktail 10 · Not-So-Jito / Margarinah 11
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