



Oven Roasted ^{GF}

Served with a choice of BBQ Sauce, Beer Mustard, Piri Piri or Wasabi Honey, two sides & cornbread

¼ Chicken ~ \$13.25*

½ Chicken ~ \$15.95*

*All white meat +\$2. No skin upon request

Business Lunch Plate

Served with gluten free jalapeño cornbread & Coke, Diet Coke, Sprite or brewed tea ~ \$10.95. Mon-Fri, 11:30am-2pm. No substitutions. Dine-in only. No discounts apply.

¼ Chicken choice of one side

Meatloaf choice of one side

Roast Chicken & Vegetable Stew

Snacks + Soup

Add additional side of carrots & celery or gluten free crackers ~ +\$1

Soup of the Day ~ \$4.50

Organic Black Bean Soup with Tabasco cream ~ \$4.50 ^{GF}

Chicken Brunswick Stew with jalapeño cornbread ~ \$5 ^{GF}

Jumbo Crispy Wings - sweet chili sauce, peanuts ~ 6 pc - \$6 10 pc - \$10 ^{GF}

Deviled Eggs - bourbon smoked paprika ~ \$5 ^{V GF}

Fried Chicken Tenders - wasabi honey ~ \$4.50 ^{GF}

Fried Green Tomatoes with fresh goat cheese ~ \$8 ^{V GF}

Pimento Cheese - veggies, crackers ~ \$5.50 ^{V GF}

Chicken Nachos choice of grilled or fried chicken, chipotle cheese sauce, pico de gallo, scallions & sour cream ~ \$12

Add avocado \$1, Add fresh jalapeño \$.50

Entrees

All entrees served with gluten free jalapeño cornbread. Substitute cheddar biscuit + \$1. Excludes chicken & waffle. Substitute soup + \$1. Substitute fried green tomatoes as a side +\$1.5

Meatloaf - White Oak Pastures grass-fed beef, tomato gravy, choice of two sides ~ \$15.25 ^{GF}

Fresh Vegetable Plate - selection of four sides ~ \$12.50 ^V

Fried Chicken Tenders - wasabi honey, choice of two sides ~ \$14.25 ^{GF}

Roast Chicken & Vegetable Stew - fresh herbs, potatoes, cheddar biscuit served on top ~ \$12.50

Add avocado \$1, add jalapeños \$.50

Sautéed Salmon Filet - 5 ounce filet, dill mustard sauce, choice of two sides ~ \$16 ^{GF}

Fried Shrimp Basket - 6 Gulf shrimp & creole mayo and choice of two sides ~ \$14.95 ^{GF}

Breakfast All Day

Southern Breakfast All Day* - three farm eggs, creamed grits, pimento cheese, fried okra, Patak bacon, jalapeño cornbread ~ \$14 ^{GF}

Fried Chicken & Cheddar Waffle - maple syrup, honey butter ~ \$14.50

Make it a bacon cheddar waffle + \$1.50 Add homemade bourbon-pecan syrup + \$1.50

Banana Bread Waffle - baked with pecans and ripe banana ~ \$12

Add 3 fried chicken tenders + \$4

Buttermilk Pancakes - 3 buttermilk pancakes, honey butter, maple syrup ~ \$12

Add fresh berries + \$2, Add whipped cream + \$.50, Add Chocolate Chips + \$1. Gluten free pancakes upon request + \$1.50

Sides ~ \$3.50

Creamed Grits ^{V GF}

Broccoli Jalapeño Slaw ^{V GF}

Pickled Beets & Goat Cheese ^{V GF}

Watermelon Salad with

House-Cut Fries ^{GF}

Kale Caesar Salad ^{GF}

Cheddar Mac & Cheese ^V

Feta and Mint ^{V GF}

Cheddar Mashed Potatoes ^{V GF}

Organic Quinoa &

Side Salad ^{V GF}

Fried Okra, Jalapeños

Sweet Potato Fries ^{GF}

Spinach Salad ^{V GF}

Sautéed Spinach & Garlic ^{V GF}

& Creole Mayo ^{V GF}

Salads ^{GF}

Add to any salad: fried chicken tenders, roast chicken + \$4. Add salmon + \$5. Add shrimp 5 for \$5 Additional side of dressing + \$.50

Big Greek Salad ~ \$10.50 ^V

mixed greens, tomato, red onion, olives, feta, cucumber, oregano

Power House Salad ~ \$10.50 ^V

mixed greens, farm egg, broccoli, tomato, radish, sunflower sprouts, organic almonds

Organic Spinach Salad ~ \$10.50 ^V

organic spinach, sunflower seeds, quinoa, apples, goat cheese, sunflower sprouts

Southern Cobb ~ \$10.50

mixed greens with Patak bacon, tomato, avocado, farm egg, blue cheese, pecans

Homemade Dressings

balsamic vinaigrette, blue cheese, buttermilk ranch, carrot ginger vinaigrette or caesar dressing

Sandwiches Includes your choice of one side

Add the following to any sandwich- avocado, blue cheese, pimento cheese, Patak bacon, fried Farm egg* + \$1

Gluten free bread available + \$1.50. Substitute soup + \$1

Fried Chicken Po'boy - shredded lettuce, tomato, regular or Creole mayo on French bread ~ \$10.95

Make it a Fried Shrimp Po'Boy \$12.95 (sautéed shrimp upon request)

Royale with Cheese - fried chicken breast, pimento cheese, Patak bacon on a homemade biscuit ~ \$10.95

Chicken Salad - lettuce, tomato, Patak bacon in a whole wheat wrap ~ \$12

Blackened Chicken Burger - lettuce, tomato, Creole mayo on jalapeño cheddar bun ~ \$12

Breakfast [Available until 11:30AM Mon-Fri, 3PM Sat & Sun]

Gluten free bread upon request +\$1.50, Substitute chicken sausage for bacon +\$1, All egg whites + \$.25
Additional side of maple syrup, sour cream, salsa verde, or wasabi honey ~ \$.50

3-Egg Omelette* - spinach, goat cheese, Anson Mills creamed grits ~ **\$12 V GF**
Add fried or roast chicken, sausage or Patak bacon + \$4

Western Omelette - ham, sautéed onions, bell peppers, cheddar cheese, salsa verde served with Anson Mills creamed grits ~ **\$12 GF**

The Southern* - three farm eggs, Anson Mills creamed grits, pimento cheese, fried okra, Patak bacon, cornbread ~ **\$14 GF**

3-Egg Burrito* - black beans, cheddar, sour cream, rice, salsa verde in a whole wheat tortilla or have it in a bowl, no tortilla ~ **\$10** Add fried or roast chicken, sausage or Patak bacon + \$4

Protein Scramble* - three farm eggs, roast chicken, cheddar or goat cheese, scallions, fresh fruit ~ **\$12.95 GF**

Big Chicken Skillet - cheesy chicken home fries topped with three fried chicken tenders and three farm eggs cooked your way ~ **\$15 GF**

Build Your Own Biscuit - choice of fried chicken, roast chicken, chicken sausage, pork sausage or Patak bacon ~ \$6
Add fried Farm egg* + \$1, any cheese + \$.50

Biscuits & Gravy - sausage gravy, buttermilk cheddar biscuits ~ **\$8**
Add a farm egg* + \$1, pimento cheese + \$1, three chicken tenders + \$4

Cheddar Waffle - maple syrup, honey butter ~ **\$10 V**
Add homemade bourbon-pecan syrup + \$1.50

Fried Chicken & Cheddar Waffle - maple syrup, honey butter ~ **\$14.50**
Add homemade bourbon-pecan syrup + \$1.50

Banana Bread Waffle - baked with pecans and ripe banana ~ **\$12**
Add 3 fried chicken tenders + \$4

Buttermilk Pancakes - 3 buttermilk pancakes, honey butter, maple syrup ~ **\$12 V**
Add fresh berries \$2, Add whipped cream \$.50, Add Chocolate Chips \$1. Gluten Free Pancakes upon request. + \$1.50

French Toast - fresh berries, maple syrup, powdered sugar ~ **\$10 V**

Breakfast Tacos - 3 tacos with scrambled eggs, pico de gallo, cheddar cheese ~ **\$8**
Add fried or roast chicken, pork or chicken sausage, or Patak bacon \$4. Add avocado \$1, add fresh jalapenos \$.50

Chilaquiles* - tortillas, sunny-side up egg, kale, avocado, sour cream ~ **\$12 V**
Sat & Sun Only Add roast or fried chicken + \$4

Juices 16 oz \$6

The Green Monster
spinach, apple, cucumber, celery, lemon

Apple Zing
carrot, apple, ginger

Grapefruit

Orange

Breakfast Sides

Smoked Patak Bacon - \$4 GF

Pork or Chicken Sausages - \$4 GF

Atlanta Fresh Yogurt, Granola,
Fresh Berries, Honey - \$4 V GF

Potato Home Fries - \$3.50

Single Pancake - \$3 V
gluten free upon request + \$.50

Cheddar Biscuit - \$2 V

Fresh Fruit - \$3.50 V GF

Farm Egg, Your Way* - \$2 GF

Multi-Grain Toast V
2 slices \$1.50
gluten free \$2.50

Little Clucker's Menu ~ \$8 Includes organic juice or milk. 10 & under. NO EXCEPTIONS.

Gluten free bread available upon request +\$1.50

Fried Chicken Sandwich - mayo, toasted bun, choice of side

Roast Chicken Whole Wheat Quesadilla

Crispy Chicken Macaroni & Cheese

Fried Chicken Tenders with BBQ Sauce - choice of side GF

Fresh Vegetable Plate - selection of three sides V

Family Meal ~ \$52 Serves 3-5, take-out only please. Don't forget about dessert!

Choice of our whole roast chicken or meatloaf (24 oz) served with a family-sized organic green salad, cornbread
gluten free bread upon request +\$3, choice of dressing, three family-sized sides & a half-gallon of fresh brewed tea.
Take-out only. Please allow 30 minutes to prepare, no substitutions, +5% eco-friendly packaging fee.

Please note, we take care to provide a safe gluten-free dining experience, however we are not a gluten-free establishment.
Additionally, nut, dairy and soy are used in various recipes throughout the menu. If you have allergies to these or any other items please ask for the chef or manager to ensure a safe dining experience. Thank you.

*These items may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.

bantamandbidly.com

ANSLEY MALL
1544 Piedmont Ave

AVALON
4195 Avalon Blvd, Alpharetta

LENOX SQUARE
3393 Peachtree Road #3065 B

wecater@bantamandbidly.com



@bantamandbidly



/bantamandbidly



bantamandbidly

