

# tapas.

- Okra Spears** w/ red chile sauce 5
- Fried Plantains** w/ tamarind catsup 4
- Masala Potato Fries** w/ tangy lime crema 5
- Grilled Local Field Greens** (farmers' choice) 3
- Stuffed Avocado** filled w/ pico de gallo & Split Creek feta 6
- Fried Red Onion Rings** w/ spicy roasted garlic-gorgonzola sauce 7
- BLT Rolls** avocado almond salsa & local goat cheese grilled up in a tortilla w/BL&T 9
- 'Nana Leaf Tamale** w/ Yellow Branch cheese, onions+peppers & avocado almond salsa 7
- Salsa Sampler Plate** (chef's choice of 3 salsas w/ hand-fried corn chips) 8
- Locally Grown Garden Salad** baby3 medium 7 big10

# taqueria.

- Taco** hand-fried corn tortilla filled w/ organic beans & cheese. Served w/ baby greens & pico de gallo. 4 ea.
- Quesadilla** flour tortilla grilled w/ our mild house monterey jack-cheddar blend. Served w/ pico & chips. 7
- Burrito** grilled flour tortilla rolled w/ organic beans, coconut rice & cheese. Served w/ pico & chips. 7
- Nachos** hand-fried tortilla chips topped w/ organic beans & cheese. Served w/ pico. 7

*add toppings!* **50¢**

- tomato
- red onion
- cucumber
- mushrooms
- plantains
- peppers
- cilantro
- jalapeño

**\$1**

- extra cheese
- gorgonzola
- avocado
- greens

**\$2**

- grilled chicken
- pulled pork
- baked tofu
- spiced bacon

- Split Creek goat feta
- Yellow Branch cheese
- Split Creek fromage blanc

**\$3**

- shrimp
- grilled goat
- Dark Cove cheese

# salsas.

- pico de gallo 2
- mango chutney 3
- scotch bonnet salsa 3
- avocado almond 3

# sides.

- flour tortilla/ Mad Batter bread/ bowl of corn tortilla chips 1
- organic black+pinto beans 3
- organic rice: coconut or brown basmati 3
- organic sour cream, homemade hot sauce 75¢

**HOUSE DRESSINGS:** lemon tahini, lime crema or ginger sesame 75¢

**BABY'S BEANS+RICE BOWL 2 KID'S BEANS+RICE BOWL 3** (add extra's from the list above)

# fresh local food...

During the growing season, we obtain all available produce locally from tiny & small independent farms. We use local free-range farm eggs & free-range chicken year round. All dairy & meats are free of artificial growth hormones and we strive to only use seafood that is sustainably harvested or farmed. Everything we serve is hand-made by us with wholesome, natural, mostly organic ingredients.





## salads.

Please Choose a Protein (chicken, tofu or shrimp) \$13 each.

**Mariposa** local greens w/ almonds, lots of veggies, organic gorgonzola & lemon tahini dressing

**Cowgirl** local greens topped w/ bacon, organic carrots, pico de gallo, lime crema & corn tortilla crisps

**Sesame** local greens, carrots & purple cabbage tossed in gingery-sesame dressing w/avocado almond salsa

## plates.

We're Happy to Substitute our Organic Tofu for Any of the Following:

**Jerk Chicken** simmered w/ Caribbean spice, honey, habañeros & thyme; served over beans+brown rice with our mellow avocado-almond salsa & organic Mad Batter bread. 14

**Mango Pork Tacos** free-range, slow roasted pork infused w/ cloves, ginger & sweet mango; served w/grilled local field greens, fried okra spears & coconut rice. 15

**Blackened Plantain** a ripe plantain split lengthwise and grilled, then stuffed with scotch bonnet salsa, organic tofu & veggies; served over beans & fresh local greens with organic gorgonzola. 14

**Red Curry Shrimp** tiger shrimp simmered in organic coconut milk w/ ginger & garlic, mushrooms, bell peppers & carrots, finished w/ basil, cilantro & cream; served w/ fragrant coconut rice. 16

**Chupacabra** a nice big locally-raised goat burger topped w/ crispy bacon and our mild rBGH-free cheddar jack blend; served on a sesame Mad Batter bun w/ LTO, masala potato fries & tamarind catsup. 15

**Phoenix Rolls** chicken, bacon & spicy mango in a white wine reduction, rolled with Split Creek feta in a flour tortilla and finished on the grill; served w/ sautéed local field greens & sliced avocado. 17

**Adobo Pork Tostada** free-range pork in a tangy, spicy, roasted tomato-cumin sauce; served w/ organic beans+brown rice, Dark Cove goat cheese & salty-sweet grilled plantains. 15

**Curried Goat Tamale** locally raised slow-roasted goat in a rich coconut curry sauce w/ chilies & tomato; served over an organic banana-leaf tamale w/ scotch bonnet salsa & organic sofrito beans. 17

## sweets.

Made w/organic & fair-trade chocolate, flour, sugar+spice; local fruit, honey & farm eggs

**Please ask about today's selection of house-made desserts...**

CHOICES OFTEN INCLUDE: Mexican Chocolate Cake, Fruit & Berry Cobblers, Coconut Tres Leches, Cinnamon-Honey Calas, Milky Mocha Chocolate Pudding, Goat's Milk Flan & Brownie Splits

♥ Thank You for Eating @ Guadalupe ♥ (828) 586-9877

\$2 split plate ✦ 20% gratuity added to split checks & 6+ parties ✦ visa & MC welcome  
reservations are recommended for parties of 5 or more ✦ yes, we cater! Ask for details...

## **BRUNCH @ GUADALUPE CAFE**

**EVERY SUNDAY 10:30-2:30**

### **SPECIAL DRINKS:**

**BUBACZ'S FRESH OJ** (small \$3.5 or large \$5)

**TRIBAL GROUNDS COFFEE** (\$2 mug; free refills)

**MIMOSA** (sparkling spanish cava w/ fresh oj over ice \$7) \*alcohol is illegal 'til noon on Sundays.

**MIMOSA FABULOSA** (spiked w/ ginger & hibiscus \$7) \*alcohol is illegal 'til noon on Sundays.

### **BRUNCHY THINGS:**

**HUEVOS RANCHEROS** \$9

(a flour tortilla w/ scrambled farm eggs, potato hash, sofrito beans & your choice of sausage/bacon/tofu; served w/ salsa)

**PANCAKES** short\$4 tall\$7

(w/ seasonal locally-grown fruit, organic whipped cream & maple syrup)

**BREAKFAST BURRITO #1** \$11

(beans, scrambled farm eggs, cheese, potato hash, spicy local sausage)

**BREAKFAST BURRITO #2** \$10

(beans, scrambled farm eggs, cheese-grits, greens, goat cheese, salsa)

**FRENCH TOAST** \$8

(w/ Annie's walnut-raisin bread, organic whipped cream & maple syrup)

**BENEDICT** \$11

(2 poached farm eggs over a Mad Batter cheddar biscuit w/ salty-sweet plantains, grilled greens, hormone-free ham & cilantro hollandaise)

### **LUNCHY THINGS:**

**GREAT BIG SALADS** \$13

**COWGIRL \* SESAME \* MARIPOSA** (please choose chicken, tofu or shrimp)

**SHRIMP & GRITS** \$12

(stone ground grits w/ Yellow Branch farmstead cheese, spicy sautéed shrimp, grilled greens, bacon & chipotle tomato salsa)

**GINGERY BBQ PORK SANDWICH** \$14

(saucy, tangy, hand-pulled pork piled on a toasted Mad Batter sesame bun w/masala-spiced potato fries)

### **SIDES:**

(\$3) **BACON \* LOCAL SAUSAGE \* POTATO HASH \* STONE-GROUND GRITS**

(\$2) **MAD BATTER CHEDDAR BISCUIT \* EGG**

### **SWEET TOOTH:**

ASK YOUR SERVER FOR TODAY'S SELECTION OF HOUSE-MADE DESSERTS, SUCH AS...  
**MEXICAN CHOCOLATE CAKE \* LOCAL BERRY COBBLER \* GOAT'S MILK FLAN**

**PLEASE ORDER FREELY FROM  
THE TAQUERIA MENU (ON REVERSE)**

## drinks.

blue sky **natural soda pops** 2  
iced organic **earl grey** or **herbal tea** (bottomless) 2  
**a liter of bottled H<sub>2</sub>O** (fizzy or flat) 3  
lakewood **organic juices** 3  
**non-alcoholic beer** 3

## bottlebeer.

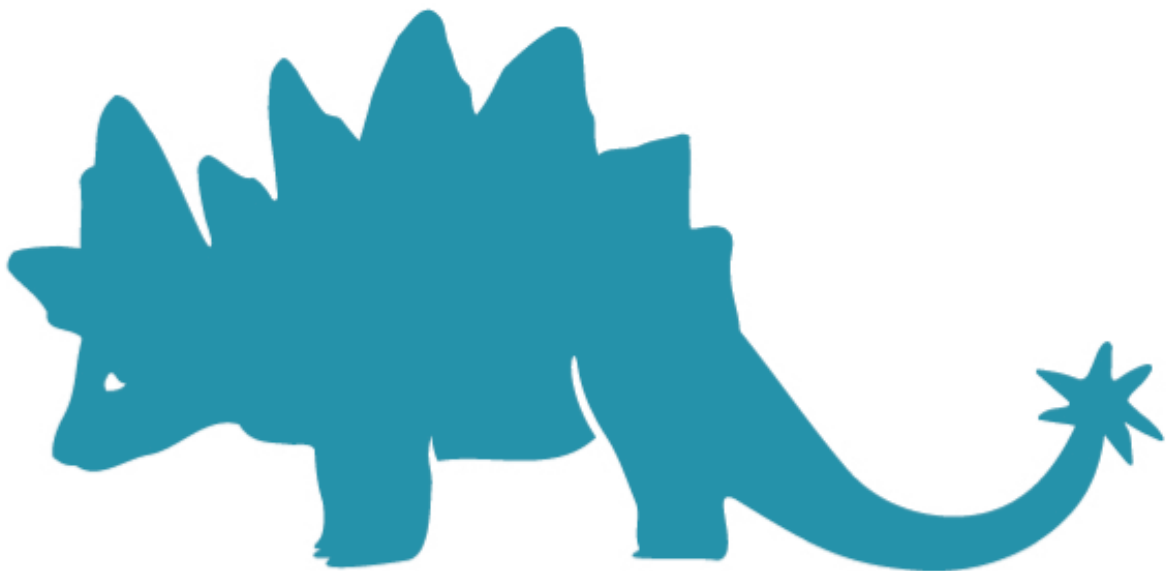
**caguama** eISALVADOR 3  
**bavaria shout&holla** theNETHERLANDS 3  
**mendocino blue heron** CALIFORNIA 4  
**mother earth weeping willow wit** NC 4  
**allagash belgian white** MAINE 5  
**terrapiin rye** ATHENS, GA 4  
**bell's 2Hearted IPA** COMSTOCK, MI 4  
**dogfish head 60 minute IPA** DELAWARE 5  
**new belgian fat tire** COLORADO 5  
**flying dog old scratch** COLORADO 4  
**samuel smith organic ale** ENGLAND 6  
**he'brew messiah bold brown ale** NY 4  
**highland's oatmeal porter** ASHEVILLE, NC 4  
**victory storm king imperial stout** PA (9.1%) 5

## coffee.

...**Organic, Fair-trade Beans**  
**from Tribal Grounds in Cherokee**  
**(decaf or Rattlesnake Blend)**  
\$2 with free refills

## draftbeer.

...**Our Daily Selection of**  
**Beers from Various Local &**  
**Regional Microbreweries**  
\$4.5 pint \$14 pitcher



# theWineList.

## sparkling.

CODORNIU [cava] *spain* \$7 split (=2 glasses)  
AVELEDA FONTE [vinho verde] *portugual* \$6 glass \$21 btl  
MARQUES DE GELIDA [cava] *spain* \$31 btl

## whites.

GRAFFIGNA [pinot grigio] *argentina* \$8 glass \$27 btl  
SANTA RITA [sauvignon blanc reserva] *chile* \$8 glass \$27 btl  
VEGA SINDOA [viura/chardonnay] *spain* \$6 glass \$21 btl  
SPANISH QUARTER [albarino/chardonnay] \$7 glass \$24 btl  
SALVATORE PRINCIPE [torrontes] *argentina* \$7 glass \$24 btl  
ARGENTO [chardonnay] *argentina* \$5 glass \$19 btl  
BASA [bio-dynamic rioja] *argentina* \$31 btl

## reds.

VINA BORGIA [garnacha] *spain* \$5 glass \$19 btl  
BODEGA NORTON [sangiovese] *argentina* \$6 glass \$21 btl  
CAMPO VIEJO [crianza] *spain* \$7 glass \$24 btl  
CAN BLAU [mazuelo/syrah/garnacha] *spain* \$33 btl  
NOEMAS [organic rioja] *spain* \$7 glass \$24 btl  
ERRAZURIZ [shiraz reserva] *chile* \$36 btl  
CLOS DE LOS SIETE [merlot/cab sauv/malbec/syrah] *argentina* \$35 btl  
LA PUERTA [malbec] *argentina* \$6 glass \$21 btl  
BODEGA SEPTIMA [cabernet sauvignon] *argentina* \$8 glass \$27 btl