

GOOD PLANTS

EAT, DRINK & BE HEALTHY

Please let your server know if you have any allergies, dietary restrictions, or preferences

GOOD SIGNATURE DISHES
ARE HIGHLIGHTED **GOOD**

APPETIZERS

AVOCADO NACHOS | 13 **GOOD**

Avocado wedges topped with Chili Campana and gruyere, double-dressed with avocado crema and balsamic glaze then topped with microgreens

BREAD BASKET | 5

See the specials card for additional seasonal specials

AVOCADO TOASTS

ADD EGG* TO ANY TOAST +3

PLAIN | 7

LOADED

Chili Campana, balsamic glaze, avocado crema and microgreens

SINGLE | 8 DOUBLE | 14

LOADED WITH A SIDE | 11

A choice of sweet potato hash, hash browns or grits

SALADS

ATL SALAD | 14 **GOOD**

Avocado and tomato over our greens mix topped with avocado crema

THAI CRUNCH SALAD | 14

Red cabbage, carrots, broccoli, red peppers and scallions over our greens mix topped with Sesame Ginger Vinaigrette

MEDITERRANEAN KALE SALAD | 14

Chili Campana, cucumbers and parmesan over kale tossed in Red Wine Vinaigrette

WRAPS

ATL | 13

Avocado and tomato with our greens mix topped with avocado crema

THAI CRUNCH | 13

Red cabbage, carrots, broccoli, red peppers and scallions with our greens mix topped with Sesame Ginger Vinaigrette

MEDITERRANEAN KALE | 13

Chili Campana, cucumbers and parmesan over kale tossed in Red Wine Vinaigrette

CAULIFLOWER STEAK PLATES

PICCATA | 14

Cauliflower steak topped with vegetable broth based Piccata Sauce, kale and mushrooms, and served with zoodles

THAI | 14

Cauliflower steak topped with Sesame Ginger Sauce and served with caulirice and stir fry vegetables

BOWLS

EGG ROLL IN A BOWL | 14 **GOOD**

Stir fry vegetables over a base of cabbage and caulirice topped with Thai Sesame Ginger Sauce

PICCATA BOWL | 14

Parmesan mashed cauliflower topped with kale and mushrooms, and finished with a vegetable broth based Piccata Sauce

ITALIAN ZOODLE BOWL | 14

Zoodles with kale and mushrooms topped with our choice of Pomodoro or vegetable broth based Piccata Sauce

THAI STIR FRY BOWL | 14

Caulirice with our stir fry mix of red cabbage, carrots, broccoli, red peppers and scallions topped with Sesame Ginger Sauce

THAI ZOODLE BOWL | 14

Caulirice with our stir fry mix of red cabbage, carrots, broccoli, red peppers and scallions topped with Sesame Ginger Sauce

KALE PESTO ZOODLE BOWL | 14

Zoodles topped with kale pesto, mushrooms, kale and parmesan

SIDES | 5

BONE BROTH

CAULIRICE

MASHED CAULIFLOWER

SIDE SALAD

SEASONAL VEGETABLES

KALE SALAD

***ADVISORY:** THESE FOODS ARE COOKED TO ORDER. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

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GOOD DRINKS

COFFEE *Proudly serving East Pole Coffee*

DRIP 12 OZ | 4

POUR OVER 12 OZ | 5.50

ESPRESSO 2 OZ | 4

CORTADO 4.5 OZ | 4.25

CAPPUCCINO 7 OZ | 4.50

LATTE 12 OZ | 5

MOCHA 12 OZ | 5.50

CHAI LATTE 12 OZ | 5.50

MATCHA LATTE 12 OZ | 5.50

ESPRESSO TONIC 13 OZ | 5.50

Espresso poured over an orange zest with tonic

CHURRO LATTE 12 OZ | 5.50

Latte with honey & cinnamon

ALTERNATIVE MILKS +1.50

Oat, coconut or chocolate

ORANGE JUICE | 4.50

ORGANIC TEAS | 3.50

Two leaves & a bud

GREEN Ginger, Tropical, Tamayokucha or Jasmine Petal

BLACK Asain Breakfast, Darjeeling or Earl Gray

HERBAL Chamomile or Peppermint

ROOIBOS African Sunset

HOUSEMADE DRINKS | 4.50

LEMONADE

ORGANIC TROPICAL GREEN ICED TEA

ICED BLACK TEA

BOTTLED & CANNED

MONTANE SPARKLING WATER | 4

TOPO CHICO | 4

KOMBUCHA | 6

BEER & WINE

We have a rotating selection of local beer & natural wine.

Ask your server for the GOOD wine and beer menu.

Ask your server about:

GOOD MEAL DEALS

Want to bless a new mom or someone facing a health challenge? Just need a break from cooking for your family? Heading to the beach or mountains and want a “vacation” from cooking? *Then you need a Good Meal Deal.*

4 MEALS FOR THE PRICE OF 3

GOOD MEAL PREP

Trying to eat clean at home but find meal prep too hard to keep up? Got proteins at home but you love our sides and sauces? Then you need to check out our Meal Prep options.

ORDER BY FRIDAY - AND PICK UP MONDAY!

GOOD DOGS MENU

We believe in the power of good food for all -- even our four-legged furry family members. From bacon snacks to scrambled eggs to chicken or beef bowls, Fido will be well-fed at GOOD. No preservatives, no additives just clean, green and simple food for all!

CHECK OUT OUR COMPANION INSTAGRAM ACCOUNT @GOODDOGSMARIETTA

GOOD GATHERINGS

Need us to cater your next event or business function? *We offer both onsite and offsite catering.*

CONTACT US AT CATERING@GOODKITCHENANDMARKET.COM