

# Sean's HEART of the PARK

fresh market • killer concessions

EST. 2012

## SMOOTHIE make it a large for +1

**add a boost +1:** whey . peanut butter . almond . espresso . matcha . chai tea concentrate  
ginger . turmeric . fresh mint . kale . carrot . strawberry . mango . pineapple

**substitute +1:** almond milk . oat milk . black tea . chai tea concentrate . maple . honey . stevia

<b>South Beach</b> .....	<b>7</b>	<b>Mangolorian</b> .....	<b>8</b>
strawberry . banana . orange juice		mango . strawberry . banana . mint	
<b>Super Green Machine</b> .....	<b>7</b>	ginger . lemonade	
kale . carrot . mint . banana . orange juice . milk		<b>Golden Goddess</b> .....	<b>8</b>
<b>Mango Matcha Energy</b> .....	<b>8</b>	golden turmeric . matcha . mint . kale	
mango . matcha . pineapple . mint . lemonade		banana . cinnamon . lemonade	
<b>Normando</b> .....	<b>7</b>	<b>Natural</b> .....	<b>7</b>
pineapple . strawberry . mint . orange juice		strawberry . peanut butter . banana . milk	
<b>Izzy Bella</b> .....	<b>7</b>	<b>Elvis</b> .....	<b>7</b>
strawberry . mint . banana . lemonade		espresso . banana . peanut butter	
<b>Build Your Own Smoothie</b> .....	<b>8</b>	chocolate . cinnamon . milk	

**choose your base** {choose 1}: lemonade . orange juice . milk . almond milk +1 . oat milk +1  
black tea +1 . chai tea concentrate +1

**choose your fruit** {choose up to 2}: mango . strawberry . banana . pineapple

**choose your boost** {choose up to 2}: carrot . mint . kale . peanut butter . cinnamon . turmeric

**pick your sweet** {choose 1}: sugar . brown sugar . maple +1 . honey +1 . stevia +1

**add a boost +1:** whey . espresso . matcha . ginger . cinnamon . nutmeg . turmeric  
fresh mint . peanut butter . almonds . kale . carrot . strawberry . mango . chai tea

## COLD DRINK make it a large for +1

<b>Fresh Daily Lemonade</b> .....	<b>3</b>	<b>Sean's Iced Tea</b> <small>{sweet or unsweet}</small> .....	<b>3</b>
<b>Frozen Lemonade</b> .....	<b>4</b>	<b>Strawberry Iced Tea</b> .....	<b>4</b>
<b>Frozen Strawberry Lemonade</b> .....	<b>5</b>	<b>Ginger Arnold Palmer</b> .....	<b>4</b>

## COFFEE make it a large for +1

**choice of: hot or iced**

**add a shot +1:** espresso . matcha . turmeric . vanilla . hazelnut . ginger . mint . caramel  
chocolate . white mocha . sweet cream . **make it frappe** . whipped cream

**substitute +1:** almond milk . oat milk . maple . honey . stevia

<b>Local Roast Hot Coffee</b> .....	<b>2</b>	<b>Cinnamon Vanilla Latte</b> .....	<b>5</b>
atlanta's dirty nekkid roast . nicaragua		espresso . vanilla . cinnamon . milk	
<b>Cold Brew Coffee</b> .....	<b>5</b>	<b>Mocha Latte</b> .....	<b>5</b>
slow steeped . low acid . smooth		espresso . mocha . cinnamon . milk	
<b>Sweet Cream Cold Brew</b> .....	<b>6</b>	<b>Adirondack Latte</b> .....	<b>6</b>
cold brew coffee . our sweet cream		espresso . our ginger reduction . maple milk	
<b>Frozen Vanilla Latte</b> .....	<b>6</b>	<b>Rustic Chai Latte</b> .....	<b>7</b>
espresso . sweet cream . frappe blend		espresso . sean's chai tea concentrate . milk	
<b>Latte</b> .....	<b>5</b>	<b>Golden Turmeric Latte</b> .....	<b>6</b>
espresso . milk		espresso . golden turmeric . milk . honey	
<b>Cappuccino</b> .....	<b>5</b>	<b>Matcha Latte</b> .....	<b>6</b>
espresso . frothed milk		matcha green tea . milk . honey	
<b>Sean's Cuban</b> .....	<b>5</b>	<b>Hot Cocoa</b> .....	<b>6</b>
espresso . nutmeg . brown sugar . milk		cocoa . milk . cinnamon . whipped cream	

## HOT TEA make it a large for +1

<b>Earl Grey Blend</b> .....	<b>4</b>	<b>Green Tea Blend</b> .....	<b>4</b>
earl grey black tea blend . bergamot		city harvest blend . light fruit forward	
<b>Chai Blend</b> .....	<b>6</b>	<b>Ruby Sipper</b> <small>{herbal}</small> .....	<b>5</b>
sean's chai tea concentrate . milk		apple . hibiscus . rose hip . tangerine	

## BAKERY

<b>Amber Biscuit</b> .....	<b>3</b>	<b>Nana's Chocolate Chip Cookie</b> .....	<b>3</b>
our buttermilk "cat-head" southern drop biscuit		buttery rich cookie . nana's recipe	
<b>Blueberry Orange Amber Biscuit</b> .....	<b>5</b>	<b>Oatmeal Cream Pie</b> .....	<b>6</b>
blueberry orange biscuit . orange glaze		ginger oatmeal soft cookie . buttercream filling	
<b>Cinnamon Sugar Elephant Ear</b> .....	<b>5</b>	<b>Ooey Goey Fudge Brownie</b> .....	<b>6</b>
our buttery cinnamon sugar rolled puff pastry		ooey goey triple chocolate brownie	

<b>Vanilla Soft Serve Custard</b> .....	<b>5</b>	<b>Strawberry Sundae</b> .....	<b>6</b>
<b>Caramel Sundae</b> .....	<b>6</b>	<b>Chocolate Sundae</b> .....	<b>6</b>

**add topping +1:** sprinkles . caramel . chocolate . strawberry . mango . waffle hat

## MILKSHAKE make it large for +1

<b>Vanilla Milkshake</b> .....	<b>5</b>	<b>Strawberry Milkshake</b> .....	<b>6</b>
<b>Chocolate Milkshake</b> .....	<b>5</b>	<b>Mango Milkshake</b> .....	<b>6</b>

## BREAKFAST {ALL DAY} served w/ chips {or choice of one soup or side for +1}

<b>Farmer's Breakfast Panini</b> <small>{v}</small> .....	<b>12</b>
guacamole . cucumber . tomato . roasted bell pepper . grilled onion lemon tossed kale . cheddar . parmesan herb cream . fried eggs . on cuban bun	
<b>Bacon, Apple &amp; Cheddar Croissant</b> .....	<b>12</b>
hickory bacon . apple butter . fried egg . cheddar . parm herb cream . butter toasted croissant	
<b>Garlic Cheddar Grits Breakfast Bowl</b> .....	<b>12</b>
<b>{choose 1: patty sausage, hickory bacon, or veggie sausage}</b> fried egg . cheddar . tomato . grilled onion . over burnt garlic & cheddar grits	
<b>Original Breakfast Amber Biscuit</b> .....	<b>11</b>
<b>{choose 1: patty sausage, hickory bacon, or veggie sausage}</b> fried egg . cheddar . tomato . apple butter . grilled onion . on butter toasted Amber Biscuit	
<b>Breakfast Pocket</b> <small>{limited made daily}</small> .....	<b>12</b>
southern patty sausage . egg . cheddar . chive . bell pepper . in our buttery pocket pie crust	
<b>Southern Breakfast Casserole</b> <small>{limited made daily}</small> .....	<b>12</b>
patty sausage . avocado . potato . roasted bell pepper . onion . garlic cheddar . parmesan herb cheese . egg . baked in a buttered bread crumble crust	

## LUNCH {ALL DAY} served with chips {or choice of one soup or side for +1}

<b>Holy Guacamole Chicken Salad Sandwich</b> .....	<b>12</b>
sean's chicken salad . guacamole . tomato . romaine . on toasted wheat	
<b>Beltline Burrito</b> <small>{v}</small> .....	<b>12</b>
black bean & corn salsa . quinoa . wild rice . guacamole . toasted almond shaved carrot . feta . lemon tossed kale . in tortilla wrap	
<b>Fiesta Chicken Melt</b> .....	<b>12</b>
fiesta pulled chicken . three cheese melt . roasted red bell pepper . grilled onion pickled jalapeno . on toasted challah bun	
<b>Turkey Chili Mac &amp; Cheese Bowl</b> .....	<b>11</b>
turkey chili . served over our dill pickle mac & cheese	
<b>Andie's Sausage Lasagna</b> .....	<b>14</b>
our italian sausage red sauce lasagna	

**add a protien:** sean's chicken salad +5 . hickory bacon +4 . fiesta pulled chicken +5  
**patty sausage +4 . spicy andouille +6 . fried eggs w/ cheese +4 . veggie sausage +5**

## SALAD {ALL DAY} served with chips {or choice of one soup or side for +1}

<b>Chopped Salad</b> <small>{v}</small> .....	<b>11</b>
romaine . tomato . cucumber . blackbean salsa . shaved carrot . feta . creamy avocado lime dressing	
<b>Lemon Kale &amp; Almond Salad</b> <small>{v}</small> .....	<b>10</b>
lemon tossed kale . toasted almond . feta . tomato . shaved carrot . balsamic vinaigrette	

## HOT DOG {ALL DAY} served with chips {or choice of one soup or side for +1}

**pick your dog:** polish frank (beef) . spicy spandouille (pork) +1 . beyond sausage (plant) +3

<b>Heart of the Park Dog</b> .....	<b>7</b>
<b>{pick your dog}</b> . grilled onion . tomato . pickled remoulade . on toasted challah bun	
<b>Chili Nacho Dog</b> .....	<b>8</b>
<b>{pick your dog}</b> . turkey chili . three cheese melt . pickled jalapeno . tomato . toasted challah bun	
<b>Build Your Own Dog</b> .....	<b>6</b>
<b>pick your dog:</b> polish frank (beef) . spicy andouille (pork) +1 . beyond sausage (plant base) +3	
<b>free topping:</b> yellow mustard . ketchup . sweet relish . sean's sauce . dijon remoulade sriracha . cholula hot sauce . mayonnaise	
<b>fancy topping +1:</b> three cheese melt . grilled onion . pickled jalapeno . tomato roasted red bell pepper . parm herb cream . cheddar . feta . guacamole	
<b>extra fancy topping +3:</b> turkey chili . hickory bacon . scrambled egg & chz	

## KID {ALL DAY} {ALL AGES} served with chips {or choice of one soup or side for +1}

<b>Attack of the Killer Grilled Cheese</b> <small>{v}</small> .....	<b>8</b>
sharp cheddar . parm herb cream . pressed in butter toasted bread	
<b>Joy Division PB&amp;J</b> <small>{v}</small> .....	<b>8</b>
strawberry puree . split banana . honey . peanut butter . pressed in cuban bun	

## SNACK {ALL DAY}

<b>Fiesta Nachos</b> .....	<b>8</b>
<b>{choose 1: fiesta pulled chicken, turkey chili, or black bean salsa}</b> . three cheese melt . over tortilla chips	
<b>Fiesta Nachos Supreme</b> .....	<b>10</b>
<b>{choose 1: fiesta pulled chicken, turkey chili, or black bean salsa}</b> . three cheese melt . tomato grilled onions . pickled jalapeno . roasted peppers . sour cream . guacamole . over tortilla chips	
<b>Jumbo Salted Pretzel</b> <small>{v}</small> .....	<b>5</b>
salted pretzel . mustard . <b>{add dipping sauce +1: cheese sauce . avocado ranch}</b>	
<b>Cinnamon Sugar Churro</b> <small>{v}</small> .....	<b>4</b>
cinnamon sugar churro . honey . <b>{add dipping sauce +1: strawberry . mango . caramel . chocolate}</b>	

## SOUP

<b>Tomato Basil Bisque</b> .....	<b>5</b>	<b>Turkey Chili</b> .....	<b>5</b>
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## SIDE

<b>Amber Biscuit</b> .....	<b>3</b>	<b>Fresh Fruit Cup</b> .....	<b>5</b>
<b>Burnt Garlic &amp; Cheddar Grits</b> .....	<b>5</b>	<b>Dill Pickle Mac &amp; Cheese</b> .....	<b>5</b>