



*The best of Blue Ridge cuisine,
elements uses products from
our organically farmed gardens,
as well as other local, sustainable producers.
With inspiration from around the globe,
we maintain a sense of history while
encouraging abandon and delight.*

AWAKEN

FRESH JUICE

orange, grapefruit, tangerine, or blood orange 6

NATALIE'S COLD PRESSED JUICE

Purify 10

blood orange, grapefruit, dandelion, ginger

Relax 10

orange, pineapple, apple, passion fruit, chamomile

Resilient 10

blood orange, ginger, elderberry, turmeric, black pepper

SIGNATURE BEVERAGES

Highland Sunrise 6

fresh grapefruit juice,
pomegranate, blueberry

Mountain Top Breeze 6

fresh orange juice,
cranberry juice, garden mint

Strawberry Spa Smoothie 6

Primland recipe, blended to perfection

WITH A KICK

Primland Mimosa 14

Prosecco, fresh squeezed orange juice

Primland Bloody Mary 12

Absolut, house made mix

COFFEE

Pot of Coffee – 1.0 liter	12
regular or decaffeinated	
Espresso	4
Cappuccino, Latte, Americano	6

MILK

Ran-Lew Dairy	6
unhomogenized, low-temp pasteurized	
Whole Milk	4
2% Milk	4
Almond Milk	4
Soy Milk	4

LIGHT AND FRESH

Yogurt Parfait	7
almond granola, chia, strawberry	
Primland Fresh Fruit Plate	12
pineapple, cantaloupe, honeydew, pear, fresh berries, yogurt, honey comb	
A Bowl of Cereal	7
Lodgemade almond granola, honey nut cheerios, raisin bran, special K, frosted flakes	
<i>served with milk</i>	
add Ran-Lew milk	2
Organic Steel Cut Irish Oatmeal	9
apple cider, orange, brown sugar, dried fruit, toasted pecans	

FARM FRESH EGGS

served with potato hash

Chesapeake Bay Crab Frittata	24
green onion, seasonal mushroom, asparagus, tomato, basil	
Tempeh Scramble	16
peppers, onion, tomato, spinach, shiitake	
Spa Omelet	16
egg whites, spinach, tomatoes, fresh herbs	
Custom Omelet	16
<i>choose three:</i> mushrooms, tomato, ham, onions, swiss, cheddar, smoked gouda, bacon, sausage, spinach, peppers	
The Lodge Breakfast	15
two eggs any style, smoked bacon, buttermilk biscuit	
Grit Bowl	18
tomato, mushroom, pork belly, soft boil eggs, onion jam	
Eggs Benedict	17
grilled sourdough, poached eggs, mustard hollandaise, wilted spinach, Virginia ham, grilled tomato	

COMFORTING CLASSICS

Buttermilk Pancakes	14
warm Virginia maple syrup, side of bacon or sausage patties	
Walnut Spelt Toast	12
walnut butter, blueberries, local honey, banana, chia	
Avocado Toast	16
egg, tomato, basil, sour cream	
Biscuits and Gravy	14
sausage gravy, buttermilk biscuits, cheddar cheese scrambled eggs	
Bagel	18
cured salmon, ramp cream cheese, tomato, capers	

SIDES

Potato Hash	5
Cup of Cheese Grits	5
2 Eggs Any Style	5
Sourdough or Wheat Toast	3
Pecanwood Smoked Bacon, Ham, or Sausage Patties	5
Bagel	6

CONSUMING RAW OR UNDERCOOKED MEATS,
POULTRY, SEAFOOD, SHELLFISH, OR EGGS
MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS.