



Kitchen Sync

Menu Prices — August 22, 2026

Restaurant & Food Industry Reports



US Fast Food Restaurant Market Research

This Report will provide in-depth Market and Industry Analysis, Evaluate General Indicators, Financial and Scrutinize Investment Attractiveness.

Fast Food Industry →



The 2025 US Pizza Restaurants & Industry Trends Report

Pizza Industry →



The U.S. Fast-Casual Restaurant Industry

A Comprehensive Analysis of Market Dynamics, Consumer Trends, Innovation, and Competitive Strategies.

Fast Casual Industry →



2025 US Dining Restaurants & Industry

MARKET RESEARCH

Casual Dining Industry →

Competitor Price Intelligence →

Top Menu Items

ITEM	PRICE
Roni Pizza Uncured pepperoni, red sauceand mozzarella.	\$13.00

Salads Lunch

ITEM	PRICE
Mike's Mix Salad Fresh spinach, crispy beetsand chicken tenders, pickled red onions, pistachios, goat cheeseand house balsamic dressing.	\$13.00
Farmers Market Salad Greens, veggies, feta cheese, almondsand raisins.	\$10.00
Banh Mi Salad Greens, rice noodles, Asian slaw, bean sprouts, cilantro, mint, basil, peanutsand sesame soy vinaigrette.	\$10.00
Holly Salad Fresh spinach tossed with red wine poppy vinaigrette and finished with roasted cashews, granny smith applesand Parmesan...	\$10.00
Fried Catfish Caesar Salad Carolina catfish nuggets tossed with romaine, grape tomatoes, shredded Parmesan, gremolata bread crumbsand house caesar...	\$13.00
Cheeseburger Salad Meyer natural burger, chop-grilled with smoked cheddarand served with zucchini pickles, red onion slivers, tomatoesand f...	\$14.00

Tacos Lunch

ITEM	PRICE
Baja Carolina Crispy Carolina classic catfish, corn tortillas, smoked cheddar, red cabbage, cilantro, house salsaand local herb butter...	\$11.00
Potato Seared Yukon gold potatoes, corn tortillas, smoked cheddar, red cabbage, pickled red onions, house salsaand sour cream.	\$10.00

Express Lunch

ITEM	PRICE
Daily Popover Chef's daily creation.	\$10.00
Express Pie 8" pizza.	\$10.00

Sandwiches & Stuff Lunch

ITEM	PRICE
Loaded Grit Bowl Hurricane creek farms truckers favorite grits, applewood smoked bacon, house Italian sausage, roasted red peppers, caram...	\$11.00
Pastrami Special Sandwich All natural uncured pastrami, classic coleslawand comeback sauce on masada marble rye.	\$11.00
Silly Cheesesteak Sandwich Vegetarian! Sauteed meatless crumbles, roasted red peppers, caramelized onions, mushroom, melted white Americanand a sri...	\$11.00
The Shrimp Burger Simply shrimp, Parmesanand spices. Served with lettuce, tomatoand onion, tk sauceand choice of hand cut fries or classic...	\$14.00

ITEM	PRICE
Banh Mi Sandwich Crispy fried tofu or beer braised pork, Asian slaw, cucumbers, cilantro, slice jalapenosand spicy mayo. Served on swamp...	\$12.00
Pulled Pork Flatbread Housemade grilled flatbread, beer braised pulled pork, jalapeno slawand spicy garlic mayo.	\$11.00
Buttermilk Chicken Sandwich Crispy fried springer mountain chicken breast, jalapeno slawand spicy garlic mayo.	\$11.00
The Burger American cheese, lettuce, tomato, onion, house picklesand choice of hand cut fries or classic slaw.	\$12.00

Specialty Pizzas Lunch

ITEM	PRICE
Salad Pizza Garlic pie topped with arugula, fetaand pine nuts tossed in our Italian ranch vinaigrette.	\$14.00
Garlic Pizza Garlic, red sauce, tomatoes, mozzarellaand oregano.	\$12.00
Super Greens Pizza White pie with spinach, arugula, garlic, Parmesanand mozzarella, topped with crispy kaleand fresh ricotta.	\$14.00
Summer Veggie Pizza White pie with zucchini, tomatoes, red onions, sweet white corn, house pickled banana peppers, mozzarellaand goat cheese...	\$14.00
Roni Pizza (Specialty Pizzas Lunch) Uncured pepperoni, red sauceand mozzarella.	\$13.00
S & P Pizza Our fresh Italian sausage with roasted red peppers.	\$15.00
Short-Rib Philly Pizza Garlic and olive oil, braised beef, caramelized onionand green peppers.	\$15.00

Snacks & Apps Dinner

ITEM	PRICE
Gritz Fritz Hurricane creek fried grits, collards, pepper jam.	\$8.00
Beets by K Organic beets roasted and flash fried. Served with a spicy-smoky aioli.	\$7.50
Local Toast	\$7.00
Wings One pound springer mountain whole wings sriracha powder dusted and tossed with spicy hot honey, Asian slaw and coconut r...	\$12.00
Crispy Kale With Parmesan.	\$7.00
Chip Wagon Fries Fresh house cut fries, kosher salt, Parmesanand braise gravy.	\$7.00
Zucchini Hummus Grilled sweet potato flatbread, fresh veggies.	\$7.00

Salads & Sandwiches Dinner

ITEM	PRICE
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The Shrimp Burger (Salads & Sandwiches Dinner)	\$14.00
Simply shrimp, Parmesanand spices, served with tk sauceand choice of fries or jalapeno slaw.	
Banh Mi Salad (Salads & Sandwiches Dinner)	\$15.00
Greens, rice noodles, Asian slaw, bean sprouts, cilantro, mint, basil, peanutsand sesame soy vinaigrette. With pulled po...	
The Burger (Salads & Sandwiches Dinner)	\$12.00
8 Ounces Meyer natural beef, white American, house picklesand choice of fries or jalapeno slaw.	
Farmers Market Salad (Salads & Sandwiches Dinner)	\$5.00
Greens, veggies, feta cheese, almondsand raisins.	
Holly Salad (Salads & Sandwiches Dinner)	\$5.00
fresh spinach tossed with red wine poppy vinaigrette and finished with roasted cashews, granny smith applesand Parmesan...	

Plates Dinner

ITEM	PRICE
Thai Pie	\$14.00
Vegetable pot pie with red curry coconut milk sauce topped with cashews, fresh basiland a rich butter pie crust. Garnish...	
Cracklin Chicken Thighs	\$16.00
Collard greens, roasted vegetable macand cheese, magic dust-	
Gnudi with Sunday Sauce	\$17.00
Fresh ricotta dumplings with tomato-braised short rib sauce.	
Carolina Catfish	\$17.00
Asian Barbeque glaze, spicy peach melt, collardsand grits.	
Scampi	\$17.00
Pan seared shrimp, cilantro-lime butter, chilies, tomatoes, garlicand Parmesan over spaghetti and zucchini noodles with...	
Local Rib Pork Chop	\$21.00
Caramelized apple, onionand smoked bacon compote, sweet potato whipand skillet veggies.	

Pizza Dinner

ITEM	PRICE
Short-Rib Philly Pizza (Pizza Dinner)	\$15.00
Garlic and olive oil, braised beef, caramelized onionand green peppers.	
Roni Pizza (Pizza Dinner)	\$13.00
Uncured pepperoni, red sauceand mozzarella.	
Salad-Pizza	\$14.00
Garlic pie, topped with arugula, fetaand pine nuts tossed in our Italian ranch vinaigrette.	
S & P Pizza (Pizza Dinner)	\$15.00
Our fresh Italian sausage with roasted peppers.	
Cheesy Pizza	\$11.00
Our house red sauce and mozzarella.	
Super Greens Pizza (Pizza Dinner)	\$14.00
White pie with spinach, arugula, garlic, Parmesanand mozzarella, topped with kale and fresh ricotta.	
17" Large Cheese Pizza	\$32.95
Garlic Pizza (Pizza Dinner)	\$12.00
Garlic, red sauce, tomatoes, mozzarellaand oregano.	

Sides Dinner

ITEM	PRICE
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Collards & Sweet Onions	\$4.00
Roasted Vegetable Mac & Cheese	\$4.00
Jalapeno Slaw	\$3.00
Fresh Cut House Fries	\$5.00
House Veggie	\$4.00
Sweet Potato Whip	\$4.00
Holly Salad (Sides Dinner)	\$5.00
Small Farmers	\$5.00

Kids Under 12 Dinner

ITEM	PRICE
Cheese Quesadilla With fries.	\$6.00
Mini Cheese Pizza	\$6.00
Crispy Chicken With carrots, celery, ranchand fries.	\$6.00
Spaghetti Noodles With butter or red sauce and bread.	\$6.00
Ab & J Burrito tortilla grilled with almond butter and jam, with fries.	\$6.00

Desserts Dinner

ITEM	PRICE
KS Cookie Chocolate chip, butterscotch, oatmeal cookie with pretzelsand potato chips inside, served with cold glass of local milk!	\$4.00
Shmores Chocolate blackout cake with salted caramel ice cream, toasted marshmallowand graham cracker crumble.	\$7.50
Local Fruit & Sweet Tea Cobbler Assorted fruit steeped in sweet tea, topped with house almond-pecan granolaand vanilla bean ice cream.	\$7.50
Miss Betty's Chablis Cake A butter and wine soaked cake baked with pecans, served with fresh fruit.	\$6.00

Kids Over 12 Dinner

ITEM	PRICE
Mini Cheese Pizza (Kids Over 12 Dinner)	\$8.00
Ab & J Burrito (Kids Over 12 Dinner) Tortilla grilled with almond butter and jam, with fries.	\$8.00
Cheese Quesadilla (Kids Over 12 Dinner) With fries.	\$8.00
Spaghetti Noodles (Kids Over 12 Dinner) With butter or red sauce and bread.	\$8.00
Crispy Chicken (Kids Over 12 Dinner) With carrots, celery, ranchand fries.	\$8.00