

Confederate Johnny Cakes ***

Served with butter & syrup

3 Cakes	\$5.39
2 Cakes	\$4.39
1 Cake	\$2.39

Deluxe French Toast ***

Topped with strawberries & whipped cream

3 Slices	\$7.99
2 Slices	\$6.49
1 Slice	\$3.69

French Toast ***

Served with powdered sugar, butter & syrup

3 Slices	\$6.69
2 Slices	\$5.59
1 Slice	\$3.19

Omelets ***

All omelets are 3 eggs & served with home fries or grits, toast or biscuit. Choice of cheese: American, Swiss or cheddar. Egg substitute add \$.99

Cheese Omelet	\$5.69
Western Omelet	\$7.69
ham, peppers, onions, tomatoes, American cheese	
Spanish Omelet	\$7.89
sausage, peppers, onions, salsa, American cheese	
Cheesy Crab	\$9.99
Build Your Own Omelet	
choice of Swiss cheese, cheddar cheese, American cheese	
spinach, tomato, broccoli, mushrooms, peppers, onions, salsa,	
bacon, ham, sausage	
Any 2 Toppings	\$6.49
Any 3 Toppings	\$7.19
Any 4 Toppings	\$7.89
Any 5 Toppings	\$8.49

Side Orders ***

Canadian Bacon	\$3.49	Toast	\$1.89
Bacon	\$2.99	White, Wheat, or Rye	
Sausage	\$2.99	Biscuit	\$1.89
Ham	\$3.59	Croissant	\$2.59
Country Ham	\$4.79	Muffins	\$2.49
Corn Beef Hash	\$4.49	Scones	\$2.49
Add an Egg	\$1.19	Turnovers	\$2.69
Home fries	\$2.79	Cinnamon Roll	\$2.69
Home fries & Onions	\$3.19	Fresh Fruit Cup	\$3.39
Grits	\$2.59	Juice	\$2.39
Cheese Grits	\$3.19	orange, apple, cranberry,	
Bagel w/Butter	\$1.89	grapefruit, tomato	
Bagel w/Cream Cheese	\$2.49	Milk	\$2.19
English Muffin	\$1.79		

Eye Openers ***

Blood Orange Mimosa	\$7.99
Southern Red Eye	\$4.50
Bellini (Peach Sparkler)	\$7.99

Small Bites

*** Great with wine or beer



Cheesy cheddar bites	\$3.89
Cheddar cheese melted on flat bread	
Parmesan & garlic bites	\$3.89
Parmesan cheese, olive oil, garlic & basil melted on flat bread	
Cranberry goat cheese bites	\$6.99
Cranberry goat cheese melted on spicy Mediterranean flat bread	
Fresh mozzarella tomato melt	\$6.29
Roma tomato slices, basil, olive oil & fresh mozzarella melted on flat bread	
Applewood bites	\$5.99
Basil mayo, Applewood bacon, granny smith apple slices & melted cheddar cheese on flat bread	
Italian melt	\$5.29
Marinara, red pepper, green pepper & mozzarella cheese melted on flat bread	
Spicy salsa melt	\$5.29
Fresh salsa with melted hot pepper cheese on spicy Mediterranean flat bread	
Hummus bites	\$4.99
Roasted red pepper & garlic hummus and apple slices served with grilled pita bread	

Beverages ***

Coffee • iced coffee • coffee drinks • hot tea
iced tea • milk • Snapple • Arizona
beer • wine • fountain drinks • nostalgic sodas
energy drinks • specialty bottled drinks

Desserts ***

Take a peek at our scrumptious pastry case!
Our selection changes daily.

Live the Life THE good life EATERY

Casually Upscale Dining • Dine In/Take Out • Wi-Fi Access
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Deli Case Featuring Fresh Made Products
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Fry Pan Breakfasts

Coffee • Tea • Pastries

Homemade Soups

(A Clear Broth and Cream Based Soup Everyday)

Subs • Wraps • Paninis • Salads
Sandwiches • Comfort Food

*** Bakery ***

A delicious assortment of bakery items including
cakes, dessert bars, brownies, creme brulee,
and our famous

CRUSTY BREADS

*** Steve's Wine Shop ***

Wine for every palate • sure to please!

*** Beer ***

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goodlifegourmet.com

VISIT OUR MOBILE SITE!



All Prices Subject to Change
Open 7AM Every Day
(Seasonally Adjusted)



All Breakfast Served
in a Frying Pan

The Morning Menu ***

2 Eggs Toast or Biscuit	\$2.99
3 Eggs Toast or Biscuit	\$3.99
2 Eggs Home fries or Grits, Toast or Biscuit	\$4.99
3 Eggs Home fries or Grits, Toast or Biscuit	\$5.99
Egg Sandwich on Toast or Biscuit	\$3.29
add cheese for \$.99, add bacon or sausage for \$1.89	
Egg Sandwich on Croissant or Bagel	\$3.99
add cheese for \$.99, add bacon or sausage for \$1.89	

Hot Cakes ***

Traditional, Sour Dough or Whole Wheat Sour Dough
Served with Butter & Syrup. Real Maple Syrup for \$3.29

3 Plain	\$5.39	3 Blueberry	\$6.79
2 Plain	\$4.39	2 Blueberry	\$5.89
1 Plain	\$2.39	1 Blueberry	\$3.29
3 Pecan	\$6.79	3 Pineapple	\$6.79
2 Pecan	\$5.89	2 Pineapple	\$5.89
1 Pecan	\$3.29	1 Pineapple	\$3.29

Child's Hot Cakes ..\$3.39
with ears and a smile



Sweet & Savory Crepes ***

Cinnamon Apple	\$7.39
Strawberry	\$7.39
Strawberry & Cream	\$7.99
Blueberry	\$7.39
Blueberry & Cream	\$7.99
Ham, Broccoli & Cheddar Cheese Sauce	\$9.39
Tex-Mex Vegetarian Black Bean	\$7.99
Broccoli & Cheddar Cheese Sauce	\$7.99
Chicken, Broccoli & Cheddar Cheese Sauce	\$9.39
Vegetable Stir Fry	\$7.99
Vegetable Stir Fry with Chicken	\$9.39
Chicken, Caramelized Onions & Mushrooms	\$9.39

Other Items You'll Love ***

Biscuits & Gravy	\$3.79
Sausage Gravy on Toast or Biscuits	\$5.29
Creamed Chipped Beef on Toast or Biscuits	\$5.49
Cereal or Oatmeal with Milk	\$3.79
add banana for \$.99	

Salads ***

All salads served with a warm roll.

Add grilled chicken to any salad for \$3.69

Dressings: ranch, raspberry vinaigrette, balsamic vinaigrette, Italian, citrus basil, 1000 island, & blue cheese (all dressings served on the side)

Salad Sampler\$8.99
choice of curry chicken salad, shrimp salad, tuna salad, or tuna & egg salad with choice of pasta salad & fresh fruit salad over mixed greens

Soup & Salad\$7.99
a cup of soup and a small mixed green salad

House Salad\$8.99
choice of our house curry chicken salad, shrimp salad, tuna salad, or tuna & egg salad over mixed greens

Baby Spinach Salad\$8.99
baby spinach topped with red onion, crumbled feta, fresh mushrooms, hard-boiled egg, Applewood smoked bacon, & roasted red peppers w/balsamic vinaigrette

Applewood Salad\$8.69
mixed greens, smoked turkey, onions, tomato, Applewood smoked bacon, cheddar cheese, & granny smith apple slices w/citrus basil dressing

Brie Salad\$8.69
mixed greens topped with brie, granny smith apple slices, mandarin oranges, cucumber, & toasted almonds w/raspberry vinaigrette

Grilled Pesto Portabella Salad\$8.99
grilled pesto portabella, roasted red peppers, & smoked gouda served over mixed greens w/balsamic vinaigrette

Chef Salad\$8.99
mixed greens, choice of ham, turkey, or roast beef, shredded cheese, hardboiled egg, shredded carrot, red onion, tomato, red bell pepper, cucumber, house-made croutons & choice of dressing

Italian Salad\$8.99
mixed greens, cappicola mortadella, genoa salami, pepperoni, roasted red peppers, kalamata olives, tomato, mild pepper rings, red onion, mushrooms, shredded mozzarella, & house-made croutons with Italian dressing

Blue Cheese Salad\$8.99
mixed greens, crumbled blue cheese, hard-boiled egg, shredded carrot, red onion, tomato, red bell pepper, & cucumber w/blue cheese dressing

Hummus Salad\$6.99
our house hummus over mixed greens w/marinated cucumber salad, roasted red peppers, & grilled pita points

Kid's Menu ***

(10 & under) Sandwiches served with chips & a pickle.

Baked Macaroni & Cheese\$4.49
Grilled Cheese\$5.29
Grilled Ham & Cheese\$5.99
Peanut Butter & Jelly\$3.89

Subs ***

12" Sub rolls. Extras (no charge): mild pepper rings, roasted red peppers, hot pepper relish, mustard, mayo, oil, bistro sauce.

Extra meat: Add \$2.69, Extra cheese: Add \$.99

Classic Italian\$9.39(whole) \$6.50(half)
pepper ham, genoa salami, mortadella, pepperoni, cappicola, cooked salami, provolone, fresh mozzarella, lettuce, tomato, onion, roasted red pepper, oil, & seasonings

Beef & Blue\$9.69(whole) \$6.50(half)
roast beef, bleu cheese, lettuce, tomato, onion, bleu cheese dressing

Smoked or Roast Turkey\$9.39(whole) \$6.50(half)
smoked turkey or roast turkey, choice of cheese, lettuce, tomato, onion, mustard, mayo, or bistro sauce & seasonings

Ham and Cheese\$8.69(whole) \$6.50(half)
ham, choice of cheese, lettuce, tomato, onion, mustard, mayo, or bistro sauce & seasonings

Roast Beef\$9.69(whole) \$6.50(half)
roast beef, choice of cheese, lettuce, tomato, onion, mustard, mayo, or bistro sauce & seasonings

Meatloaf\$8.99(whole) \$6.50(half)
our house meatloaf, spicy ketchup, choice of cheese, lettuce, tomato, & onion (can be served hot)

BLT\$8.69(whole) \$6.50(half)
bacon lettuce, tomato, & mayo

Sandwiches & Wraps ***

All sandwiches served with chips & a pickle. Bread choices: White, Whole Wheat, Rye, Focaccia, Italian, Pretzel Roll, or a Flour tortilla wrap

Build Your Own Sandwich\$8.49
choice of meat, cheese, toppings, & dressing

Curry Chicken Salad Sandwich\$8.39
our house curry chicken salad, mayo, & spinach on whole wheat bread

Applewood Sandwich\$8.69
smoked turkey, Applewood smoked bacon, cheddar cheese, granny smith apple slices, & basil mayo on french bread (can be grilled)

Grilled Corned Beef & Swiss Sandwich\$8.39
corned beef, Swiss cheese, cumin-lime coleslaw, & house dressing grilled on rye bread

Pastrami Reuben Sandwich\$8.39
pastrami, Swiss cheese, sauerkraut, & 1000 island dressing grilled on Rye bread

Hot Roast Beef & Cheddar Sandwich\$8.79
roast beef, cheddar cheese, Applewood smoked bacon, & BBQ sauce on a potato brioche roll warmed in the oven

Hot Italian Sandwich\$8.69
cappicola, mortadella, genoa salami, pepperoni, roasted red peppers, kalamata olives, provolone cheese, & Italian dressing on focaccia

Cubana Torta Sandwich\$7.99
roast pork, country ham, jalapeno jack cheese, & black bean paste on a potato brioche roll warmed in the oven topped with guacamole

Famous Meatloaf Sandwich\$7.99
our house meatloaf with spicy ketchup on a potato brioche roll warmed in the oven with a side of potato salad

Black Bean & Three Cheese Burrito Wrap\$7.99
grilled vegetables & shredded cheese in a flour tortilla wrap warmed in the oven served with fresh salsa, sour cream, & a side of potato salad

Chicken Salad\$9.39(whole) \$6.50(half)
our house curry chicken salad, mayo, lettuce, tomato, onion, & seasonings

Tuna Salad\$9.69(whole) \$6.50(half)
our house tuna salad, mayo, choice of cheese, lettuce, tomato, onion, & seasonings

Tuna & Egg\$8.69(whole) \$6.50(half)
lettuce, tomato, & mayo

Shrimp Salad\$9.69(whole) \$6.50(half)
our house shrimp salad, mayo, choice of cheese, lettuce, tomato, onion, & seasonings

Vegetarian Hummus\$8.29(whole) \$6.50(half)
our house hummus, cucumber, spinach, roasted red peppers, tomato, onion, shredded carrots, & fresh mozzarella w/house dressing

Vegetarian Veggie\$8.29(whole) \$6.50(half)
cucumber, shredded carrot, tomato, red bell pepper, green bell pepper, spinach, & onion w/ balsamic vinaigrette

NC Pulled Pork BBQ Sandwich\$7.99
our house pork BBQ with cumin-lime coleslaw & pepper jack cheese on a potato brioche roll warmed in the oven

Ham and Cheese Sandwich\$8.39
ham, choice of cheese, lettuce, tomato, onion, mustard, mayo, or bistro sauce

Grilled Cheese Sandwich\$5.29
choice of cheese grilled

Grilled Pesto Portabella Sandwich\$8.39
pesto portabella with roasted red peppers & smoked gouda warmed in the oven with mixed greens on whole wheat bread

Hummus Sandwich\$7.39
our house hummus with marinated cucumber salad & spinach on a pita

Brie Sandwich\$8.39
brie cheese with granny smith apple slices, mixed greens & raspberry vinaigrette on whole wheat bread (can be grilled)

Cucumber Sandwich\$7.39
cucumber, spinach, lettuce, tomato, onion, roasted red pepper, & Italian dressing on whole wheat bread

Veggie Sandwich\$7.39
cucumber, shredded carrot, tomato, red bell pepper, green bell pepper, spinach, & onion with balsamic vinaigrette

Tuna Sandwich\$8.79
house tuna salad, mayo, & spinach (can be grilled)

Tuna, Egg, & Cheese Wrap\$7.99
with lettuce and tomato

Egg Salad Sandwich\$6.99
with lettuce and tomato served on whole wheat bread

Paninis ***

Served on pita bread with chips & a pickle.

Applewood Panini\$8.69
smoked turkey, applewood smoked bacon, cheddar cheese, granny smith apple slices, & fresh basil mayo

Ham & Cheese Panini\$8.39
ham, Swiss cheese, spinach, & tomato

Italian Panini\$8.99
genoa salami, cappicola, mortadella, pepperoni, roasted red pepper, onion, provolone cheese, & seasonings

Vegetable Panini\$8.29
spinach, tomato, squash, mushroom, roasted red pepper, & fresh mozzarella cheese

Tuna Melt Panini\$8.79
our house tuna salad, American cheese, spinach, & tomato

Comfort Food ***

Good Life's Famous Meatloaf\$9.69
served with baked macaroni & cheese & a small mixed green salad

NC Pulled Pork BBQ\$9.39
served with coleslaw & baked macaroni & cheese

Soup\$3.99 cup / \$5.99 bowl
clear broth or cream based

Cup of Soup & Half Sandwich\$7.99

Baked Penne Pasta Bolognese\$9.69
served with marinara & parmesan reggiano

Meat Lasagna\$9.69

Vegetable Lasagna\$9.69

Vegetable Stir Fry over Rice\$7.99

Deli Choices ***

Fresh Made Salads & Deli Items Sold by the Pound

Pasta Salad (several kinds) • Potato Salad
Shrimp Salad • Cucumber Salad
Fresh Fruit Salad • Sesame Thai Noodles
Chicken Salad • Fresh Salsa • Tuna Salad
Egg Salad • Tuna & Egg Salad
Health Salad • Baked Macaroni & Cheese
Tomato, Cucumber, & Onion Salad
Old-fashioned Deli Pickles
Signature Hummus and much more!

All Prices Subject to Change