



BRUNCH

Stuffed French Toast 17

HOUSE MADE STRAWBERRY BABKA,
CORNFLAKE CRUSTED, CREAM CHEESE,
SLICED STRAWBERRY & BANANAS
CHOICE OF SAUSAGE OR BACON &
MAPLE SYRUP

Chilaquiles 15

BLUE CORN TORTILLAS, HOUSEMADE
TOMATILLA SALSA, JUST EGG
SCRAMBLE, SOYRIZO, GUACAMOLE,
PICKLED RED ONION, COTIJA, CILANTRO
(gf)

Loco Moco* 18

CRISPY KIMCHI RICE, BEYOND BURGER
PATTY, SWEET & SOUR MUSHROOM
GRAVY, SOFT SCRAMBLE, CRISPY FRIED
ONION, SCALLION

Avocado Toast 14

GULF COAST SOURDOUGH, AVOCADO,
SOFT SCRAMBLE, MISO AIOLI, PICKLED
RADISH, SZECHUAN CHILI OIL,
MICROGREENS

Good Morning Burger 17

SMASHED BEYOND PATTY, PROVOLONE,
SOFT SCRAMBLE, MAPLE AIOLI,
BACON, FRENCH TOASTED BRIOCHE
BUN, CHOICE OF FRIES, HOME FRIES OR
GRITS

+2 ADD AVOCADO

Seasonal Parfait 9

SWEETENED COCONUT YOGURT,
BLUEBERRY COMPOTE, GRANOLA

Crab Omelet 17

CRAB, JUST EGG, MISO BUTTER,
SHREDDED PARMESAN, CHIVES, CHOICE
OF HOME FRIES, FRENCH FRIES OR
GRITS (gf)

Wild Mushroom Omelet 17

MUSHROOM, JUST EGG, KALE, FETA
CARAMELIZED ONION, CHOICE OF HOME
FRIES, FRENCH FRIES, GRITS (gf)

Huevos Rancheros 15

BLUE CORN TORTILLAS, BLACK BEAN
MASH, MOZZARELLA, SCRAMBLED JUST
EGG, CHORIZO, GUAJILLO SALSA, PICO
DE GALLO, GUACAMOLE, CILANTRO (gf)

Breakfast Plate 14

SCRAMBLED JUST EGGS, TOAST & JAM,
CHOICE OF BACON OR SAUSAGE, HOME
FRIES, GRITS OR FRENCH FRIES

Smothered Breakfast Burrito or Bowl* 15

CHORIZO, HOME FRIES, SCRAMBLED
JUST EGG, GUACAMOLE, PICO DE
GALLO, COVERED IN QUESO AND
RANCHERO, CILANTRO & ONION

Biscuits and Gravy 15

HOMESTYLE BEYOND SAUSAGE GRAVY,
FLAKY BISCUIT, SCRAMBLED JUST EGG,
CHOICE OF BACON OR SAUSAGE

Grits & Greens 24

CHOICE OF BLACKENED TEMPEH, TOFU
OR LION'S MANE (+\$10), CREAMY GRITS,
SAUSAGE ETOUFEE, KALE, SCALLIONS,
CRYSTAL HOT SAUCE (gf)

(gf) gluten friendly

*gluten-friendly option available

+gluten-friendly upcharge available

#contains nuts

v.0310

There will be a 20% autogratiuity added to parties of 6 or more

Good Intentions



STARTERS

Grazing Boards*#

SELECTION OF CHEESES,
PICKLED GRAPES,
JAMS, MIXED NUTS, ASSORTED
CRACKER & BAGUETTE,
CORNICHONS, SEITAN SALAMI
SMALL BOARD (2 CHEESES) 25
LARGE (4 CHEESES) 45

Whipped Ricotta#+ 14

LEMON WHIP, PISTACHIO PESTO,
SZECHUAN CHILE AGAVE, TOASTED
SOURDOUGH



SMALL & LOCAL

CACTUS HAT MUSHROOMS
ST. PETE FERMENTS
CATALYST CREAMERY
GULF COAST SOURDOUGH
SAMI'S GF BAKERY
THE TEMPEH SHOP
GREEN BENCH BREWING
BARRIEHAUS BEER CO.
AFTERNOON ROASTING
DISSSENT BREWING
COPPERTAIL BREWING CO.

Sodas 3

COKE, DIET COKE, COKE ZERO,
SPRITE, GINGER ALE, ROOTBEER

Coffee & Espresso

AMERICANO, HOT OR ICED 5
LATTE/MOCHA, HOT OR ICED 6
CAPPUCCINO HOT 6
ESPRESSO SHOT 4

DRIP COFFEE
DECAF OR REGULAR 5



SALADS

Tarpon Style Greek Salad* 16

TOSSED AND DRESSED ROMAINE,
FETA, RED PEPPER, THINLY
SLICED RED ONION, PURPLE
POTATO SALAD, ROASTED &
PICKLED BEETS, BABY HEIRLOOM
TOMATO, FRIED HALLOUMI

Wedge Salad* 13

CRUMBLED SEITAN BACON,
CHOPPED TOMATO, PICKLED RED
ONION, BLUE CHEESE CRUMBLES
AND DRESSING

Caesar* 14

KALE, BRUSSELS SPROUTS,
PURPLE CABBAGE, HOUSE MADE
CAESAR DRESSING, PARMESAN
CROUTONS, TOASTED PEPITAS,
DRIED CRANBERRIES, SEITAN
BACON CRUMBLES, SHREDDED
PARM



SIDES

SEASONED FRIES (GF) 5
BREAKFAST POTATOES 5
SAUSAGE 4 BACON 3
CHEESE GRITS 4
SWEET POTATO FRIES 6
TOAST AND JAM 4



BEVERAGES



Not Soda

LIQUID DEATH 3
LIQUID DEATH SPARKLING 3
ST. PETE FERMENTS KOMBUCHA 6
LEMONADE 3
TEA: SWEET/UNSWEET OR HOT 4

Transparency is key in all aspects of life and business. Good Intentions pays employees a livable wage; in order to do that without elevated menu prices, we've added a 3.25% kitchen appreciation fee and 100% of that fee is divided up among kitchen staff to help bridge the pay gap between front and back of house. Thank you for understanding and supporting livable wages for our staff.