



22College Street
(828)252-8840

BREAKFAST TILL 4

All eggs are free-range. Egg beaters can be substituted upon request.

Served until 4pm

Biscuit & Gravy

Two made from scratch biscuits topped with our house gravy & crumbled sausage or veggie sausage. Served with home fries.

Half order...4.00

7.50

Hillbilly Breakfast

How everyday should be started. Two free-range eggs served any style, home fries or stone-ground yellow grits, a house made biscuit topped with cream gravy. Choice of thick cut bacon, sausage or veggie sausage.

8.50

Southwestern Scrambler

Tex-Mex tastiness. Scrambled eggs topped with cheese, salsa, green onion, and cilantro lime sour cream. Served on two black bean cakes and surrounded by crispy tortilla strips.

10.50

Asheville Scramble

A vegetarian delight. We sauté mushroom, onion, green pepper, and spinach and then add tofu or eggs. We place this mix atop home fries and serve it with toast and veggie sausage. Tofu is seasoned with a house spices. **Can be made vegan upon request.**

9.50

Huevos Rancheros

Travel south of the border with this traditional breakfast dish. We put two sunny side up eggs on two corn tortillas layered with black beans and cheese. Top it off with green pepper and onion and put salsa and sour cream on the side. Comes with meat of choice.

9.00

BENEDICTS

Served on an English muffin and topped with our house made lime hollandaise.

Comes with your choice of home fries or stone-ground yellow grits.

The Traditional

Get your day started out right with this breakfast classic. Pan seared ham, poached eggs, and hollandaise are a truly delectable combo.

8.50

Mountains to Sea

Two handmade crab cakes sautéed in real butter. Get ready to hit the trails after this one.

10.00

The Karma

Fresh spinach, tomato, and veggie sausage build this benedict. Sure to align your chakras.

9.00

The Southern

Perfectly breaded fried green tomatoes with thick cut ham on a buttermilk biscuit. So good that it'll be "Gone with the Wind."

9.50

BREAKFAST ALL DAY

The Ever-changing Omelet

Ask your server for today's selection. Choice of home fries or stone-ground yellow grits & toast or a biscuit.

9.00

French Toast

Ask your server for today's selection. Our brioche is baked in-house & covered with today's toppings. Choice of thick cut bacon, sausage, or veggie sausage

9.00


Shrimp and Grits

Morning or night our signature dish is sure to please. We cook Louisiana Gulf shrimp in a Creole cream sauce that packs some heat. Put them on stone-ground yellow grits and top it all off with green onions & gorgonzola cheese. Served with a side salad or a biscuit.

15.50

There is a \$1.00 credit card fee added to checks less than \$10.00.

An 18% gratuity is added to parties of 5 or more.

 Denotes a dish that is spicy.

Your patience is appreciated as our food is prepared from scratch and some dishes will take longer than others.

Mayfel's specializes in delicious down home Louisiana-inspired cuisine and good old fashioned Southern hospitality. We like to do things from scratch and support our local farmers by using fresh local ingredients when available.

SOUPS

Served All Day

Tomato Bisque

Our house made creamy tomato soup served with French bread.

Cup 4.00 Bowl 5.50

Down Home Louisiana Gumbo

Andouille sausage, chicken, okra, and rice will make you think the bayou is right out the front door.

Cup 4.50 Bowl 6.00

APPETIZERS

French Market Beignets

Made to order so they're as fresh as you can get. Topped with a generous dusting of powdered sugar. Don't miss this southern sweet!

Half order... 3.00

5.00

Smokey the Trout

Smoked rainbow trout dip served with toasted French bread.

See why this recipe showed up in "Gourmet"

9.00

Pimento Cheese Bake

House baked cornbread topped with cheesy pimento goodness.

6.50

Fried Green Tomatoes

House breaded tomatoes topped with roasted red pepper aioli, goat cheese, and our signature sweet onion relish.

9.50

SALADS

All Salads prepared with Fresh Vegetables found as local as available and

Served with your choice of four house made dressings:

Raspberry Vinaigrette, Balsamic Vinaigrette, Bleu Cheese, or Creamy Basil Parmesan

Bleu Chicken

Nothing about this salad will make you blue. In fact you might feel great eating healthy. We put blue cheese, red onions, cranberries, walnuts and sprouts on mixed greens and top it off with Cajun marinated and grilled chicken breast.

10.50

Beyond the Bayou

A salad straight from the bayous of Louisiana. Fried Oysters served over a bed of spinach with red onions, crumbled bacon, and toasted pecans. Comes with a side of remoulade.

12.50

Garden Salad

Mixed greens with chef's choice of fresh vegetables

Add Grilled Portobello 3.00


Add Grilled Chicken 4.00

Add Crab Cake 5.00

7.00

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SANDWICHES

Comes with your choice of French fries, sweet potato fries or coleslaw.

Served All Day.

- Muffuletta** **10.00**
A New Orleans tradition! Three Italian meats, provolone & mozzarella cheeses & a flavor packed house made olive salad, all toasted between our house made sourdough.
- Triple Grilled Cheese** **8.50**
Muenster, cheddar, and jack are all melted together with our sun-dried tomato pesto on house baked sourdough bread. Cheesy goodness.
- The Camilla** **8.50**
This chicken sandwich is struttin' her stuff. Our Cajun marinated chicken breast is cooked to order & served on ciabatta bread. Comes with remoulade, lettuce, tomato, and onion. **Add cheese - 50¢**
- Sloppy Jane** **7.50**
Sloppy Joe's vegetarian sister. Comes on a toasted bun and is topped with green onions. Served with Cajun pickles & slaw on the side. **Can be made vegan upon request. Or add cheddar or jack cheese - 50¢.**
- Pritchard Park Portobello** **9.50**
Put down the bongo & take time to enjoy this sando. A balsamic marinated and grilled Portobello mushroom pairs with our sun-dried tomato pesto and is topped with provolone cheese. Comes on toasted ciabatta bread with lettuce, tomato, and onion.
- B.L.F.G.T** **9.50**
What could make a B.L.T. better? Of course, fried green tomatoes. Served on ciabatta bread with remoulade.
- Mayfel's Classic Po' Boys** **10.50**
Served on Gambino's bread, dressed with coleslaw & cocktail sauce or remoulade. A New Orleans staple. Your choice of:
Fried Shrimp, Oysters or Catfish

BURGERS


All burgers come with lettuce, tomato, and red onion. Burgers are served with house-made Cajun pickles on the side & your choice of French fries, sweet potato fries, or coleslaw. Our burgers are made from 100% hormone-free Angus Beef® with Mama Ya Ya's secret seasonings.

We can substitute any burger with our house-made black bean burger.

- Mayfel's Classic Burger** **8.50**
Our 100% Angus Beef® patty is made in house with Mama Ya Ya's secret seasonings. Comes with choice of jack or cheddar cheese.
- Pimp n' Burger**  **10.00**
A healthy portion of pimento cheese melted on our classic burger with bacon on top. Perfection may have been reached.
- The Scorcher**  **9.00**
Some like it hot! We put jalapeños & house made salsa on our classic burger and top it with jack cheese. Not for the faint of heart.
- The Zeus** **10.00**
Straight from the Mediterranean, this burger has some flavor. Olive salad, goat cheese, and roasted red pepper aioli top this delicacy. Comes on ciabatta with spinach, tomato, and onion.
- The Tree Hugger** **8.50**
Our delicious house-made black bean burger. There's a lot of flavor packed into this veggie patty. Topped with jack, cheddar or provolone cheese. **Can be made vegan upon request.**
- The Biltmore Burger** **10.00**
Muenster cheese melted over a pile of sautéed mushrooms & onions. Topped with our flavorful roasted red pepper aioli.
- The Blue Ridge Burger** **10.00**
Burger blackened with our secret spices, then topped with fried onions & blue cheese. A perfect combo.
- The Lumberjack** **9.50**
Can't decide on breakfast or lunch? This burger has a little of both. We top our burger with jack cheese, bacon & a fried egg. Hope you brought your appetite!
- Creole Crab Burger** **10.00**
Our delectable house-made crab burger. It's like having a giant crab cake on a bun that you don't have to share with anyone. Comes with remoulade. A local favorite.

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PLATES

Plates are served with your choice of sides & corn bread or a biscuit.
Just ask your server about today's side selections.
Served all Day. Lunch to Dinner change at 4pm

	Lunch	Dinner
Veggie Side Sampler	7.00	9.50
Grilled Chicken Breast	9.50	12.00
Cornmeal Encrusted Catfish	10.50	14.00
Atlantic Fried Oysters	10.50	14.00
Fried Gulf Shrimp	10.50	14.00
Grilled Crab Cake	12.00	15.00

ENTREES


Available after 4pm

Seafood Étouffée	19.50
Shrimp, crawfish and crab combine in this essential Creole dish. Spicy but not over the top, this dish is sure to please. Served over basmati rice and comes with cornbread.	
Mama Mayfel's Meatloaf	15.00
Meatloaf the way it's supposed to be. Thick slices of meatloaf topped with house BBQ and accompanied by fried okra, mashed potatoes, cajun pickles, and cornbread. Dig in.	
Jambalaya 	14.50
Mama Mayfel's traditional recipe, chicken, pork, andouille sausage, and tomatoes with rice and a handful of seasonings. A hearty meal with a bit of kick. Comes with cornbread.	
Cajun Chicken and Andouille	16.50
Penne Pasta 	
Italian influenced Cajun fare. Cajun Marinated chicken, Andouille sausage, onions, peppers, tomato and okra sautéed into a Cajun white wine sauce and penne pasta.	
Southern Fried BBQ Tofu	12.50
Ok so you've had everything else southern fried why not tofu? We marinate tofu and fry it to perfection. Cover it with our house BBQ and serve it with mashed potatoes and vegetable of the day. So good, carnivores will be envious.	

Ask your server about our nightly dinner specials!

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The name Mayfel is short for Mary Felonise, my grandmother's given name. While attending boarding school she was teased with the name "Mary fell on your knees," so she shortened it to Mayfel.

We take pride in preparing everything from scratch, in order to provide wholesome food for you. We buy local when available and all meals are made to order. Some may take a little longer than others. Grandmother Mayfel wouldn't have it any other way.

SOFT DRINKS

Fountain Soda		2.00
(RC, Diet Rite, Seven Up, Ginger ale)		
IBC Root Beer		2.50
Cheerwine		2.50
Saranac Ginger Beer		2.50
Izze's Soda		3.50
Iced Tea		2.00
Tazo Hot Tea		2.50
Shade-grown Coffee		2.50
Café Au Lait		3.00
Milk or Soy Milk		2.00
Apple or Cranberry Juice		2.00
Fresh Squeezed OJ	2.00 (sm)	3.50 (lg)
San Pellegrino	1.50 (sm)	3.50 (lg)

**We also have a great selection of beers and wines &
A full liquor bar.**

Great Gifts & Souvenirs

All made in the USA!

Mayfel's Giant Coffee Mug... 10.00

Mayfel's Canvas Tote... 8.00


Mayfel's T-Shirt... 16.00

Mama Ya Ya's Spicy Cajun Pickles... 4.95

Mayfel's Sweet Onion Relish... 4.95

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