

**2316 Elliston Place
Nashville, Tennessee 37203
615-690-9900**

panini sandwiches: Ciabatta or Whole Wheat Flat Bread

(1/2 Panini with 1/2 Soup or 1/2 Salad available, 1/2 and 1/2 on Ciabatta Only)

Smokey Southwest Chicken	\$8.9
<small>Spicy, Hand Pulled, Slow-Roasted Chicken Breast, Two Cheeses, Crisp Tortillas, Lettuce, Southwest Ranch Dressing</small>	
Waldorf Chicken Salad (1/2 & 1/2: \$8.6)	\$7.9
<small>Fire Grilled Chicken, Apples, Grapes, Cranberries, Raisins, Candied Walnuts, House Pickled Onions, Blue Cheese Crumbles, Lettuce</small>	
Asian Chicken Crunch (1/2 & 1/2: \$8.6)	\$8.3
<small>Almond Rosemary Crusted Chicken, Ginger Apricot Coleslaw, Avocado, Chili Peanut Aioli</small>	
Grilled Vegetable 🍃	\$7.9
<small>Grilled Zucchini, Grilled Onions, Olive Salad, Baby Greens, Avocado, Grilled Squash, Feta Cheese, Balsamic Vinaigrette</small>	
Grilled Salmon*	\$9.8
<small>Marinated Salmon, Avocado, Lettuce, Corn Cilantro Relish, Tarragon Aioli</small>	
Crispy Tenderloins of Chicken (1/2 & 1/2: \$8.6)	\$7.9
<small>Crispy Ale-Laced Chicken, Lettuce, Two Cheeses, Honey Mustard</small>	
Grilled Prime Steak*	\$9.9
<small>Savory Tender Steak, Roasted Peppers, Blue Cheese Crumbles, Caramelized Onions, Baby Greens, Horseradish Aioli</small>	
Grilled Chicken BLT	\$8.9
<small>Fire-Grilled Chicken, Avocado, Lettuce, Tomatoes, Sprouts, Bacon Aioli</small>	
Tomato Mozzarella (1/2 & 1/2: \$8.6) 🍃	\$8.3
<small>Ovolini Mozzarella, Roasted Peppers, Basil, Tomatoes, Nut-Less Pesto, Balsamic Vinaigrette</small>	
House Turkey Club	\$8.9
<small>House Roasted Turkey, Two Cheeses, Lettuce, Tomato, Bacon Honey Mustard</small>	

outside the box burgers:

Ciabatta or Whole Wheat Flat Bread

Black Bean Burger 🍃	\$9.9
<small>Black Beans, Rice, Avocado, House Pickled Jalapeños, Lettuce, Tomatoes, Corn Relish, Horseradish Aioli, Honey Mustard Sauce</small>	
Bison Burger*	\$10.9
<small>Grilled Bison Beef Burger, Baby Field Greens, Blue Cheese Crumbles, BBQ, Horseradish Aioli</small>	
Tuna Burger*	\$9.9
<small>Ginger Scallion Studded Tuna Burger, Asian Slaw, Baby Field Greens, Horseradish Aioli</small>	
Salmon Burger*	\$10.9
<small>Salmon Burger, Baby Field Greens, Roasted Corn Relish, Pickled Jalapeños & Onions, Avocado, Horseradish Aioli, Tomatoes</small>	

chef's small plates:

	plate	plate & 1/2 soup or a side salad**
Ale Laced Chicken Tenders	\$5.5	\$7.5
<small>Honey Mustard & BBQ</small>		
Almond Crusted Seared Tuna*	\$6.5	\$8.5
<small>Asian Slaw, Dijon Vinaigrette</small>		
Coconut Curry Chicken	\$7.5	\$9.5
<small>Fresh Coconut Curry Sauce, Wheat Berry Rice, Roasted Corn Relish</small>		
Almond Chicken Skewers	\$5.5	\$7.5
<small>Peanut Chili Sauce, Asian Slaw</small>		
Grilled Salmon*	\$8.5	\$10.5
<small>Fresh Coconut Curry Sauce or Black Bean Orange Sauce, Roasted Corn Relish, Wheat Berry Rice</small>		
Blackened Lime Shrimp	\$6.5	\$8.5
<small>Asian Slaw, Ranch Dressing</small>		
Crispy Calamari	\$6.5	\$8.5
<small>Lemon Frites, Ginger Apricot Vinaigrette</small>		
Chicken Wild Mushroom	\$7.5	\$9.5
<small>Mushroom Cream Sauce, Garlic Mashed Potatoes</small>		
Seared Tofu 🍃	\$5.5	\$7.5
<small>Fresh Coconut Curry Sauce, Wheat Berry Rice, Roasted Corn Relish</small>		

****Select a 1/2 Soup OR Side Salad**

Soups: Tomato Bisque, Wild Mushroom, Lentil, Chicken Tortilla or Creamy Chicken Vegetable
Side Salads: F2O Baby Green, House or Caesar

chef inspired soups:

Made In-House Daily: 1/2 bowl: \$4.2 full bowl: \$5.1

- Tomato Bisque** (gluten free) 🍃
- Wild Mushroom** 🍃
- Lentil** (vegan, gluten free)
- Chicken Tortilla**
- Creamy Chicken Vegetable**

sweet treats:

Desserts: \$2.1

- Fudge Brownie 27
- Cup Cake of the Day
- Fresh Baked Cookies

salads:

	1/2 salad & 1/2 soup	full salad
Southwest	\$8.3	\$7.9
<small>Mixed Greens, Tomatoes, Cheese, Roasted Corn, Golden Raisins, Tortilla Crisps, Southwest Ranch</small>		
Asian	\$8.3	\$7.9
<small>Mixed Baby Greens, Candied Walnuts, Tomatoes, Avocado, Sesame Seeds, Pickled Ginger, Mandarin Oranges, Szechuan Peanuts, Crispy Noodles, Dijon Vinaigrette</small>		
Market	\$8.3	\$7.9
<small>Mixed Baby Greens, Mandarin Oranges, Candied Walnuts, Golden Raisins, Apples, Toasted Almonds, Balsamic Vinaigrette</small>		
Caesar	\$8.3	\$7.9
<small>Crisp Romaine Blend, Aged Parmesan, Herb Croutons, Caesar Dressing</small>		
Mediterranean	\$8.3	\$7.9
<small>Mixed Greens, Feta Cheese, Tomatoes, Olive Salad, Grilled Onions, Toasted Almonds, Herbs, Red Grapes, Ginger Apricot Vinaigrette</small>		
Spinach	\$8.3	\$7.9
<small>Spinach, Seasonal Fruit, Strawberries, Toasted Almonds, Blue Cheese Crumbles, Cranberries, Raspberry Vinaigrette</small>		
Club	\$8.3	\$7.9
<small>Mixed Greens, Toasted Almonds, Bacon, Tomatoes, Cucumbers, Avocado, Cheese, Cranberries, Honey Mustard</small>		

protein add ons for salad:

Blackened Chicken Tenders	\$2.7	Tender Crispy Calamari	\$3.9
Ale-Laced Chicken Tenders	\$2.7	Grilled Salmon*	\$4.1
Seared Tofu 🍃	\$2.7	Blackened Lime Shrimp	\$4.9
Fire-Grilled Chicken Breast	\$2.7	Almond Crusted Tuna*	\$4.9
Almond Crusted Chicken Skewers	\$3.0	Grilled Prime Steak*	\$4.9

entrée long plates:

Grilled Salmon* (3/4 portion: \$11.9)	\$14.3
<small>Black Bean Orange Sauce, Baby Greens, Roasted Corn Relish, Wheat Berry Rice, Baby Greens</small>	
Crispy Tenderloins Of Chicken (3/4 portion: \$9.9)	\$11.8
<small>Crispy Ale-Laced Chicken, Garlic Mashed Potatoes, Honey Mustard & BBQ</small>	
Almond Chicken Skewers (3/4 portion: \$10.9)	\$11.9
<small>Almond-Rosemary Crust, Sweet Mashed Potatoes, Asian Slaw, Twin Sauces</small>	
Coconut Curry Salmon* (3/4 portion: \$11.9)	\$14.3
<small>Fresh Coconut Curry Sauce, Roasted Corn Relish, Wheat Berry Rice, Baby Greens</small>	
Grilled Prime Steak Medallion*	\$14.9
<small>Balsamic Cabernet Reduction, Garlic Jack Grit Cake, Baby Greens</small>	
Fire-Grilled Chicken	\$11.5
<small>Tender and Marinated, Wheat Berry Rice, Balsamic Cabernet Reduction, Baby Greens</small>	
Calamari	\$11.5
<small>Tender Calamari, Lemon Frites, Asian Slaw, Wheat Berry Rice, Ginger Apricot Vinaigrette</small>	
Coconut Curry Chicken	\$11.5
<small>Fresh Coconut Curry Sauce, Tender Fire Grilled Chicken, Roasted Corn Relish, Wheat Berry Rice, Baby Greens</small>	
Chicken Wild Mushroom	\$13.6
<small>Mushroom Cream Sauce, Garlic Mashed Potatoes, Roasted Mushrooms</small>	
Wild Mushroom Prime Steak Medallion*	\$14.9
<small>Mushroom Cream Sauce, Baby Greens, Garlic Mashed Potatoes, Roasted Mushrooms, Baby Greens</small>	

premium sides: \$3.9

Garlic Mashed Potatoes	Macaroni & Cheese
Wheat Berry Rice	Garlic Jack Grit Cake
Grilled Vegetables	Roasted Corn Nut Salad
Fruit Salad	Sweet Mashed Potatoes

kids: 12 & younger only please, served with choice of chips, apples or carrots. Premium sides available at an additional charge.

Macaroni & Cheese	\$4.5
Chicken Tender Platter, Honey Mustard & BBQ	\$4.5
Kids Caesar Salad, Grilled Chicken	\$4.5
Grilled Chicken Breast, Baby Greens	\$5.5
Coconut Curry Chicken, Baby Greens	\$5.5
Seared Salmon*, Baby Greens	\$6.5
Grilled Steak*, Baby Greens	\$6.5