

Fresh To Order, Carolina Place Mall
11025 Carolina Place Pkwy
Pineville, NC 28134
980-819-6367

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 Spicy Fire-Grilled Chicken, Two Cheeses, Crisp Tortillas, Lettuce, Southwest Ranch Dressing	\$8.9
Grilled Chicken BLT Fire-Grilled Chicken, Applewood-Smoked Bacon, Lettuce, Tomatoes, Sprouts, Avocado Aioli	\$8.6
Roasted Pork Shaved Brown Sugar Pork Loin, Caramelized Onions, Lettuce, Two Cheeses, Sweet Potato Aioli	\$8.5
House Turkey Club House Roasted Turkey, Two Cheeses, Applewood-Smoked Bacon, Lettuce, Tomato, Honey Mustard	\$8.6
Grilled Prime Steak* Savory Tender Steak, Roasted Peppers, Blue Cheese Crumbles, Caramelized Onions, Baby Greens, Golden Pepperdews, Horseradish Aioli	\$9.8
Grilled Salmon* Bourbon Marinated Salmon, Avocado, Lettuce, Corn Cilantro Relish, Tarragon Aioli	\$9.5
Grilled Vegetable Grilled Zucchini, Grilled Onions, Olive Salad, Baby Greens, Avocado, Grilled Squash, Feta Cheese, Balsamic Vinaigrette	\$8.4
Chicken Caesar Fire-Grilled Chicken, Avocado, Crisp Romaine, Tomatoes, Shaved Aged Parmesan Cheese, Savory Caesar Dressing	\$8.6
Asian Chicken Crunch (1/2 & 1/2: \$8.3) Almond Rosemary Crusted Chicken, Ginger Apricot Coleslaw, Avocado Aioli	\$7.9
Tomato Mozzarella (1/2 & 1/2: \$8.1) Fresh Mozzarella, Roasted Peppers, Basil, Tomatoes, Balsamic Vinaigrette Add Seared Tofu \$1	\$7.9
Crispy Tenderloins of Chicken (1/2 & 1/2: \$8.3) Crispy Ale-Laced Chicken, Lettuce, Two Cheeses, Honey Mustard	\$7.9
F2O Tuna Salad Melt (1/2 & 1/2: \$8.1) House Made Tuna Salad, Olive Salad, Two Cheeses, Lettuce, Golden Pepperdews, Horseradish Aioli	\$7.9
Waldorf Chicken Salad (1/2 & 1/2: \$8.2) Fire Grilled Chicken, Apples, Grapes, Cranberries, Raisins, Candied Walnuts, House Pickled Onions, Blue Cheese Crumbles, Lettuce	\$7.9

better for you burgers:

Tuna Burger* Ginger Scallion Studded Tuna Burger, Asian Slaw, Baby Field Greens, Whole Wheat Flat Bread, Horseradish Aioli	\$9.9
Black Bean Burger Black Beans, Rice, Avocado, House Pickled Jalapenos, Lettuce, Tomatoes, Corn Relish, Whole Wheat Flat Bread, Horseradish Honey Mustard Sauce	\$9.7
Bison Burger* Grilled Bison Beef Burger, Baby Greens, Blue Cheese Crumbles, Whole Wheat Flat Bread, Horseradish Aioli, BBQ Sauce	\$10.9

chef's perfect bites:

make it finer: add a small soup, f2o green, house or caesar salad for an extra \$2.0

Ale Laced Chicken Tenders Honey Mustard Dressing	\$5.0
Almond Crusted Seared Tuna* Asian Slaw, Dijon Vinaigrette	\$6.0
Coconut Curry Chicken Fresh Coconut Curry Sauce, Wheat Berry Rice, Roasted Corn Nut Relish	\$7.5
Chicken Skewers Peanut Chili Sauce, Asian Slaw	\$5.0
Blackened Lime Shrimp Asian Slaw, Blue Cheese Dressing	\$6.0
Brown Sugar Roasted Pork Loin Sweet Mashed Potatoes, Apricot Chutney	\$6.0
Crispy Calamari Lemon Frites, Ginger Apricot Dressing	\$6.0
Chicken Wild Mushroom Mushroom Cream Sauce, Garlic Mashed Potatoes	\$7.5
Seared Tofu Coconut Curry, Wheat Berry Rice	\$5.0

chef inspired soup:

made in house daily 1/2 bowl: \$4.0 full bowl: \$4.9
chicken tortilla
corn chowder
creamy chicken vegetable
tomato bisque
wild mushroom
lentil

salads:

	1/2 Salad & 1/2 Soup	Full Salads
Southwest Mixed Greens, Tomatoes, Cheese, Roasted Corn, Golden Raisins, Cranberries, Tortilla Crisps, Southwest Ranch	\$7.9	\$7.7
Market Mixed Baby Greens, Mandarin Oranges, Candied Walnuts, Golden Raisins, Cranberries, Apples, Toasted Almonds, Balsamic Vinaigrette	\$7.9	\$7.7
Caesar Crisp Romaine Blend, Shaved Aged Parmesan, Herb Croutons, Caesar Dressing	\$7.9	\$7.7
Spinach Spinach, Seasonal Fruit, Strawberries, Toasted Almonds, Blue Cheese Crumbles, Dried Cherries, Raspberry Vinaigrette	\$7.9	\$7.7
Asian Mixed Baby Greens, Candied Walnuts, Tomatoes, Avocado, Sesame Seeds, Pickled Ginger, Mandarin Oranges, Mixed Nuts, Crispy Noodles, Dijon Vinaigrette	\$7.9	\$7.7
Mediterranean Mixed Greens, Feta Cheese, Tomatoes, Olive Salad, Grilled Onions, Toasted Almonds, Herbs, Red Grapes, Ginger Apricot Vinaigrette	\$7.9	\$7.7
Club Mixed Greens, Toasted Almonds, Bacon, Tomatoes, Cucumbers, Avocados, Cheese, Golden Raisins, Cranberries, Honey Mustard	\$7.9	\$7.7
Chopped Wedge Crisp Iceberg Lettuce, Blue Cheese Crumbles, Bacon, Tomatoes, Scallions, Blue Cheese Dressing	\$7.9	\$7.7
Blue Cheese Fig Salad Mixed Baby Greens, Golden Raisins, Dried Figs, Candied Walnuts, Golden Pepperdews, Blue Cheese Crumbles, Balsamic Vinaigrette	\$7.9	\$7.7

protein add ons for salad:

Fire-Grilled Chicken Breast	\$2.5	Tender Crispy Calamari	\$3.9
Blackened Chicken Tenders	\$2.5	Bourbon Grilled Salmon*	\$3.9
Almond Crusted Chicken Skewers	\$3.0	Blackened Lime Shrimp	\$4.9
Ale-Laced Chicken Tenders	\$2.5	Almond Crusted Tuna*	\$4.9
Seared Tofu	\$2.5	Grilled Prime Steak*	\$4.9

entrée long plates:

Brown Sugar Roasted Pork Loin (3/4 Portion: \$10.9) Slow Roasted, Sweet Mashed Potatoes, Apricot Chutney	\$12.8
Almond Chicken Skewers (3/4 Portion: \$10.9) Almond-Rosemary Crust, Sweet Mashed Potatoes, Asian Slaw, Twin Sauces	\$11.8
Grilled Salmon* (3/4 Portion: \$11.9) Black Bean Orange Sauce, Baby Greens, Roasted Corn Peanut Relish, Wheat Berry Rice	\$13.9
Crispy Tenderloins Of Chicken (3/4 Portion: \$9.9) Crispy Ale-Laced Chicken, Garlic Mashed Potatoes, Honey Mustard, BBQ Sauce	\$11.6
Grilled Prime Steak Medallion* Balsamic Cabernet Reduction, Garlic Jack Grit Cake, Baby Greens	\$14.9
Coconut Curry Salmon* (3/4 Portion: \$11.9) Fresh Coconut Curry Sauce, Roasted Corn Peanut Relish, Wheat Berry Rice	\$13.9
Fire-Grilled Chicken Tender and Marinated, Wheat Berry Rice, Balsamic Cabernet Reduction	\$10.9
Calamari Tender Calamari, Lemon Frites, Asian Slaw, Wheat Berry Rice, Oriental Apricot Dressing	\$11.0
Coconut Curry Chicken Fresh Coconut Curry Sauce, Tender Fire Grilled Chicken, Roasted Corn Peanut Relish, Wheat Berry Rice	\$11.0
Chicken Wild Mushroom Mushroom Cream Sauce, Garlic Mashed Potatoes, Roasted Mushrooms	\$13.6
Wild Mushroom Prime Steak Medallion* Mushroom Cream Sauce, Garlic Mashed Potatoes, Roasted Mushrooms	\$14.9

desserts:

Ice Box Pies: \$3.5 Mini Mango Pie Mini Key Lime Pie Mini Chocolate Silk Pie Mini Peanut Butter Pie Mini Seasonal Pie (ask for this seasons flavor)	Lighter Dessert Snacks: \$2.1 Fudge Brownie Cup Cake Of the Day Fresh Baked Cookie Of the Day
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individual side items: \$3.9

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

kids: \$4.0

Grilled Chicken Breast, Wheat Berry Rice	Kids Chicken Caesar
Coconut Chicken, Sweet Mashed Potatoes	Macaroni & Cheese
Seared Salmon & Rice (+\$2)	Organic Peanut Butter & Jelly
Grilled Steak Medallion, Garlic Mashed (+\$2)	Chicken Finger Platter

* COOKED TO ORDER

consuming raw or under cooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.
 cooked to order, Prices Subject to Change