

Fresh To Order, Knoxville
2421 University Commons Way
Knoxville, Tennessee 37996
865-243-2800

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

better for you burgers:

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

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	\$4.0
<small>Honey Mustard Dressing</small>	
Almond Crusted Seared Tuna*	\$5.9
<small>Asian Slaw, Dijon Vinaigrette</small>	
Coconut Curry Chicken	\$6.9
<small>Fresh Coconut Curry Sauce, Wheat Berry Rice</small>	
Chicken Skewers	\$4.0
<small>Peanut Chili Sauce, Asian Slaw</small>	
Blackened Lime Shrimp	\$5.9
<small>Asian Slaw, Blue Cheese Dressing</small>	
Brown Sugar Roasted Pork Loin	\$5.9
<small>Sweet Mashed Potatoes, Apricot Chutney</small>	
Crispy Calamari	\$5.0
<small>Lemon Frites, Ginger Apricot Dressing</small>	
Chicken Wild Mushroom	\$6.9
<small>Mushroom Cream Sauce, Garlic Mashed Potatoes</small>	
Seared Tofu	\$5.0
<small>Coconut Curry, Wheat Berry Rice</small>	

chef inspired soup:

made in house daily 1/2 bowl: \$3.9 full bowl: \$4.9
chicken tortilla
corn chowder
creamy chicken vegetable
tomato bisque
wild mushroom
lentil

* 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

salads: **1/2 Salad & 1/2 Soup** **Full Salads**

Southwest	\$7.9	\$6.9
<small>Mixed Greens, Tomatoes, Cheese, Roasted Corn, Golden Raisins, Cranberries, Tortilla Crisps, Southwest Ranch</small>		
Market	\$7.9	\$9.6
<small>Mixed Baby Greens, Mandarin Oranges, Candied Walnuts, Golden Raisins, Cranberries, Apples, Toasted Almonds, Balsamic Vinaigrette</small>		
Caesar	\$7.9	\$6.9
<small>Crisp Romaine Blend, Shaved Aged Parmesan, Herb Croutons, Caesar Dressing</small>		
Spinach	\$7.9	\$6.9
<small>Spinach, Seasonal Fruit, Strawberries, Toasted Almonds, Blue Cheese Crumbles, Dried Cherries, Raspberry Vinaigrette</small>		
Asian	\$7.9	\$6.9
<small>Mixed Baby Greens, Candied Walnuts, Tomatoes, Avocado, Sesame Seeds, Pickled Ginger, Mandarin Oranges, Mixed Nuts, Crispy Noodles, Dijon Vinaigrette</small>		
Mediterranean	\$7.9	\$6.9
<small>Mixed Greens, Feta Cheese, Tomatoes, Olive Salad, Grilled Onions, Toasted Almonds, Herbs, Red Grapes, Ginger Apricot Vinaigrette</small>		
Club	\$7.9	\$6.9
<small>Mixed Greens, Toasted Almonds, Bacon, Tomatoes, Cucumbers, Avocados, Cheese, Golden Raisins, Cranberries, Honey Mustard</small>		
Chopped Wedge	\$7.9	\$6.9
<small>Crisp Iceberg Lettuce, Blue Cheese Crumbles, Bacon, Tomatoes, Scallions, Blue Cheese Dressing</small>		
Blue Cheese Fig Salad	\$7.9	\$6.9
<small>Mixed Baby Greens, Golden Raisins, Dried Figs, Candied Walnuts, Golden Pepperdews, Blue Cheese Crumbles, Balsamic Vinaigrette</small>		

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)	\$12.8
<small>Slow Roasted, Sweet Mashed Potatoes, Apricot Chutney</small>	
Almond Chicken Skewers (3/4 Portion: \$10.9)	\$11.8
<small>Almond-Rosemary Crust, Sweet Mashed Potatoes, Asian Slaw, Twin Sauces</small>	
Grilled Salmon* (3/4 Portion: \$10.9)	\$12.9
<small>Black Bean Orange Sauce, Baby Greens, Roasted Corn Peanut Relish, Wheat Berry Rice</small>	
Crispy Tenderloins Of Chicken (3/4 Portion: \$9.9)	\$10.9
<small>Crispy Ale-Laced Chicken, Garlic Mashed Potatoes, Honey Mustard, BBQ Sauce</small>	
Grilled Prime Steak Medallion*	\$13.9
<small>Balsamic Cabernet Reduction, Garlic Jack Grit Cake, Baby Greens</small>	
Coconut Curry Salmon* (3/4 Portion: \$11.9)	\$12.9
<small>Fresh Coconut Curry Sauce, Roasted Corn Peanut Relish, Wheat Berry Rice</small>	
Fire-Grilled Chicken	\$9.9
<small>Tender and Marinated, Wheat Berry Rice, Balsamic Cabernet Reduction</small>	
Calamari	\$10.9
<small>Tender Calamari, Lemon Frites, Asian Slaw, Wheat Berry Rice, Oriental Apricot Dressing</small>	
Coconut Curry Chicken	\$10.9
<small>Fresh Coconut Curry Sauce, Tender Fire Grilled Chicken, Roasted Corn Peanut Relish, Wheat Berry Rice</small>	
Chicken Wild Mushroom	\$12.9
<small>Mushroom Cream Sauce, Garlic Mashed Potatoes, Roasted Mushrooms</small>	
Wild Mushroom Steak Medallion*	\$13.9
<small>Mushroom Cream Sauce, Garlic Mashed Potatoes, Roasted Mushrooms</small>	

desserts:

Ice Box Pies: \$3.5	Lighter Dessert Snacks: \$1.9
Mini Mango Pie	Fudge Brownie
Mini Key Lime Pie	Cup Cake Of the Day
Mini Chocolate Silk Pie	Fresh Baked Cookie Of the Day
Mini Peanut Butter Pie	
Mini Seasonal Pie (ask for this seasons flavor)	

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: \$3.9

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