

MIDTOWN CAFÉ LUNCH MENU

Served 10:30am until 2pm Monday through Friday

APPETIZERS, SOUPS & SALADS

- CRAB CAKE** *served with lemon dill sauce & remoulade* 15
- SPINACH & CHIPOTLE HUMMUS** *served with warm pita & topped with feta cheese* 14
- CRISPY BRUSSEL SPROUTS** *tossed in honey lime vinaigrette with green apples, candied walnuts, Mandarin oranges & TN white cheddar cheese* side 10/entrée 14
- FRIED GREEN TOMATOES** *with chipotle aioli* 14
- LEMON ARTICHOKE SOUP** *artichokes & lemons blended in a creamy chicken broth* bowl 9
quart 34
- LOBSTER BISQUE** *essence of lobster soup with cream & a touch of brandy* bowl 12
- MIDTOWN HOUSE SALAD** *a blend of organic mixed greens topped with mushrooms, house made croutons, cubed English cucumbers & served with choice of dressing* side 9/entrée 14
Dressing choices: citrus soy ginger, ranch, bleu cheese, honey mustard & balsamic vinaigrette
- MIDTOWN CAESAR SALAD** *crispy romaine lettuce tossed in house made Caesar dressing topped with house made croutons & Parmesan cheese* side 9/entrée 14
- SUNSET CAESAR SALAD** *crispy romaine lettuce topped with sun-dried tomatoes, toasted pine nuts, house made croutons & Parmesan cheese with Caesar dressing* side 9/entrée 14
- PACIFIC RIM SALAD** *fresh romaine lettuce, grilled 6oz chicken breast, Mandarin oranges, avocado and pickled ginger, tossed in a light citrus sesame dressing* 24
- THAI CHICKEN SALAD** *grilled 6oz chicken breast, organic mixed greens and dried cranberries tossed in honey lime vinaigrette, topped with peanut sauce and crispy wontons* 24
- SOUTHWESTERN CHICKEN SALAD** *hand breaded 6oz chicken breast with romaine, pico de gallo, black beans, avocado, cheddar cheese, applewood smoked bacon, crispy tortilla strips & spicy ranch dressing* 24
(Can substitute plain grilled chicken or blackened chicken upon request)

ADD TO ANY SALAD

*Grilled chicken, blackened chicken, shrimp, salmon, or marinated beef tips ** 13*

Crumbled Gorgonzola bleu cheese 2

Randy Rayburn – Proprietor

Gemma Friedli – Day Director

Tricia Bassow – Host

Max Pastor – Executive Chef

John Woodard – Day Director

Kristie Rickard - Host

** "Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions."

PLEASE TURN FOR MORE SELECTIONS L0124

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Served 10:30am until 2pm Monday through Friday

ENTRÉES

- SHRIMP & GRITS** blackened shrimp tossed with bacon, mushrooms, tomatoes and scallions served over stone ground smoked Gouda cheese grits ★ 27
- TN RAINBOW TROUT** with roasted red potatoes, sautéed spinach & crawfish cream sauce ★ 29
- GRILLED SALMON** on a bed of mushroom risotto with grilled asparagus and sun-dried tomato ragout ** ★ 28
- CRAB CAKES** served with julienned vegetables, stone ground smoked Gouda cheese grits, lemon dill sauce and remoulade 29
- BLACKENED GROUPER** served with smoked Gouda cheese grits and French green beans ★ 26
- CHICKEN CROQUETTES** pan sautéed classic Southern croquettes topped with sweet pea cream sauce, served with rice pilaf and vegetable medley confetti 19
- CHICKEN IN PUFF PASTRY** pastry filled with chicken & mushrooms in a rich & creamy sauce served with asparagus and Hollandaise 26
- CHICKEN PICCATA** chicken breast pounded thin and sautéed in butter with white wine, lemon juice and capers, served with angel hair pasta or rice pilaf, and asparagus 26
- ROASTED PORK TENDERLOIN** marinated & dry rubbed Memphis style, served with mushroom risotto, grilled asparagus, and cherry demi ** 25
- VOODOO PASTA** grilled chicken, bay shrimp and andouille sausage tossed in spicy black magic tomato sauce with fresh egg fettuccini pasta 26
- MEDITERRANEAN PASTA** with angel hair, roasted Roma tomatoes, fresh spinach, artichoke hearts and mushrooms tossed in basil pesto 16
Add grilled or blackened chicken, shrimp, salmon, or marinated beef tips ** 13
- STIR FRY** julienne vegetable medley with asparagus, mushrooms & broccoli tossed in sesame oil & soy sauce ★ (Add chicken, shrimp or salmon 13) 13
- MIDTOWN MEATLOAF** house ground blended beef with tomato herb gravy, Yukon gold mashed potatoes and French green beans 19
- MIDTOWN BURGER** ½ lb ground beef patty with traditional toppings including mayonnaise and mustard with your choice of cheddar, Swiss or pepper jack cheese with fries ** 16
Add Fried egg** 3, Add Bacon 4, Add Gluten Free Bun 2
- REUBEN** 6oz corned beef, Swiss cheese, sauerkraut, 1000 dressing on griddles marble rye with fries 17
- CHICKEN SANDWICH** 6oz chicken breast grilled or blackened chicken with traditional toppings including mayonnaise with your choice of cheddar, Swiss or pepper jack cheese, & served with fries 17
- “NASHVILLE HOT” CHICKEN SANDWICH** 6oz fried chicken breast in “Nashville Hot” seasonings served on Texas toast with ranch & fries 17

SIDES

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| Steamed Broccoli ★ 4 | French Green Beans ★ 4 | Vegetable Medley Confetti ★ 4 |
| Broccolini ★ 4 | Smoked Gouda Grits ★ 4 | Fresh Fruit ★ 4 |
| Yukon Mashed Potatoes ★ 4 | Angel Hair with Butter 4 | Hollandaise ★ 4 |
| French Fries 4 | Mushroom Risotto ★ 4 | Asparagus w/ Hollandaise ★ 9 |

A 20% gratuity may be added to parties of 6 or more unless otherwise requested - Split Plate Charge \$3
All Gluten Free Ingredients ★ ** “Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.” L0124