

MIDTOWN CAFÉ LUNCH MENU

Served 10:30am until 2:00pm – Monday through Friday

APPETIZERS

CRAB CAKE	served with lemon dill sauce and remoulade	14
CRISPY BRUSSELS SPROUTS	tossed in honey lime vinaigrette with apples, candied walnuts, Mandarin oranges and TN white cheddar cheese	Entrée 12 Side 9
BISCUIT SLIDERS	four fried chicken tenderloin pieces on mini biscuits with a side of Alabama white sauce	18
FRIED GREEN TOMATOS	with chipotle aioli	13

SOUPS/SALADS

LEMON ARTICHOKE SOUP	artichokes and lemons blended in a creamy chicken broth	Bowl 9 1qt 34
MIDTOWN HOUSE	a blend of organic mixed greens topped with mushrooms, house made croutons, cubed English cucumbers, and served with choice of dressing (Citrus Soy Ginger, Ranch, Bleu Cheese, Honey Mustard, Balsamic Vinaigrette)	Entrée 12 Side 9
MIDTOWN CAESAR SALAD	crispy romaine lettuce tossed in our Caesar dressing topped with house made croutons and Parmesan cheese	Entrée 12 Side 9
SUNSET CAESAR SALAD	romaine lettuce, sun-dried tomatoes, toasted pine nuts, Parmesan cheese and house made croutons	Entrée 12 Side 9
SPINACH SALAD	tossed in pepper jelly vinaigrette with cashews, pickled red onions, Mandarin oranges and red grapes topped with smoked Gouda cheese ★	Entrée 12 Side 9
PACIFIC RIM SALAD	fresh romaine lettuce, grilled 6oz chicken breast, avocado, Mandarin oranges 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 FRIED CHICKEN SALAD	6oz hand breaded chicken breast with romaine, pico de gallo, black beans, avocado, cheddar cheese, applewood smoked bacon, crispy tortilla strips & spicy ranch dressing (Can substitute plain grilled chicken or blackened chicken upon request)	24

ADD TO ANY SALAD

Grilled chicken, blackened chicken, shrimp, salmon, or marinated beef tips ** 12
Crumbled Gorgonzola bleu cheese 1

ADDITIONS 4

Yukon Gold Mashed Potatoes ★	Mushroom Risotto ★
Stone Ground Smoked Gouda Cheese Grits ★	Fresh Fruit ★
French Fries	Asparagus with Hollandaise 9 ★
Steamed Broccoli ★	Hollandaise ★
Angel Hair with Herb Butter	French Green Beans★

Randy Rayburn – Proprietor
Gemma Friedli – Day Director
Tricia Bassow – Host

Max Pastor – Executive Chef
John Woodard – Day Director
Kristie Rickard – Host

★ 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.” PLEASE TURN FOR MORE SELECTIONS L0923

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ENTREES

SHRIMP AND GRITS <i>blackened shrimp tossed with bacon, mushrooms, tomatoes and scallions served over stone ground smoked Gouda cheese grits</i> ★	26
VOODOO PASTA <i>grilled chicken, bay shrimp and andouille sausage tossed in spicy black magic tomato sauce with fresh egg fettuccini pasta</i>	25
MEDITERRANEAN PASTA <i>with angel hair, roasted Roma tomatoes, fresh spinach, artichoke hearts and mushrooms tossed in basil pesto</i>	15
<i>Add grilled or blackened chicken, shrimp, salmon, or marinated beef tips</i> **	12
GRILLED SALMON <i>on a bed of mushroom risotto with grilled asparagus and sun-dried tomato ragout</i> ★**	26
RAINBOW TROUT ALMONDINE <i>with lemon browned butter & crunchy almonds served with rice pilaf and French green beans</i>	25
LOBSTER “MAC AND CHEESE” <i>with lobster cream sauce</i>	19
<i>Add grilled or blackened chicken, shrimp, salmon, or marinated beef tips</i> **	12
<i>Add grilled sea scallops (2)</i>	19
CRAB CAKES <i>served with julienned vegetables, stone ground smoked Gouda cheese grits, lemon dill sauce and remoulade</i>	26
BLACKENED GROUPER <i>served with smoked Gouda cheese grits and French green beans</i> ★	26
CHICKEN CROQUETTES <i>pan sautéed classic Southern croquettes topped with sweet pea cream sauce, served with rice pilaf and vegetable medley confetti</i>	16
CHICKEN PICCATA <i>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</i>	24
MIDTOWN MEATLOAF <i>house ground blended beef with tomato herb gravy, mashed potatoes and French green beans</i>	16
ROASTED PORK TENDERLOIN <i>marinated & dry rubbed Memphis style, served with mushroom risotto, grilled asparagus, and cherry demi</i> **	23
COCA-COLA® BBQ BEEF SHORT RIB <i>served with truffle potato hash, French green beans, and Coca-Cola® BBQ sauce</i> ★	24
GRILLED FISH TACOS <i>served in corn tortillas with pico de gallo, avocado, shredded lettuce and rice pilaf</i> ★	18
MIDTOWN BURGER <i>½ lb ground beef patty with traditional toppings including mayonnaise and mustard with your choice of cheddar, Swiss or pepper jack cheese, served with fries</i> **	16
<i>Add Fried egg</i> 3, <i>Add Bacon</i> 4	
CHICKEN SANDWICH <i>grilled or blackened chicken with traditional toppings including mayonnaise with your choice of cheddar, Swiss or pepper jack cheese, served with fries</i> **	16
<i>Add Fried egg</i> 3, <i>Add Bacon</i> 4	

A 20% gratuity may be added to parties of 6 or more unless otherwise requested
Split Plate Charge \$3

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