



FOOD WITH A SOUL

WE BELIEVE IN FRESH LOCAL FOOD AND
NATURAL INGREDIENTS, SUSTAINABLY GROWN
BY OUR FRIENDS AND NEIGHBORS.

WE CAREFULLY SOURCE "PICK TENNESSEE"
PRODUCTS WHEN AVAILABLE, TO PROVIDE
YOU THE BEST POSSIBLE INGREDIENTS,
AT THE PEAK OF FRESHNESS.

SMALL FARM ARTISANS OFFER A UNIQUE VARIETY
OF LOCALLY GROWN FOODS. BUT MOST IMPORTANT
IS THE DEDICATION AND CARE THEY PUT INTO THE
DELIVERY OF THEIR FINAL PRODUCT.

WE DEDICATE OURSELVES TO SELECTING
THE VERY BEST PARTNERS AND PRODUCTS.
WE PROMISE YOU WILL BE ABLE TO TASTE
THAT DEDICATION EVERY DAY.



TO-GO MENU



You may have heard of us...This restaurant is operated by HMSHost. We bring your favorite restaurants to travel venues worldwide, infusing innovation and culinary expertise into everything we do. To learn more, visit us online at hmshost.com.

KEEP YOUR FRIENDS CLOSE
AND YOUR FARMERS CLOSER.

WAFFLES

NUTELLA 7.00

HAZELNUT SPREAD, WHIPPED CREAM, CORN FLAKES

PEAR 7.50

CARAMELIZED PEARS, WHIPPED CREAM CHEESE, TOASTED WALNUTS

SOUTHERN 8.50

MAPLE BACON, PECANS, SWEET BUTTER

COUNTRY HAM 8.50

SEASONAL MELON, BALSAMIC GLAZE

TREE HUGGER 8.00

WHOLE WHEAT WAFFLE, WHIPPED GOAT CHEESE, BABY SPINACH,
ROASTED TOMATO, BALSAMIC GLAZE

EVERYTHING'S BETTER
WITH SYRUP!

BOULANGERIE (BAKERY)

BUTTER CROISSANT 2.99 • CHOCOLATE CROISSANT 3.99

ALMOND CROISSANT 3.99 • HAM AND CHEESE CROISSANT 4.99

CHEESE DANISH 3.99 • SEASONAL TARTS 5.79 • APPLE GALETTE 5.79

RASPBERRY BEAR CLAW 3.79 • CHOCOLATE ÉCLAIR 4.29

ASSORTED MACAROONS 2.19 • CHOCOLATE DIPPED CRÈME PUFF 4.29

MUFFINS 2.99 - BRAN • BLUEBERRY • SEASONAL

COOKIES 2.19 - PECAN CHUNK • ICY LEMON SUN • RASPBERRY HEART • OATMEAL RAISIN
GINGER MOLASSES • SHORT BREAD

JUICE (THE NECTAR OF THE GODS)

ENLIGHTENMENT 6.50

CARROT, GINGER, APPLE {VITAMIN B-6 | C | K}

ENDURANCE 6.50

KALE, CARROT, SPINACH, CUCUMBER, PINEAPPLE, CELERY, LEMON
{BETA CAROTENE | POTASSIUM | VITAMIN C | B-6}

ENERGIZE 6.50

APPLE, SWISS CHARD, SPINACH, LEMON, CAYENNE
{MAGNESIUM | POTASSIUM | VITAMIN K | C | A}

BLEND YOUR OWN 8.00

CHOOSE UP TO 5 INGREDIENTS:

APPLE, BEET, KALE, CARROT, SPINACH, SWISS CHARD, CUCUMBER, CELERY, GINGER

SALADS

KALE CAESAR 9.00

BABY KALE, CHOPPED ROMAINE, CORNBREAD CROUTONS,
PARMESAN DRESSING

THE COBB 11.50

ROASTED CHICKEN BREAST, FIELD GREENS, SMOKED BACON, HARD COOKED EGG,
CUCUMBER, ROMA TOMATO, BLEU CHEESE, BALSAMIC VINAIGRETTE

BEETS & GREENS 9.00

ROASTED RED AND GOLDEN BEETS, BABY ARUGULA, GOAT CHEESE,
PRESSED WALNUT WAFFLE, BALSAMIC VINAIGRETTE

CHARCUTERIE & FROMAGES

PICK 3 14.00 | PICK 5 17.50

CHEESE

SEASONAL SELECTION

FEATURING A DAILY SELECTION OF QUALITY CHEESES

CHARCUTERIE

SEASONAL SELECTION

A ROTATING SELECTION OF HIGH-GRADE CURED MEATS

ACCOUTREMENTS

ALMONDS • PEPPER JELLY • TOASTED WALNUTS
DRIED FRUIT • FRESH GRAPES • FLATBREAD

BETWEEN THE BUNS

HAM & CHEESE 9.00

CURED HAM, MANCHEGO CHEESE, CARAMELIZED ONIONS, FIG JAM,
BABY ARUGULA, LEMON AIOLI

BISTRO CHICKEN WRAP 10.50

ROASTED TOMATO, AGED CHEDDAR, BABY ARUGULA, LEMON AIOLI,
WHOLE WHEAT TORTILLA

TBLT 10.50

TURKEY BREAST, SMOKED BACON, ROMAINE HEARTS, ROMA TOMATO, LEMON AIOLI

ROAST BEEF PRESS 11.00

HORSERADISH MAYO, CARAMELIZED ONIONS, CHEDDAR, SHREDDED LETTUCE

VEGGIE CIABATTA 8.00

ROASTED SQUASH, CARAMELIZED ONION, CHARRED PEPPERS,
MANCHEGO CHEESE, BASIL PESTO MAYO

*NOTICE: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. This facility may use wheat, egg, soybean, milk, peanuts, tree nuts, fish and shellfish. Please speak to the manager on duty regarding any allergen-related issues.