

MIDTOWN CAFÉ LUNCH MENU

Served 10:30am until 2:00pm

APPETIZERS

CRAB CAKE served with lemon dill sauce and remoulade	11
CRISPY BRUSSELS SPROUTS Tossed in Honey Lime Vinaigrette with Apples, Candied Walnuts, Mandarin Oranges and TN White Cheddar Cheese	Entrée 11 Side 7
BISCUIT SLIDERS Four fried chicken tenderloin pieces on mini biscuits with a side of Alabama white sauce	11
FRIED GREEN TOMATOES with Chipotle Aioli	11

SOUPS/SALADS

LEMON ARTICHOKE SOUP artichokes and lemons blended in a creamy chicken broth	8oz 7 To Go 1qt 28
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SOUP AND HALF HOUSE, CAESAR OR SPINACH SALAD	10
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MIDTOWN HOUSE a blend of organic mixed greens topped with mushrooms, house made croutons, cubed English cucumbers, and served with choice of dressing	Entrée 10 Side 7
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(Citrus Soy Ginger, Ranch, Bleu Cheese, Honey Mustard, Balsamic Vinaigrette)

MIDTOWN CAESAR SALAD crispy leaves of Romaine lettuce in our Caesar dressing topped with house made croutons and parmesan cheese	Entrée 10 Side 7
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SUNSET CAESAR SALAD Romaine lettuce, sun-dried tomatoes, toasted pine nuts, Parmesan and house made croutons	Entrée 10 Side 7
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SPINACH SALAD tossed in pepper jelly vinaigrette with cashews, pickled red onion, Mandarin oranges and red grapes topped with smoked Gouda cheese ★	Entrée 10 Side 7
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PACIFIC RIM SALAD fresh Romaine lettuce, grilled chicken tenders, avocado, Mandarin oranges and pickled ginger, tossed in a light citrus sesame dressing	19
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THAI CHICKEN SALAD grilled chicken, organic mixed greens and dried cranberries tossed in honey lime vinaigrette, topped with peanut sauce and crispy wontons	19
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SOUTHWESTERN FRIED CHICKEN SALAD with romaine, pico de gallo, black beans, avocado, cheddar cheese, applewood smoked bacon, crispy tortilla strips & spicy ranch dressing	19
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ADD TO ANY SALAD

Add grilled or blackened chicken	Extra 7
Add shrimp, salmon or marinated beef tips **	Extra 10
Crumbled Gorgonzola bleu cheese, add 99 cents	

ADDITIONS 4

Steamed broccoli ★	Mashed potatoes ★
Stone ground smoked Gouda cheese grits	Fries
Angel Hair with herb butter	French green beans ★
Mushroom risotto ★	Fruit
Asparagus with Hollandaise 8 ★	Hollandaise 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." PLEASE TURN FOR MORE SELECTIONS

ENTREES

SHRIMP AND GRITS <i>blackened shrimp tossed with bacon, mushrooms, tomatoes and scallions served on stone ground smoked gouda cheese ★</i>	22
VOODOO PASTA <i>grilled chicken, bay shrimp and andouille sausage in spicy black magic tomato sauce with fresh egg fettuccini pasta</i>	19
MEDITERRANEAN PASTA <i>with Angel Hair, Roasted Roma Tomato, Fresh Spinach, artichoke Hearts and Mushrooms tossed in Basil Pesto</i>	12
<i>Add grilled or blackened chicken</i>	9
<i>Add shrimp, salmon or marinated beef tips **</i>	12
GRILLED SALMON <i>on a bed of domestic mushroom risotto with grilled asparagus and sun dried tomato ragout ★ **</i>	24
RAINBOW TROUT ALMONDINE <i>with lemony brown butter and crunchy almonds served with rice pilaf and French green beans</i>	22
LOBSTER "MAC AND CHEESE" <i>with lobster cream sauce</i>	16
<i>Add grilled or blackened chicken</i>	9
<i>Add shrimp, salmon or marinated beef tips **</i>	10
<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>	22
BLACKENED GROUPER <i>served with smoked gouda cheese grits and French green beans ★</i>	22
CHICKEN CROQUETTES <i>classic Southern croquettes pan sautéed and topped with sweet pea cream sauce, served with rice pilaf and vegetable confetti</i>	12
CHICKEN PICCATA <i>pounded thin and sautéed in butter with white wine, lemon juice and capers, served with angel hair pasta or rice pilaf, and asparagus</i>	19
MIDTOWN MEATLOAF <i>house ground blend beef with tomato herb gravy, garlic mashed potatoes, and French green beans</i>	13
ROASTED PORK TENDERLOIN <i>marinated Memphis style served with domestic mushroom risotto, grilled asparagus and Plum Demi **</i>	19
COCA-COLA BBQ BEEF SHORT RIB <i>served with truffle potato hash, mushroom green beans, and Coca-Cola BBQ ★</i>	19
GRILLED FISH TACOS <i>with pico de gallo, avocado and Shredded lettuce in a corn tortilla served with rice pilaf ★</i>	15
MIDTOWN BURGER <i>ground beef patty with traditional toppings including mayonnaise and mustard with your choice of cheddar, Swiss or pepper jack cheese, served with fries ** Fried egg Add 2, Bacon Add 3</i>	13
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 ** Fried egg Add 2, Bacon Add 3</i>	14

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