

Root and Barrel Kitchen

Lunch Menu

Appetizers

Southern Fried Pimento Cheese Balls 12
served with red pepper jelly

GF Pomegranate Brussel Sprouts 8
fried brussel sprouts tossed in a pomegranate molasses and cajun spices with fresh pomegranate seeds

Crispy Pork Belly 14
Smoky BBQ sauce with chipotle crema

Charcuterie Board 22
Chef's choice of meats, cheeses, and accents

Mediterranean Pizza 12
homemade pesto, feta and parmesan cheese, and olive, artichoke, tomato bruschetta. With a balsamic reduction

GF Wings 12
6 wings with house made smoky mountain BBQ sauce + ranch or blue cheese dressing +

GF R&B Shrimp Cocktail 14
Jumbo gulf shrimp poached with lemon and bay leaves, with a sweet chili cocktail sauce

Midnight Mushies 12
deep fried local mushrooms from Midnight Mushroom Farm, and onions with house made sriracha ranch + substitute rice flour upon request +

Spinach Artichoke Dip 13
served with fried pita

Soups and Salads and Bowls

Soup Du Jour 6 Cup 10 Bowl

GF Waldorf 8 Half 13 Full
Apples, Celery, Walnut, Raisin, Grapes, tossed with a Poppy Seed Dressing, over a bed of mixed green

Lemon Fennel Caesar 7 Half 12 Full
House Made Caesar, Romain, Shaved Fennel, Croutons, Lemon Zest

Tomato Basil 6 Cup 10 Bowl

GF Spinach & Apples 7 Half 12 Full
Apple Cider and Grain Mustard Vinaigrette, Candied Pumpkin Seeds, Onion, Diced Bacon and Apples

GF Mixed Greens & Beets 8 Half 13 Full
Truffle- Honey Vinaigrette, Crumbled Blue Cheese, Roasted Beets, Tomato

..... Add Protein-grilled chicken...7/Shrimp...8/Salmon...9

Burgers

Cattleman's select fire-grilled burger 8 oz
| gluten free bun available upon request |

***The Frenchy** 17
Mushroom duxelles, caramelized onions, smoked gouda, and tomato jam

***The Greek** 17
Feta, roasted red pepper, sliced onion and cucumber, tzatziki, lettuce

***The Pimp** 16
House made pimento cheese, bacon jam with sweet and spicy pickles

***Spicy Boi** 16
Candied jalapeño, pickled onion, swiss, sriracha ranch, with lettuce and tomato

***The Aristocrat** 17
Blue Cheese and bacon, dried cherry tomato, lemon and garlic dressed arugula

Lunch Entrées

Served with your choice of french fries or house chips/ Substitute fruit cup, side salad, or cup of soup...2

Chicken Salad Croissant 12
served with house chips

Main Street Chicken Sandwich 15
fried or grilled, sriracha honey sauce with lime coleslaw

Grilled Shrimp and Artichoke Baguette 17
Pesto mayo, artichoke and olive bruschetta, tomato, and parmesan cheese

Pesto Chicken Baguette 15
Basil pesto, balsamic onions, provolone, tomato, and arugula

R&B Pulled Pork Sandwich 15
Smoke and vinegar, lime slaw, and sweet pickles on a brioche bun

GF V Soul Bowl 15

layered flavors and textures to nourish the mind, body, and soul. Black beans, jasmine rice, sweet potato, pecans, pickled onions, seasonal fruits and veggies, with a tahini maple dressing + chicken...19/Shrimp...23/Salmon...24 +

Chicken Tenders 13
Fried chicken tenders served with honey mustard

Turkey and Brie Croissant 15
Turkey, dried cranberries, cranberry mustard, spring mix, and tomato

Split Lunch 2

Lunches that are split are served separately with full sides

Executive Chef Walter Shephard Sous Chef Ryan Wilson

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions