



71 A New Shackle Island Road
Hendersonville, TN 37075

Phone: 615-826-8999
Fax: 615-826-8855

Hours: 7:00 am - 6:30 pm Mondays - Fridays
8:00 am - 6:30 pm - Saturdays

Fax Cover Sheet:

Name :

Business Name:

Address:

Phone Number:

Date:

Estimated Time To Pick Up Order:

Dining In?

Yes or No

Carry Out?

Yes or No



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Hours: 7:00 am - 6:30 pm Mondays - Fridays
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Main Menu:

Made from Scratch!

SALADS

Quantity:

♥ **BBQ Chicken Cobb**

Our updated version consists of BBQ sauce rubbed chicken breasts served atop mixed greens with grilled red onions, tomato and egg wedges, bacon and sliced avocados topped with crumpled blue cheese and our own Chipotle Buttermilk dressing.

... \$7.95

♥ **Bluesy Chicken Salad**

Grilled chicken breasts served on a bed of fresh baby leaf spinach, grilled portabellos, caramelized onions, bacon, shredded carrots, chopped egg, walnuts, croutons and blue cheese with our Poppyseed Vinaigrette.

... \$7.75

♥ **Caesar Salad**

Romaine lettuce tossed with croutons and homemade Caesar dressing, garnished with grated Parmesan cheese.

... \$5.50

With Chicken

... \$7.45

September's Cafe House Salad

Mixed greens with goat cheese, toasted walnuts, pears and our Signature Raspberry Vinaigrette.

... \$5.95

With Chicken

... \$7.90

Spinach Salad

Large bed of baby leaf spinach with apples, grapes, raisins, roasted pecans, garnished with sun-dried tomatoes, blue cheese and our tangy Pepper-Jelly Vinaigrette.

... \$6.75

Southwest Chicken Salad

Grilled chicken breast atop romaine lettuce with carrots, black beans, grape tomatoes, roasted corn, red bell peppers and jack and cheddar cheeses with our special Avocado Vinaigrette.

... \$7.95

♥ **Mediterranean Salad**

Romaine lettuce with grape tomatoes, feta cheese, garbanzo beans, Greek olives, cucumbers and artichoke hearts served with our lemon Tahini dressing and garnished with sundried tomatoes.

... \$5.95

With Chicken

... \$7.90

♥ Signifies that item is low in carbohydrates.



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SALADS

Quantity:

☐

Garden Salad

Mushrooms, cucumbers, carrots and tomato wedges atop a bed of mixed greens garnished with alfalfa sprouts and your choice of dressing.

... \$5.75

☐

♥ Chicken Salad

All white breast chunks combined with fresh tarragon, lemon zest, celery, red onion, grapes and our special light dressing served on a bed of mixed greens and garnished with fresh fruit and our classic Poppyseed dressing.

... \$6.75

☐

♥ Tuna Salad

Albacore tuna, celery, red onion and minced sweet pickles combined with our special light dressing served atop a bed of mixed greens and garnished with fresh fruit and our Poppyseed dressing.

... \$6.75

☐

♥ Egg Salad

Eggs mixed with fresh dill, minced red onion and our light dressing served on a bed of mixed greens garnished with fresh fruit and our Poppyseed dressing.

... \$5.50

☐

♥ Salad Trio

A serving of each of our chicken, tuna, and egg salads on mixed greens with fresh fruit and our Poppyseed dressing.

... \$7.95

☐

♥ Stuffed Tomato

Whole, fresh vine ripe tomato wedged and stuffed with our choice of one of our specialty salads and served with our Signature Raspberry Vinaigrette and garnished with fresh fruit.

Egg

... \$5.50

With Chicken or Tuna

... \$6.95

Dressings & Vinaigrettes

♥ Caesar Dressing
♥ Avocado Vinaigrette
Ranch Dressing (low fat)
Blue Cheese Dressing (low fat)
Raspberry Vinaigrette (fat free)
Honey Balsamic Vinaigrette (fat free)
Honey Mustard (fat free)

Mango Vinaigrette
♥ Lemon Tahini
Pepper Jelly Vinaigrette
Poppyseed Dressing

\$0.50 cents per extra dressing

Dressings may be purchased
for \$8.50 per pint

(\$8.99 for Pepper Jelly Vinaigrette)

♥ Signifies that item is low in carbohydrates.