

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:				
Filone Number.	 			
Date:				
Estimated Time To Pick Up Order:				
Dining In?	Yes	or	No	
Carry Out?	Yes	or	No	





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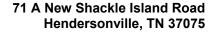
Main Menu:

Made from Scratch!

SALADS

Quantity:		
	▼ BBQ Chicken Cobb Our updated version consists of BBQ sauce rubbed chicken breasts served atop mixed greens versions, tomato and egg wedges, bacon and sliced avocados topped with crumpled blocheese and our own Chipotle Buttermilk dressing.	
	▼ Bluesy Chicken Salad Grilled chicken breasts served on a bed of fresh baby leaf spinach, grilled portabellos, carameliz onions, bacon, shredded carrots, chopped egg, walnuts, croutons and blue cheese with our Pop Vinaigrette.	
	♥ Caesar Salad Romaine lettuce tossed with croutons and homemade Caesar dressing, garnished with grated P cheese.	
	With Chicken	\$7.45
	September's Cafe House Salad Mixed greens with goat cheese, toasted walnuts, pears and our Signature Raspberry Vinaigrette With Chicken	\$5.95 \$7.90
	Spinach Salad Large bed of baby leaf spinach with apples, grapes, raisins, roasted pecans, garnished with sun tomatoes, blue cheese and our tangy Pepper-Jelly Vinaigrette.	
	Southwest Chicken Salad Grilled chicken breast atop romaine lettuce with carrots, black beans, grape tomatoes, roasted of bell peppers and jack and cheddar cheeses with our special Avocado Vinaigrette.	orn, red \$7.95
	▼ Mediterranean Salad Romaine lettuce with grape tomatoes, feta cheese, garbanzo beans, Greek olives, cucumbers an artichoke hearts served with our lemon Tahini dressing and garnished with sundried tomatoes. With Chicken	d \$5.95 \$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 sprouts and your choice of dressing.	alfalfa
	3	\$5.75
	♥ Chicken Salad All white breast chunks combined with fresh tarragon, lemon zest, celery, red onion, grapes and special light dressing served on a bed of mixed greens and garnished with fresh fruit and our class Poppyseed dressing.	
		\$6.75
	▼ Tuna Salad Albacore tuna, celery, red onion and minced sweet pickles combined with our special light dress served atop a bed of mixed greens and garnished with fresh fruit and our Poppyseed dressing.	sing \$6.75
	▼ Egg Salad Eggs mixed with fresh dill, minced red onion and our light dressing served on a bed of mixed gregarnished with fresh fruit and our Poppyseed dressing.	eens \$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 served with our Signature Raspberry Vinaigrette and garnished with fresh fruit.	·
	Egg With Chicken or Tuna	\$5.50 \$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.