



DAYTIME MENU

ASHEVILLE'S  
**NEW SOUTH KITCHEN**

**Welcome to our table.** We believe food should be celebrated and savored with friends and family. We honor local farming and the delicious bounty that comes from our Blue Ridge Mountains. We respect the time-honored traditions of the Southern cook, but we think our town is all about coloring outside the lines when it comes to fun, creativity and imagination. So that's how our fare is prepared and served. Executive Chef Brian Sonoskus oversees Sunshot Organics Farm, just north of town, which provides our kitchens with some of our vegetables and herbs. So we are keenly attuned to the changing seasons and the culinary offerings each one brings forward. We promise to deliver a dining experience that is fresh, delicious, satisfying, and memorable. We guarantee you will feel happily nourished. **Enjoy and please come back for seconds.**

# APPETIZERS

**Homemade Pimento Cheese & Tortilla Chips** » Served hot: 5.50

**Fried Green Tomatoes** » Served over goat cheese grits with fresh basil: 6.95

**Local Goat Cheese Plate for Two** » Three Graces Goat cheese with marinated sun dried tomatoes, Mediterranean olives & grilled rustic bread: 9.95

**Cheesy Grit Cakes** » Stuffed with a blend of cheeses, drizzled with a spicy red chili sauce, served with Sunshot farm salsa and sour cream: 7.50

**Tupelo Wings** » Honey chipotle chicken wings served with blue cheese or ranch dressing: 8.50

**Tupelo Tofu Wings** » Strips of fried tofu served just like Tupelo Wings: 7.25

# SOUPS & SALADS

**Homemade Tomato Soup** » A big, hearty mug full: 3.95

**Tupelo House Salad** » Seasonal greens topped with grape tomatoes, shredded organic carrots, sunflower seeds and pickled red onions: 3.25 (add chopped bacon 60¢)

**Soup and Tupelo House Salad:** 6.95

**Changing Leaves Spinach Salad** » Pickled beets and onions, bacon, carrots, spiced pecans, tomatoes, crumbled goat cheese and housemade pecan vinaigrette: 8.50

**Southern Spring Salad** » Seasonal greens topped with mushrooms, dried cranberries, almonds, grape tomatoes and crumbled gorgonzola cheese, served with housemade basil vinaigrette: 8.50

## Salad Additions:

**Grilled Marinated Organic Free-Range Chicken:** 12.50

**Grilled Ahi Tuna Salad Scoop:** 12.50

**Cajun Catfish:** 13.50

**Marinated Grilled Tofu:** 11.75

## DRESSINGS

Our homemade dressings available on the side:

**Basil Vinaigrette**

**Bleu Cheese**

**Garlic Buttermilk Ranch**

**Pecan Vinaigrette**

**Thousand Island**

**Creamy Maple Mustard**

# SANDWICHES

*All sandwiches, except Cheesy Grill served with home fries, may substitute one farm fresh side*

**Cheesy Grill & Tomato Soup** » Choose one of the following sandwiches, served on Texas toast with a big mug of tomato soup or your choice of a farm fresh side: 7.95

**Classic Grill:** Double Cheddar

**Downtown Grill:** Havarti and Pimento

**Uptown Grill:** Havarti and Cheddar

**Tupelo Tomato Sandwich** » Large ripe tomatoes served on Texas toast with havarti cheese, salt & pepper, and of course, Duke's mayonnaise, served grilled on request: 7.50

**Tupelo Traditional Reuben** » Seared corned beef and swiss on rye with chow-chow and a choice of dijon mustard or 1000 Island dressing (substitute marinated grilled tofu): 9.50

**Charleston Chicken Sandwich** » Grilled marinated free-range chicken breast on sourdough with melted havarti, romaine lettuce and cranberry mayonnaise: 8.95

**Southern Fried Chicken BLT** » Crispy fried free-range chicken, maple peppered bacon, dijonaise, fresh lettuce & tomato on an artisan bun: 9.95

**Tupelo Burger** » Half pound of Hickory Nut Gap local, hormone free beef on an artisan bun with lettuce, tomato, onion and homemade pickles (medium to well-done only): 10.00

**SHOO-Mercy** » Make it a full one pound burger \$14.50

## Tupelo Burger & Veggie Black Bean Burger Additions:

**Cheese choices: cheddar, swiss, gorgonzola, goat, harvarti or pimento.** .85¢ each

**Blackened, jalapeños, grilled mushrooms, grilled onions or bacon:** .85¢ each

**Veggie Black Bean Burger** » Made in house, served on a bun with lettuce, tomato, onion and homemade pickles: 8.35

**Misse's Tuna Salad Sandwich** » Grilled ahi tuna salad served on whole wheat with romaine lettuce and tomato: 8.95

**Pulled Pork BBQ Sandwich** » Slow cooked pulled pork with housemade smoked BBQ sauce topped with Tupelo coleslaw on an artisan bun. 8.50

*All sandwiches except Cheesy Grill & Tomato feature City Bakery breads*

*Gluten free bread available upon request*

Our South Asheville location accepts reservations and can seat large parties, call us for details!

# ENTRÉES

*May substitute one farm fresh side on any entrée except where indicated †*

**Brian's Shrimp and Grits** » Seven large shrimp served over goat cheese grits in a spicy roasted red pepper sauce: 15.25 †

**SHOO-Mercy** » A dozen shrimp with andouille sausage, caramelized onions, spinach and mushrooms: 21.95 †

**Cajun Skillet Catfish** » Blackened, topped with Sunshot salsa, served over goat cheese grits: 12.95

**Nutty Fried Chicken** » Mixed-nut encrusted free-range chicken topped with milk gravy. Served with mashed sweet potatoes, and a vegetable garnish: 14.95

**Veggie Bowl** » Seasoned pinto beans, goat cheese grits, sautéed greens, fried okra and Sunshot farm salsa: 12.50 †

**Sunshot Vegetable Plate** » Your choice of three farm fresh sides: 9.75

# BREAKFAST

**Sweet Potato Pancake** » One large buttermilk pancake flavored with cinnamon and sweet potatoes, topped with whipped peach butter and spiced pecans 5.50 (add Grandma's Maple Granola for crunchy pancakes 1.05)

**SHOO-Mercy** » Double Stack 8.95

**Tupelo's Omelet** » Large hearty omelet served with your choice of one of the following: havarti, gorgonzola, swiss, cheddar, goat or pimento cheese, served with home fries or goat cheese grits: 7.95

*A la Carte Omelet Additions:*

**Extra cheese, roasted red pepper, sweet onions, mushrooms, garlic, asparagus, tomatoes, basil pesto, fresh spinach, Sunshot salsa, jalapeños, basil, or rosemary:** 85¢ each

**Ham, maple peppered bacon, homemade local hormone-free sausage, soysage:** 1.95 each

**Fried Egg BLT** » Two fresh eggs, two strips of maple peppered bacon, lettuce, tomato and smoked jalapeno aioli on sourdough with your choice of home fries or goat cheese grits 7.95

**Country Breakfast** » Two fresh eggs your style with choice of maple peppered bacon, baked ham, homemade local hormone-free sausage, soysage or country ham, served with goat cheese grits, home fries or asparagus: 7.50

**Breakfast Bowl** » Seasoned pinto beans and goat cheese grits topped with two over medium eggs, two maple peppered bacon strips, cheddar cheese and Sunshot farm salsa (substitute one soysage for bacon): 9.50

**Eggs Betty** » Two poached eggs on a biscuit with ham and homemade hollandaise, served with goat cheese grits or home fries: 8.75 (asparagus may be substituted for ham)

**Eggs Crawley** » Two eggs cooked your way with two housemade crab cakes, topped with hollandaise, and served with asparagus: 12.95

**Grandma's Maple Granola** » Homemade with dried apples and toasted coconut, your choice of milk, vanilla rice milk or vanilla yogurt, and garnished with fresh fruit: 6.75

**Petunia's Pain Perdu** » Two pieces of New Orleans-style French toast made with City Bakery challah bread topped with cinnamon sugar, blueberry sauce, and toasted almonds: 6.95

**Biscuit and Milk Gravy** » 2.65 (add ham, bacon 85¢) or (add homemade local hormone-free sausage, country ham or soysage 1.95)

**SHOO-Mercy** » Double biscuits and gravy with sausage, ham and bacon (substitute triple soysage): 6.25

# FARM FRESH SIDES

*Ala carte sides \$3.25*

Sweet Potato Fries

Sautéed Greens **V**

Cheesy Mashed Cauliflower **G S**

Benne Coated Asparagus **V G S**

Marinated Grilled Tofu **V**

Honey Pickled Beet Salad **G S**

Tupelo House Salad **V G S**

Goat Cheese Grits **G S**

Toasted Sesame Seed Coleslaw **G**

Mashed Sweet Potatoes **G S**

Fried Okra

Candied Ginger Cornbread Served With Whipped Peach Butter

Bubba's Brussel Sprouts **V G S**

Two Fried Green

Tomatoes With Basil

Salsa Verde Pinto Beans **V G S**

**V** Vegan

**G** Gluten Free

**S** Soy Free

# BREAKFAST A LA CARTE

Biscuit 50¢

One Egg 1.30

Home Fries 2.25

Maple Peppered Bacon, Ham 2.25

Goat Cheese Grits 3.25

Candied Ginger Cornbread (with Peach Butter) 3.25

Homemade local

hormone-free sausage,

Country Ham, Soysage 2.95

Apple Butter,

Whipped Peach Butter 50¢

100% Maple Syrup 2oz 80¢

# BEVERAGES

**Jen's Homemade Hot Chocolate:** 1.95

**Jamie's Rosemary Peach Lemonade:** 2.50 (Housemade, sorry no free refills)

**Juices »** Apple Cider, Cranberry, Tomato, Old Fashioned OJ: 3.25 lg. 2.25 sm.  
Peach Nectar: 3.75 lg. 2.75 sm.

**Milk:** 2.00 lg. 1.50 sm.

**IBC Bottled Root Beer:** 2.00

**Iced Tea:** 1.95

**Soda:** 1.95 (Coke, Diet Coke, Sprite, Ginger Ale, Fanta Grape)

**Panna Spring Water:** 3.00

**San Pellegrino Sparkling Water:** 3.00

**Our exclusive blend of Peruvian Organic Fairly-Traded Coffee:** 1.65 (endless!)

**Mighty Leaf Whole Teas:** 2.25

Organic Earl Grey, Decaf Earl Grey, Organic Breakfast, Organic Hojicha Green Tea

**Herbal Teas:** 2.25

Rainforest Mate, Chamomile Citrus or Organic Mint Mélange

# DESSERTS & COFFEE

**Brown Butter Pecan Pie with Vanilla & Caramel Sauce:** 5.25

**Triple Chocolate Cake for Two »** (it's decadent as it is big!) with Raspberry & Vanilla Sauces accompanied by Raspberry & Mocha Milk Shooters: 10.00

**Lemon Berry Mascarpone Layer Cake with Raspberry & Vanilla Sauces:** 6.25

**Banana Pudding with Whipped Cream:** 3.95

**Tupelo's Irish Cream Coffee »** with Bailey's Irish Cream, regular or decaf coffee, and whipped cream: 6.00

*A gratuity of 18% is automatically added to parties of seven or more.*

*Tupelo Honey Cafe accepts Visa, Master Card and Amex. Sorry no personal checks.*



ASHEVILLE'S NEW SOUTH KITCHEN

## DOWNTOWN ASHEVILLE

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## SOUTH ASHEVILLE

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