



DAYTIME MENU

## NEW SOUTH FLAVORS. SCRATCH-MADE FUN.™

Welcome to our uniquely *Ashethentic* table.

While we revere the time-honored traditions of the Southern cook, you will find our take on the Southern plate a little different. Because Asheville is a little different. Located at the intersection of Southern Appalachia and The Paris of the South, our town applauds creativity on street corners, in art galleries and artist studios, in music halls and theatres – and especially in our kitchen. Our transformation of just about everything Southern – from fried chicken to sweet potatoes to catfish – is decidedly spirited, independent, and frequently unscripted. Of course, 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. But we promise something more. Our goal is to deliver a 10 on our Scale-of-Full-Flavor-Awesomeness, add several heaping helpings of fun, and be true to our internal credo: A Tupelo Honey experience should be a thousand times better than ordinary. **And worth coming back to for seconds, time and time again.**

# SOUP, SALADS & STARTERS

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

**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

**Appalachian Egg Rolls** » Pulled pork tossed in smoked jalapeno BBQ sauce rolled with braised greens, pickled onions & shredded carrots served with dijon dippin' sauce and garnished with jicama slaw: 7.25

**Low Country Croquettes** » Deep fried and stuffed with andouille sausage, cheesy cauliflower and curried smashed root vegetables served with red wine braised figs: 6.95

**Homemade Pimiento Cheese & Tortilla Chips** » Served hot: 5.95

**Tupelo Wings** » Honey chipotle chicken wings served with bleu cheese or ranch dressing: 8.75

**Tupelo Tofu Wings** » Strips of fried tofu served just like Tupelo Wings: 7.99

**Tupelo House Salad** » Seasonal greens topped with grape tomatoes, shredded organic carrots, sunflower seeds and pickled red onions: small 3.25 large 6.50 (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 pecan vinaigrette: small 4.50 large 8.50

**Southern Spring Salad** » Seasonal greens topped with mushrooms, dried cranberries, almonds, grape tomatoes and crumbled gorgonzola cheese, served with basil vinaigrette: small 4.50 large 8.50

## Salad Protein Additions:

**Free-Range Chicken Breast (Grilled or Crispy Fried):** 5.00

**Catfish (Blackened or Cornmeal Fried):** 6.50

**Sauteed Shrimp (6):** 6.50

**Marinated Grilled Tofu:** 3.25

**Marinated Portobellos:** 6.00

## DRESSINGS

*Our scratch-made dressings are served 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. Feel free to substitute one farm fresh side if you prefer. Gluten-free bread available for an additional 50¢*

**Roast Beef Po' Boy** » We slow-roast and season our thinly shaved prime rib, then serve it with fried green tomatoes, shredded lettuce and cherry pepper aioli. Just to bump up the specialness, we serve it all on world-famous Gambino's bakery bread: 9.95

**Crispy Fried Catfish Taco** » Cornmeal fried Catfish with julienne of swiss chard, Sunshot Farm salsa and lemon aioli in a soft flour tortilla. 1 large taco: 8.95 Really hungry? 2 tacos: 12.95

**Misse's Asheville Veggie Melt** » Served open faced on grilled whole wheat bread topped with fried green tomatoes, lemon aioli, caramelized onions, sautéed mushrooms, roasted red peppers, spinach and melted havarti cheese: 8.95

**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 Pimiento

**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 cold or grilled: 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): 9.75

**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 breast, maple peppered bacon, dijonaise, fresh lettuce & tomato on an artisanal bun: 9.95

**Grateful Dead Black Bean Burger** » Chef Brian may have perfected this during his salad days, following Jerry and the boys on concert tours, but this is no garden-variety veggie burger. Our scratch-made version is one of our most popular items on the menu. Served with lettuce, tomato, onion and home-made pickles: 8.95

**Sheer Bliss Tupelo Burger** » Our half-pound house-ground burger, with its delicious ratio of prime rib and beef short rib, equals burger perfection. Sublimely char-grilled, your first bite of our signature burger will leave you speechlessly happy. Served with lettuce, tomato, onion and home-made pickles: 10.00

## Black Bean & Tupelo Burger Additions:

**Cheese choices: cheddar, swiss, gorgonzola, goat, havarti or pimiento:** 85¢ each

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

**Add bacon:** \$1.95

Our South Asheville location accepts reservations and can seat large parties. Call us for details!

# MAIN COURSE

**Brian's Shrimp and Grits** » When your chef puts his name on a dish, he has to be pretty proud of it. Such it is with our shrimp and grits – seven large delectable shrimp served over goat cheese grits and anointed with a spicy roasted red pepper sauce: 15.45

**SHOO-Mercy** » A dozen shrimp with andouille sausage, caramelized onions, spinach and mushrooms: 21.95  
Add lump crab meat to either dish: 3.95

**Marinated Chargrilled Bone-In Peachy Pork Chops** »

Three four-ounce pork chops are topped with our own Peach Fennel Salsa and served with a side of smashed root vegetables: 15.95

**Not Your Mama's Meatloaf** » Your Mama never had Hickory Nut Gap Farm's hormone-free mountain-raised beef to make her loaf. But we do and we top it with rosemary tomato shallot gravy and serve it with a side of scratch-made mac and cheese: 14.95

**Cajun Skillet Catfish** » This blackened catfish catch is topped with Sunshot Farm salsa and served over goat cheese grits. *Laissez les bons temps rouler*: 12.95

**In Praise of BBQ Plate** » Our eight ounces of slow-cooked, hand-pulled pork 'cue is tossed with smoked jalapeno barbecue sauce and served with fried parmesan corn on the cob, jicama-apple-cabbage slaw and grilled rustic bread: 12.95

**Creamy Creole Portobello Pasta** » Penne pasta, grilled marinated portobello mushrooms, roasted red peppers, caramelized onions and spinach, married with a creole cream sauce: 14.95

**Southern Fried Chicken Saltimbocca With Country Ham and Mushroom Marsala Sauce** » Crispy-fried, free-range chicken breast topped with country ham, melted havarti cheese, a mushroom marsala sauce and basil chiffonade. Served with cheesy smashed cauliflower and a seasonal garnish: \$14.95

**Venerated Veggie Bowl** » We build this one fantastic layer at a time: goat cheese grits topped with salsa verde pinto beans, a layer of savory sautéed greens and a heaping dose of crispy fried okra. Served with Sunshot Farm Salsa: 12.50

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

## FARM-FRESH SIDES

*Al a carte sides 3.25*

Sweet Potato Fries

New South Sautéed Greens **v**

Smashed Root Vegetables **g s**

Cheesy Smashed 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**

Fried Okra (AKA southern popcorn)

Candied Ginger Cornbread served with Whipped Peach Butter

Brown Butter Brussel Sprouts **g s**

Jicama Apple Slaw **v**

Fried Parmesan Corn on the Cob

Two Fried Green Tomatoes w/Basil

Salsa Verde Pinto Beans **v g s**

Honey Glazed Fruit Salad **g s**

Scratch-Made Mac n' Cheese **s**

**v** Vegan **g** Gluten Free **s** Soy Free

# BREAKFAST

**Sweet Potato Pancake** » THC's claim to fame! One large buttermilk pancake flavored with cinnamon and sweet potatoes, topped with whipped peach butter and spiced pecans: 5.75 (add Grandma's Maple Granola for crunchy pancakes: 1.05). An absolute must!

**SHOO-Mercy** » Double Stack: 9.45

**Tupelo's Omelet** » Large hearty omelet served with your choice of one of the following: havarti, gorgonzola, swiss, cheddar, goat or pimiento cheese, served with home fries or goat cheese grits: 7.99

**A la Carte Omelet Additions:**

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

**All natural ham, maple peppered bacon, homemade local hormone-free sausage, soysage:** 1.95 each

**Jumbo lump crab meat:** 3.95

**Fried Egg BLT** » Two fresh eggs prepared over hard, two strips of maple peppered bacon, lettuce, tomato and smoked jalapeño aioli on sourdough with your choice of home fries or goat cheese grits: 7.99

**Jumbo Lump Crab Meat Scramble** » Three fresh eggs soft-scrambled with jumbo lump crab meat, caramelized onions, spinach and havarti cheese served with grilled rustic bread and a choice of asparagus, home fries or goat cheese grits: 12.99

## BREAKFAST ADDITIONS

Goat Cheese Grits 3.25

Maple Peppered Bacon,  
All Natural Ham, Homemade  
Local Hormone-free Sausage,  
Country Ham or Soysage 2.95

All Natural Yogurt 1.25

Apple Butter,  
Whipped Peach Butter 75¢  
100% Maple Syrup 2 oz. 90¢  
Milk Gravy: 2.25  
Red Eye Gravy: 2.95

**Fried Chicken and Biscuits** » Two biscuits smothered in your choice of red eye gravy or milk gravy and topped with buttermilk fried chicken: 9.95

**Country Breakfast** » Two eggs, your style, with choice of maple peppered bacon, all natural ham, homemade local hormone-free sausage, soysage or country ham, served with goat cheese grits, home fries or asparagus: 7.65

**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): 9.75

**Eggs Betty** » Two poached eggs on a biscuit with all natural ham and homemade hollandaise, served with goat cheese grits or home fries: 8.99 (asparagus may be substituted for ham)

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

**Biscuit & Gravy** » One biscuit topped with milk gravy: 2.65  
One biscuit topped with red eye gravy: 3.45  
(add a side of all natural ham, maple peppered bacon, hormone-free sausage, country ham or soysage: 2.95)

Visit [www.tupelohoneycafe.com](http://www.tupelohoneycafe.com) for gift cards and a wide array of fabulous merchandise.

# BEVERAGES

**Jen's Homemade Hot Chocolate:** 1.99

**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.

**Sprecher Root Beer »** This truly old fashioned soda has the rich, creamy flavor that only comes from using pure Wisconsin honey direct from the combs: 2.50

**Make it a float!** Add a generous scoop of vanilla ice cream: 2.00

**Iced Tea:** 1.99

**Raspberry or Peach Iced tea:** 2.50 (one free refill)

**Soda:** 1.99 (Coke, Diet Coke, Sprite, Ginger Ale, Mr. Pibb)

**Panna Spring Water:** 3.00

**San Pellegrino Sparkling Water:** 3.00

**Our Exclusive Blend of Peruvian Organic Fairly-Traded Coffee:** 1.85 **Iced or Hot** (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

# SWEETS & COFFEE

Add a generous scoop of vanilla ice cream to any dessert or enjoy ala carte: 2.25

**Brown Butter Pecan Pie With Vanilla Bean**

**and Caramel Sauce »** Our famous pecan pie has more frequent flyer miles than we do since we ship hundreds of them all over the globe every day: 5.45

**Old Fashioned Brownie Sundae »** Rich, dreamy and sinful. Served a la mode with vanilla ice cream and chocolate and caramel sauce: 7.95

**Apple Crumb Cake »** Gluten free and delish!

Served with caramel and vanilla sauce: 8.49

**Banana Pudding »** Down home, traditional banana

pudding topped with a dollop of whipped cream: 4.49

**Boondock Beignets »** Deep fried deliciousness

rolled in cinnamon sugar, crushed almonds and drizzled with Tupelo honey: 4.49

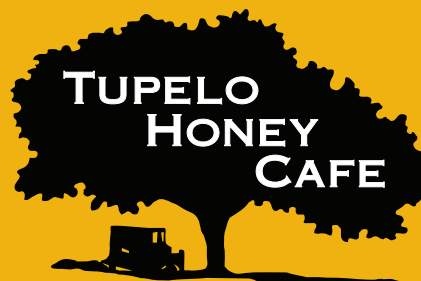
**Tupelo's Irish Cream Coffee »** with Bailey's Irish Cream,

regular or decaf coffee, and whipped cream: 6.00

*We are proud to support local farms and food purveyors whenever possible, serving the highest quality vegetables, meats and dairy products available.*

*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.*



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**DOWNTOWN ASHEVILLE**

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