

GLUTEN FREE

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STARTERS

Homemade Pimiento Cheese »
(with gluten free bread): 6.80

BREAKFAST

Eggs Betty » Two poached eggs, ham or asparagus on gluten-free bread, topped with lemon hollandaise and served with Goat Cheese Grits, steamed asparagus or honey-glazed fruit salad: 9.84
This dish is not available after 2PM

Breakfast Bowl » Salsa verde black-eyed peas and Goat Cheese Grits topped with two strips of bacon, two eggs over medium, cheddar cheese and Sunshot Salsa: 9.95

Country Breakfast » Two eggs your way (bacon, sausage, ham, and country ham can be prepared gluten free upon request) with Goat Cheese Grits, steamed asparagus, or honey glazed fruit salad: 7.95

Tupelo Omelet » A large fluffy omelet with choice of cheddar, Havarti, gorgonzola, pimiento, or goat cheese served with Goat Cheese Grits, steamed asparagus, or honey glazed fruit salad: 7.99

A la Carte Omelet Additions:

Add bacon, sausage, ham, or country ham 1.95

Add roasted red peppers, caramelized onions, sautéed mushrooms, garlic, asparagus, tomatoes, fresh spinach, Sunshot Salsa, jalapenos, basil, rosemary, or jalapeno-cilantro pesto .85 each

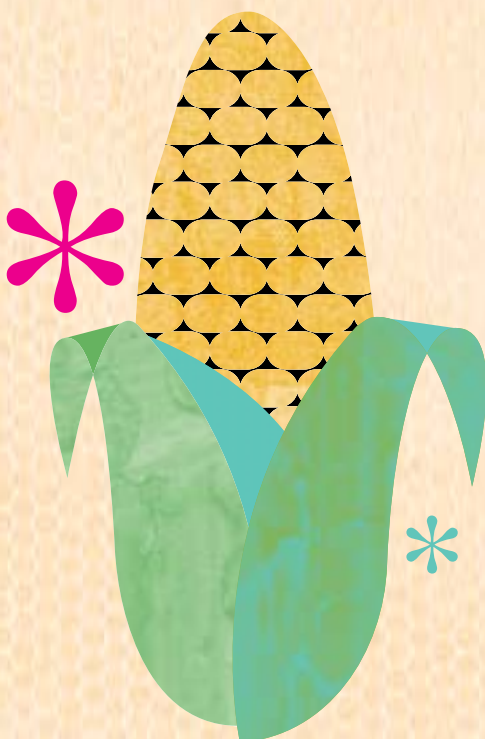
ENTREES

Brian's Shrimp and Grits »
Seven large shrimp in a spicy roasted red pepper sauce served over Goat Cheese Grits: 15.95
SHOO-Mercy » A dozen shrimp with bacon, caramelized onions, spinach and sautéed mushrooms: 21.95

Cajun Skillet Catfish » Served blackened with Sunshot Salsa over Goat Cheese Grits: 13.95

Sunshot Vegetable Plate »
Choose three of our gluten-free Farm Fresh Sides: 9.75

Tender Bistro Filet of Beef »
Topped with gorgonzola butter and a rich bordelaise sauce, it's one of the most flavorful entrees we've ever tasted. Served with cheesy smashed cauliflower and our chef's choice of a seasonal garnish: 19.95



SOUPS, SALADS & SANDWICHES

Tupelo House Salad » With mixed greens, grape tomatoes, shredded carrots, pickled red onions, and sunflower seeds: Small 3.25 Large 6.50

Changing Leaves Spinach Salad » With fresh baby spinach, pickled onions and beets, organic shredded carrots, chopped bacon, goat cheese, and spiced pecans: Small 4.65 Large 8.65

Southern Spring Salad » With mixed greens, sliced mushrooms, dried cranberries, toasted almonds, grape tomatoes, and crumbled gorgonzola: Small 4.65 Large 8.65

Add sautéed Shrimp 6.50

Add Blackened Catfish 6.50

A Big Hearty Mug of

Homemade Tomato Soup » 3.95

Soup and Tupelo House Salad » 6.95

Cheesy Grill and Tomato Soup » 8.80
(on gluten-free bread)

Classic Grill: Double Cheddar

Downtown Grill: Havarti and Pimiento

Uptown Grill: Havarti and Cheddar

Sheer Bliss Tupelo Burger » (on gluten-free bread) Half pound house-ground burger, with our delicious ratio of prime rib and beef short rib, seasoned and char-grilled to order (medium to well done only) served with lettuce, tomato, onion, and pickle with your choice of gluten-free Farm Fresh Side: 11.80

Add cheese: .85

Blackened, jalapenos, sautéed mushrooms or caramelized onions .85

Add bacon 1.95

DESSERTS

Sweet Potato Crème Brulee »

Sweet potatoes are a southern mountain staple but we've never seen this nutritious tuber quite this gussied up. It is scrumptious: 5.95

Naked Chocolate Cake » Our flourless cake is decadently chocolate-topped with vanilla ice cream: 6.95

DRESSINGS

Garlic Buttermilk Ranch

Blue Cheese

Basil Vinaigrette

Creamy Maple Mustard

Pecan Vinaigrette

Oil and Vinegar

FARM-FRESH SIDES

A la carte sides 3.25

(and you may substitute any side)

Cheesy Smashed Cauliflower **S**

Benne Asparagus **V S**

Steamed Asparagus **V S**

Smashed Sweet Potatoes **S**

Honey Pickled Beets **S**

Goat Cheese Grits **S**

House Salad **V S**

Brown Butter Brussel Sprouts **S**

Black eyed peas **V S**

Fruit Salad **S**

V Vegan

S Soy Free

*Tupelo Honey Cafe is **Great Kitchens Certified** by the National Foundation of Celiac Awareness. This training provides best practices for handling and preparation of gluten-free products in a restaurant that handles both gluten-free and gluten products.*

The consumption of raw or undercooked eggs, shellfish or meat may be harmful to your health. Please alert your server if you have any food allergies.

A gratuity of 18% is automatically added to parties of seven or more. Tupelo Honey Cafe accepts Visa, MasterCard and Amex. Sorry, no personal checks.

