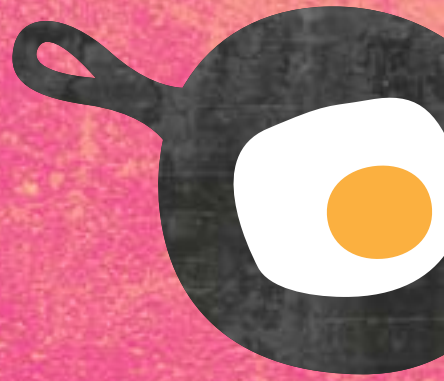


**W**hile we revere the time-honored traditions of the Southern cook, you will find our take on the Southern plate a little different. Because Asheville is a little different. Located at the intersection of Southern Appalachia and The Paris of the South, our town applauds creativity on street corners, in art galleries and artist studios, in music halls and theatres – and especially in our kitchen.



**WELCOME**  
*to our* **UNIQUELY**  
**ASHE-THENTIC**  
**TABLE**



NEW SOUTH FLAVORS. SCRATCH-MADE FUN.™



*Our transformation of just about everything Southern – from fried chicken to sweet potatoes to catfish – is decidedly spirited, independent, and frequently unscripted. We honor local farming and the delicious bounty that comes from our Blue Ridge Mountains. Our goal is to deliver a 10 on our Scale-of-Full-Flavor-Awesome-ness and add several heaping helpings of fun. We hope you'll come back 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

**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 with a garnish of seasonal greens: 7.45

**Tupelo's Encore Cheesy Grit Cakes** » Back by overwhelming popular demand, we present our deep-fried cheesy Crooked Creek Corn grit cakes, drizzled with hot sauce and served with our Sunshot Salsa and sour cream: 7.25

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

**Tupelo Wings** » Honey chipotle chicken wings served with bleu cheese 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 4.65 Large 8.65

**Southern Spring Salad** » Seasonal greens topped with mushrooms, dried cranberries, almonds, grape tomatoes and crumbled gorgonzola cheese, served with basil vinaigrette: small 4.65 Large 8.65

### SALAD PROTEIN ADDITIONS:

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

Catfish (Blackened): 6.50

Sautéed or Fried Shrimp (6): 6.50

Marinated Grilled Tofu: 3.25

### DRESSINGS

*Our scratchmade dressings are served on the side*

Basil Vinaigrette

Bleu Cheese

Garlic Buttermilk Ranch

Pecan Vinaigrette

Sesame Orange

Creamy Maple Mustard

## SANDWICHES

*Feel free to substitute any side for a Farm Fresh side. Gluten-free bread available for an additional 85¢*

**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. Served with home fries: 11.95

**When Shrimp Met Taco** » A perfect marriage of flash-fried, juicy shrimp, julienned swiss chard, our house-made smoked jalapeno aioli and Sunshot Salsa, all served in a soft flour tortilla and a side of sweet potato fries. A match made in heaven! 9.49

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

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

**Classic Grill:** Double Cheddar

**Downtown Grill:** Havarti and Pimiento

**Uptown Grill:** Havarti and Cheddar

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

**Southern Fried Chicken BLT** » Crispy fried free-range chicken breast, maple peppered bacon, dijonnaise, fresh lettuce & tomato on an artisanal bun. Served with home fries: 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 and a side of home fries: 8.95

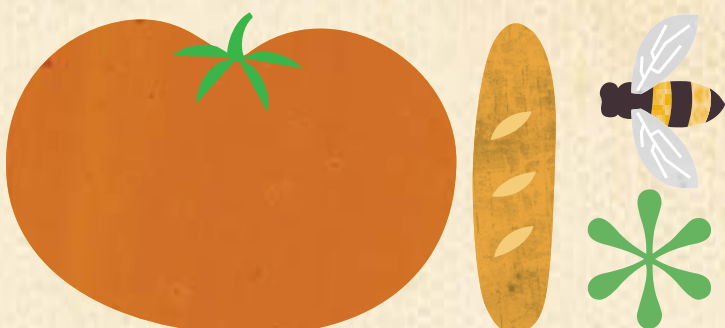
**Sheer Bliss Tupelo Burger** » Our half-pound house-ground burger, with its delicious blend of prime rib and beef short rib, equals burger perfection. Sublimely char-grilled, your first bite of our signature burger will leave you speechlessly happy. Served with lettuce, tomato, onion and homemade pickles and a side of home fries: 10.95

### BLACK BEAN & TUPELO BURGER ADDITIONS:

Cheese choices: cheddar, gorgonzola, goat, harvarti or pimiento: 85¢ each

Blackened, jalapeños, sautéed mushrooms or caramelized onions: 85¢ each

Add bacon: \$1.95



## 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: 15.95

**SHOO-Mercy** » A dozen shrimp with bacon, caramelized onions, spinach and sautéed mushrooms: 21.95

**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 and New South sautéed greens: 12.95

**Southern Fried Chicken Saltimbocca with Country Ham and Mushroom Marsala Sauce** » Crispy-fried, free-range chicken breast topped with country ham, melted havarti cheese and basil. Served with a mushroom marsala sauce, cheesy smashed cauliflower and our chef's choice of a seasonal garnish: \$15.95

**Stroganoff, Y'all** » Our Southern riff on classic creamy stroganoff featuring pork tenderloin in our cremini mushroom gravy. Served over Goat Cheese Grits and topped with jalapeno cilantro pesto and sour cream: 18.95

**Cajun Skillet Catfish** » This blackened catfish catch is topped with Sunshot Salsa and served over Goat Cheese Grits. Laissez les bons temps rouler: 13.95

**Petite Tender Medallions of Beef** » A juicy, sliced shoulder tender topped with gorgonzola butter and a rich bordelaise sauce, it's one of the most flavorful entrees we've ever tasted. Served medium rare with cheesy smashed cauliflower and a seasonal garnish: 19.95

**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 'n cheese and our chef's choice of a seasonal garnish: 14.95

**Gingered Ahi Tuna Steak** » Our marinade combines garlic and sesame. Then our fresh tuna is prepared rare served with our grilled pineapple ginger sauce, smashed sweet potatoes and our chef's choice of a seasonal garnish: 20.95

**Venerated Veggie Bowl** » We build this one fantastic layer at a time: Goat Cheese Grits topped with salsa verde black-eyed peas, a layer of savory sautéed greens and a heaping dose of crispy fried okra. Served with Sunshot Salsa. Sorry, no substitutions: 12.95

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



## FARM-FRESH SIDES

*A la carte sides 3.25*

Sweet Potato Fries

New South Sautéed Greens **V**

Cherry Pepper Cheddar Cornbread Muffins and Butter (2)

Cheesy Smashed Cauliflower **G S**

Benne Coated Asparagus **V G S**

Smashed Sweet Potatoes **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)

Brown Butter Brussel Sprouts **G S**

Fried Parmesan Corn On The Cob

Two Fried Green Tomatoes with Basil

Salsa Verde Black-eyed Peas **V G S**

Honey Glazed Fruit Salad **G S**

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

**V** Vegan

**G** Gluten Free

**S** Soy Free

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

## 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: 5.95 (add Grandma's Maple Granola for crunchy pancakes): 1.19 An absolute must!  
**SHOO-Mercy** » Double Stack: 11.25

**Tupelo's Omelet** » Build your own hearty omelet with your choice of one of the following: havarti, gorgonzola, 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, caramelized onions, sautéed mushrooms, garlic, asparagus, tomatoes, cilantro jalapeno pesto, fresh spinach, Sunshot Salsa, jalapeños, basil, or rosemary: 85¢ each

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

*We're proud to serve local free-range eggs.  
Poached eggs are available daily until 2pm*

**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: 7.95

**Fried Chicken and Biscuits** » Two biscuits smothered in milk gravy and topped with buttermilk fried chicken: 10.49

**Fried Egg BLT** » Two fresh eggs prepared over hard, two strips of maple peppered bacon, lettuce, tomato and smoked jalapeno aioli on sourdough wheat with your choice of home fries or Goat Cheese Grits: 7.95

**Eggs Betty** » Two medium-poached eggs on a biscuit with all natural ham and homemade lemony hollandaise, served with Goat Cheese Grits or home fries: 8.99 (Asparagus may be substituted for ham. Served until 2 p.m.)

**Breakfast Bowl** » Seasoned salsa verde black-eyed peas and Goat Cheese Grits topped with two over medium eggs, two maple peppered bacon strips, cheddar cheese and Sunshot Salsa (substitute one soysage for bacon): 9.95

**Grandma's Maple Granola** » Homemade with dried apples and toasted coconut, your choice of milk or vanilla soy milk, and garnished with bananas and dried cranberries: 6.95

[www.tupelohoneycafe.com](http://www.tupelohoneycafe.com)

**DOWNTOWN:** 12 College Street  
(828) 255-4863

**SOUTH SIDE:** 1829 Hendersonville Road  
(828) 505-7676

## BREAKFAST ADDITIONS

**Goat Cheese Grits:** 3.25

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

**Biscuit Topped With Milk Gravy:** 2.95

**Apple Butter, Whipped Peach Butter:** 75¢

**100% Maple Syrup 2 oz.:** 90¢

**Milk Gravy:** 2.25



## BEVERAGES

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

**Rosemary Peach Lemonade:** 2.50 (House made, 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)

**Our Exclusive Blend of Peruvian Organic Fairly-Traded Coffee:** 1.89  
Iced or Hot (endless!)

**Mighty Leaf Whole Teas:** 2.49  
Organic Earl Grey, Decaf Earl Grey, Organic Breakfast, Organic Hojicha Green Tea

**Mighty Leaf Herbal Teas:** 2.49  
Rainforest Mate, Chamomile Citrus or Organic Mint Mélange

*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.*