



Lunch Menu

Soups

Soup of the Moment.....cup 5.... bowl 6
All of our soups are house made from the freshest ingredients

Salads

Dressings: parmesan peppercorn, ranch, honey mustard, burgundy poppy seed, blue cheese, Vidalia onion, wild berry vinaigrette, Caesar, sherry vinaigrette, feta, balsamic vinaigrette, fat free tomato basil

- Green Salad**sm 5 ...lg 7
Mixed field greens with shredded carrot, cucumbers, grape tomatoes, and Parmesan cheese. Served with your choice of dressing
- Cobb Salad**.....9.5
Mixed field greens, baby spinach and romaine lettuce with smoked turkey, blue cheese, hard-boiled eggs, red onion, crispy bacon, tomatoes and avocados. Served with your choice of dressing
- Greek**.....7.5
Romaine, spinach, and leaf lettuces with kalamata olives, Spanish onion, bell pepper and tomato tossed in feta cheese vinaigrette
- Caesar**7.5
Chopped Romaine lettuce tossed with homemade garlic croutons, grated Parmesan cheese and a tangy Caesar dressing
- Southwest Salad**.....9.5
Chipotle grilled chicken over a bed of mixed field greens, grape tomatoes, Parmesan cheese, carrots, cucumbers, cilantro-lime salsa, tri colored chips and choice of dressing
- Tomato and fresh Mozzarella salad**.....8.5
Grape tomatoes and pearls of buffalo mozzarella are marinated with fresh basil and extra virgin olive oil. Presented on a bed of mixed field greens and drizzled with 25 year old balsamic vinegar and pink Hawaiian salt
- Create Your Own Salad**.....7.5
A fresh garden salad topped with your choice of tuna salad, chicken salad or egg salad and dressing
- Trio Salad**.....8.5
Your choice of any three of our house made salads or side salads on a bed of mix field greens and dressing
- Grilled shrimp over orzo pasta salad**.....8.5
Orzo pasta, artichoke hearts, mushrooms, feta cheese and sun dried tomatoes are tossed in a fresh basil vinaigrette and topped with sweet and spicy grilled shrimp

Add grilled Chicken or Salmon 4 add Shrimp 6

Combinations

- Soup and ½ Sandwich**.....9.5
Your choice of house made soup and ½ of any “create your own” sandwich
- Soup and Salad**.....9
Your choice of house made soup and a small green salad with choice of dressing
- Salad and ½ Sandwich**.....9
a crisp small green salad with you choice of ½ of any “create your own” sandwich

Sandwiches

Sandwiches served with pickle spear and choice of chips, red bliss potato salad,
pasta salad, or fruit

Create your own Sandwich

Your choice of one meat or salad; your choice of cheese; your choice of condiments and
your choice of fresh bread8.5

Meats and Salads

Smoked Turkey
Ham
Chicken Salad
Tuna Salad
Egg Salad
Pimento Cheese
Spinach and Feta

Cheeses

Provolone
Cheddar
Swiss

Condiments

Mayonnaise
Pesto Mayonnaise
Champagne Mustard
Cranberry Mustard.
Dijon Mustard

Breads

Croissant
French bread
Bread of the day
Honey Wheat
Cranberry Raisin
Spinach Wrap
Whole Wheat

Gourmet and Company Signature Items

Maryland Crab Cake Sandwich..... 10.5

Pan seared crab cake served on flaky croissant and topped with a stone ground
remoulade, garnished with lettuce, tomato, and onion

Gourmet Club 11

Layers of smoked turkey, ham, apple wood smoked bacon, Swiss, and cheddar cheeses
placed on choice of fresh bread finished with cranberry mustard, mayonnaise, lettuce,
tomato, and onion

Chicken Wrap 10

Strips of seasoned chicken breast sautéed with basil, garlic, sliced mushrooms, sun-
dried tomato strips, and provolone cheese mixed with a creamy peppercorn dressing
and wrapped in a heated flour tortilla

Tennessee Grilled Chicken Sandwich 10.5

A grilled chicken breast smothered with honey ham, hardwood smoked bacon and
melted Swiss cheese; served on flaky croissant and topped with a Jack Daniel's honey
Dijon spread.

Mountcastle Smoked Turkey Sandwich..... 10.5

Warm smoked turkey piled high and topped with grilled Granny Smith apple slices, apple
wood smoked bacon and Brie cheese served on croissant with cranberry mustard

Pimento Cheese Quesadilla.....8.5

Our house made pimento cheese melted with apple wood smoked bacon, fresh tomato
and jalapeno peppers in a crisp spinach tortilla

Gourmet Tuna Melt.....8.5

Our house made tuna salad is served on grilled Cranberry raisin bread with melted
cheddar and provolone

Hummus Sandwich8.5

House made chickpea hummus is served on crisp foccacia bread with pesto mayo, fresh
cucumber, tomato, avocado, red onion and leaf lettuce

Gourmet Burger..... 12

8oz. Burger made with filet and strip steak trimmings, topped with an apple wood
smoked bacon and caramelized onion relish, melted smoked gouda cheese and a
roasted garlic aoli on a hand made New York Kaiser Roll

Quiche of the Day8.5

Garnished with Parmesan cheese and served with fresh fruit and muffins