

BREAKFAST (MADE EASY TO TRANSPORT!)

Biscuit and Milk 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)

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 5.50 (add Grandma's Maple Granola for crunchy pancakes 1.05) An absolute must! **SHOO-Mercy** » Double stack 8.95

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** » New Orleans-style French toast made with City Bakery challah bread topped with cinnamon sugar, blueberry sauce, and toasted almonds: 6.95

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

Jumbo Lump Crab Meat Scramble » Three soft scrambled eggs with caramelized onions, spinach and havarti cheese served with grilled rustic bread and a choice of asparagus, home fries or goat cheese grits: 12.95

BEVERAGES

Jen's Homemade Hot Chocolate: 1.95

Jamie's Rosemary Peach Lemonade: 2.50 (Housemade)

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

Raspberry or Peach Iced tea : 2.50

Soda: 1.95 (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: 1.65 Iced or Hot

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

BREAKFAST ADDITIONS

Goat Cheese Grits 3.25

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

SWEETS

Brown Butter Pecan Pie with Vanilla & Caramel Sauces: 5.25

Banana Pudding with Whipped Cream: 3.95

Apple Crumb Cake » Gluten free and delish! Served with caramel and vanilla sauces: 8.00

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



ASHEVILLE'S NEW SOUTH KITCHEN

TO GO MENU

DOWNTOWN ASHEVILLE

12 College Street
(828) 255-4863

SOUTH ASHEVILLE

1829 Hendersonville Rd.
(828) 505-7676

tupelohoneycafe.com

Please visit our website for individual store hours of operation

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: 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 or Crispy Fried): 5.00

Sauteed Shrimp (6): 6.50

Catfish (Blackened or Cornmeal Fried): 6.50

Marinated Grilled Tofu: 3.25

SANDWICHES

All sandwiches, EXCEPT Cheesy Grill served with home fries. Feel free to substitute one farm fresh side if you prefer.

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 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 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): 9.50

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 with maple peppered bacon, dijonnaise, fresh lettuce & tomato on an artisan bun: 9.95

Mouth-watering Burger » Half pound of 100% local Hickory Nut Gap Farms hormone-free beef, perfectly seasoned and handcrafted on an artisan bun with lettuce, tomato, onion and homemade pickles (medium to well-done only): 10.00

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

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

 *Daytime Only*

 *Nighttime Only*

DRESSINGS

Our scratch made dressings are served on the side:

Basil Vinaigrette

Bleu Cheese

Blueberry Chipotle

Vinaigrette

Garlic Buttermilk

Ranch

Pecan Vinaigrette

Thousand Island

Creamy Maple Mustard

*Gluten free
bread available for
an additional 50¢*

STARTERS

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 bleu cheese or ranch dressing: 8.50


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


MAIN COURSE


 **Chargrilled Mahi Mahi »** 8oz wild caught Mahi topped with orange cilantro butter, served over goat cheese grits, seasoned pinto beans and a seasonal garnish: 16.95

 **Southern Stroganoff »** Seared pork tenderloin tips, cremini mushrooms, caramelized shallots and savory gravy, served over goat cheese grits with sour cream and jalapeño cilantro pesto with grilled rustic bread: 18.95

 **Chargrilled Wild Sockeye Salmon »** provided from our friends at Wild Salmon Co. with blueberry chipotle gastrique, topped with roasted corn and bacon salsa, served with squash casserole and a seasonal garnish: 19.95 add lump crab meat: 4.00

 **Bacon Wrapped Pork Tenderloin »** with chorizo sausage, lemon aioli, salsa verde pinto beans and goat cheese grits and a seasonal garnish: 19.95

 **Three Cheese Tortellini Primavera »** Three cheese stuffed tortellini with caramelized onions, roasted red peppers & spinach tossed in a basil pesto cream sauce: 13.95 Add shrimp(6): 6.50 Add grilled chicken: 5.00

 **Pimento Cheese Gratineed Beef Tenderloin »** 8 oz. chargrilled filet topped with melted pimento cheese and a peppered bacon gravy, mashed sweet potatoes and a seasonal garnish: 26.95

Tupelo Bangers and Smash » Twin beer braised pork bratwurst with chow-chow and stone ground mustard on the side. Served with smashed cauliflower, pinto beans and sautéed greens: 14.95

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, caramelized onions, spinach and mushrooms: 21.95 add lump crab meat to either dish: 4.00

Country Style Meatloaf » 10 oz. Hickory Nut Gap Farms hormone-free beef, seasoned to perfection with peppered bacon gravy, scratch made mac n’ cheese and a seasonal garnish: 14.95

Cajun Skillet Catfish » Blackened, topped with Sunshot Farm 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


FARM FRESH SIDES



Ala carte sides 3.25

Sweet Potato Fries

New South Sautéed Greens 


Cheesy Smashed


Cauliflower 


Benne Coated Asparagus  

Marinated Grilled Tofu 

Honey Pickled Beet Salad 

Tupelo House Salad  

Goat Cheese Grits 

Mashed Sweet Potatoes 

Fried Okra (AKA

southern popcorn)

Candied Ginger Cornbread



served with Whipped


Peach Butter


Bubba’s Brussel Sprouts  


Two Fried Green

Tomatoes with Basil

Salsa Verde Pinto Beans  

Honey Glazed Fruit Salad 

Scratch made Mac n’ Cheese 

Homestyle Squash Casserole 

 **Vegan**

 **Gluten Free**

 **Soy Free**