



[EVENING MENU](#)

ASHEVILLE'S NEW SOUTH KITCHEN

Welcome to our table. 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. We respect the time-honored traditions of the Southern cook, but we think our town is all about coloring outside the lines when it comes to fun, creativity and imagination. So that's how our fare is prepared and served. Executive Chef Brian Sonoskus oversees Sunshot Organics Farm, just north of town, which provides our kitchens with some of our vegetables and herbs. So we are keenly attuned to the changing seasons and the culinary offerings each one brings forward. We promise to deliver a dining experience that is fresh, delicious, satisfying, and memorable. We guarantee you will feel happily nourished. **Enjoy and please come back for seconds.**

APPETIZERS

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 blue cheese or ranch dressing: 8.50

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

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: 3.25 (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 housemade pecan vinaigrette: 8.50

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

Salad Additions:

Grilled Marinated Organic Free-Range Chicken: 12.50

Cajun Catfish: 13.50

Marinated Grilled Tofu: 11.75

DRESSINGS

Our homemade dressings available 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, may substitute one farm fresh side

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 grilled on request: 7.50

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

Tupelo Burger » Half pound of Hickory Nut Gap local, hormone free beef on an artisan bun with lettuce, tomato, onion and homemade pickles (medium to well-done only): 10.00 **SHOO-Mercy** » Make it a full one pound burger \$14.50

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

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



All sandwiches except Cheesy Grill & Tomato feature City Bakery breads

Gluten free bread available upon request

ENTRÉES

May substitute one farm fresh side on any entrée except where indicated †

Low Country Tuna » Spice-crusted, medium-rare tuna steak with twin crab cakes, toasted sesame seed coleslaw and mashed sweet potatoes garnished with zesty cilantro pesto. \$22.95

Pritchard's Buttermilk Fried Pork Rib Chop » Bone-in with housemade creamy red eye gravy, mashed sweet potatoes and a vegetable garnish: 18.95

New South Sea Scallops » Simmered with a lightly spiced trinity of vegetables (onions, bell peppers & celery), tomatoes and spinach topped with a cheesy grit cake: 19.95 †

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 sausage, caramelized onions, spinach and mushrooms: 21.95 †

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

Cajun Skillet Catfish » Blackened, topped with Sunshot 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

Chargrilled Mahi » 8oz wild caught Mahi topped with orange cilantro butter, served over goat cheese grits, spiced black beans and a vegetable garnish. 16.95

French Broad Flank Steak » Chargrilled hormone-free flank steak cooked medium-rare served with cheesy mashed cauliflower, a green peppercorn bordelaise and a vegetable garnish: 17.95

Smoked Jalapeño Glazed New York Strip » 12 oz. hormone-free strip steak, grilled to order with housemade tangy smoked jalapeno sauce, mashed sweet potatoes and a vegetable garnish: 23.95

Chargrilled Beef Tenderloin » 8 oz. hormone-free tenderloin over cremini mushroom ragout with black truffle butter, mashed sweet potatoes and a vegetable garnish. 26.95

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

Sautéed Greens **V**

Cheesy Mashed 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**

Toasted Sesame Seed Coleslaw **G**

Mashed Sweet Potatoes **G S**

Fried Okra

Goat Cheese Grits **G S**

Candied Ginger Cornbread Served
With Whipped Peach Butter

Bubba's Brussel Sprouts **V G S**

Two Fried Green Tomatoes With Basil

Salsa Verde Pinto Beans **V G S**

Spiced Black Beans **V G S**

V Vegan **G** Gluten Free **S** Soy Free

BREAKFAST

Biscuit and Milk Gravy: 2.65 (add ham, maple peppered bacon 85¢) or (add homemade local hormone-free sausage, country ham or soysage 1.95) **SHOO-Mercy:** Double biscuits and gravy with sausage, ham and bacon (substitute triple soysage) 6.25

Sweet Potato Pancake » 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 **SHOO-Mercy** » Double Stack 8.95

Tupelo's Omelet » Large hearty omelet served with your choice of one of the following: havarti, gorgonzola, swiss, cheddar, goat or pimento cheese, served with home fries or goat cheese grits: 7.95

A la Carte Omelet Additions:

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

Ham, maple peppered bacon, homemade local hormone-free sausage, soysage: 1.95 each

Country Breakfast » Two fresh eggs your style with choice of maple peppered bacon, smoked ham, homemade local hormone-free sausage, soysage or country ham, served with goat cheese grits, home fries or asparagus: 7.50

BEVERAGES

Jen's Homemade Hot Chocolate: 1.95

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.

IBC Bottled Root Beer: 2.00

Iced Tea: 1.95

Soda: 1.95 (Coke, Diet Coke, Sprite, Ginger Ale, Fanta Grape)

Panna Spring Water: 3.00

San Pellegrino Sparkling Water: 3.00

Our exclusive blend of Peruvian Organic Fairly-Traded Coffee: 1.65 (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

DESSERTS & COFFEE

Brown Butter Pecan Pie with Vanilla & Caramel Sauce: 5.25

Triple Chocolate Cake for Two » (it's decadent as it is big!)
with Raspberry & Vanilla Sauces accompanied by Raspberry & Mocha Milk Shooters: 10.00

Lemon Berry Mascarpone Layer Cake with

Raspberry & Vanilla Sauces: 6.25

Banana Pudding with Whipped Cream: 3.95

Tupelo's Irish Cream Coffee » with Bailey's Irish Cream, regular or decaf coffee, whipped cream: 6.00

BREAKFAST A LA CART

Biscuit 50¢

One Egg 1.30

Home Fries 2.25

Bacon, Ham 3.25

Goat Cheese Grits 3.25

Candied Ginger Cornbread
(with Peach Butter) 3.25

Homemade local hormone-free sausage, Country Ham, Soysage 2.95

Apple Butter, Whipped Peach Butter 50¢

100% Maple Syrup 2oz 80¢

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.



ASHEVILLE'S NEW SOUTH KITCHEN

DOWNTOWN ASHEVILLE

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SOUTH ASHEVILLE

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