

## Appetizers

### Tavern Wings

Choice of Flavor: Buffalo, Mild, Hot, Honey Soy & Buffalo Bleu Cheese

### Buffalo Mozzarella & Eggplant Rollatini

Roasted Eggplant, Mozzarella, Tomato Basil Sauce

### Roasted Vegetable Quesadilla

Zucchini, Red Onion, Portabella Mushrooms, Red Peppers, Eggplant, Pepper Jack Cheese, Black Bean & Corn Salsa

### Calamari with Sundried Tomato & Olive Salsa

Flash Fried, Capers, Oregano, Olive Oil, Lemon Basil Aioli

### The Tavern Sampler

A sample of Hickory-Smoked Ribs, Chicken Wings & Roasted Vegetable Quesadilla

## Soups & Salads

### Soup of the Day

### New England Clam Chowder

### Caesar Salad

Hearts of Romaine, Garlic Croutons, Asiago & Parmesan Cheeses

### Chicken, Salmon

*Skinny Caesar dressing available*

### Tavern Chop House Salad

Chopped Romaine, Iceberg, Radicchio, Shredded Carrots, Sweet Onions, Kalamata Olives, Tomatoes, Blue Cheese, Sherry Vinaigrette

### Panzanella Salad

Spring Lettuce, Banana Peppers, Roasted Red Peppers, Baked Crostini, Tomatoes, Feta, Roasted Shallot Vinaigrette  
(249 calories, 11 g protein, 24 g carbs, 14 g fat, 7 g saturated fat, 149 mg sodium, 4 g sugar, 3 g fiber)

### Cranberry Walnut Omega Salad

Organic Baby Greens, Pumpkin Seeds, Cranberries, Avocado Walnut Vinaigrette

(Approx: 355 calories, 39 g protein, 12 g carbs, 178 mg sodium, 5 mg sugar, 5 mg fiber)

**Grilled Chicken, Salmon, Shrimp, Tuna**

## Sandwiches

Served with your choice of Fries, Sweet Potato Fries, Onion Rings, Potato Salad, Cole Slaw, Chips, Fruit, House Salad or Fried Green Beans.

### Tavern Burger

Black Angus Beef, White Cheddar, Applewood Smoked Bacon, Lettuce, Tomato, Onion, Toasted Kaiser Bun

### Deli Selection

Chicken Salad, Tuna Salad, Egg Salad or Your Choice of Boar's Head Deli Meat, Cheese and Bread

### Deli-selection Half-sandwich and Soup

### Tavern Club Sandwich

Boars Head Smoked Turkey, Ham, Applewood Smoked Bacon, Swiss, Cheddar, Lettuce, Tomato

### French Dip

Shaved Roast Beef, Au Jus, Provolone Cheese, Crusty French Bread

 Denotes Wellness Selection

## Wraps

Served with your choice of Fries, Sweet Potato Fries, Onion Rings, Potato Salad, Cole slaw, Chips, Fruit, House Salad or Fried Green Beans.

### Mahi Mahi Wrap

Grilled Mahi Mahi, Lettuce, Kalamata Olives, Feta Cheese, Tomatoes, Greek Vinaigrette

### Jerk Chicken Wrap

Grilled Chicken, Lettuce, Tomato, Onion, Black Bean & Corn Salsa, Grilled Pineapple, Chipotle Sauce

## Features

### Hickory Smoked Ribs

Full Rack/Half Rack of House Smoked Pork Ribs, Cole Slaw, Coffee BBQ Sauce & House Baked Beans

### Steak Marsala

8 oz Sirloin Steak, Loaded Baked Potato, Marsala Sauce, Choice of Soup or Salad

### Tempeh & Vegetable Curry

Eggplant, Baby Corn, Bamboo Shoots, Carrots, Thai Chiles, String Beans, Cilantro, Baby Bok Choy, Coconut Milk, Curry Broth  
(315 calories, 26 g protein, 22 g carbs, 17 g fat, 6 g saturated fat, 94 mg sodium, 3 g sugar, 5 g fiber)

**Chicken, Shrimp**

### Soy Glazed Salmon

Snow Peas, Carrots, Shitake Mushrooms, Baby Corn, Bamboo Shoots, Bok Choy  
(Approx: 351 calories, 37 g protein, 16 g carbs, 262 mg sodium, 5 mg sugar, 4 mg fiber)

### Grilled Rainbow Trout

Local North Carolina Trout, Cannellini Beans Salad, Coriander Vinaigrette

### Features of the Day

Ask your server about our Chef's Special, Salad, Fish & Dessert of the Day.

## Pizza & Pasta

### Tavern Hand Tossed Pizza

Twelve inch with six slices

*Choice of sauce:*

Marinara, Alfredo, BBQ or Pesto

*Choice of two toppings:*

Mozzarella, Fontina, Feta, Goat Cheese, Smoked Gouda, Brie, Bacon, Pepperoni, Italian Sausage, Chicken, Sundried Tomatoes, Spinach, Vine Ripe Tomatoes, Roasted Onion, Mushrooms, Roasted Garlic, Kalamata Olives, Broccoli, Artichokes, Banana Peppers, Jalapenos

### Walnut Cove Pasta Bowl

*Choice of pasta:*

Linguine, Rigatoni, Gluten Free Fusilli, Whole Wheat Penne

*Choice of sauce:*

Marinara, Alfredo, Pesto

*Choice of ingredients:*

Sundried Tomatoes, Vine Ripe Tomatoes, Spinach, Mushrooms, Roasted Garlic, Kalamata Olives, Broccoli, Roasted Onion, Roasted Red Peppers, Artichokes, Zucchini, Asparagus, Parmesan, Feta, Goat Cheese

*Choice of protein:*

**Chicken, Salmon, Shrimp**

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