

LUNCH

THE TIN ANGEL

APPETIZERS

<i>Vine Ripened Tomato & Fresh Mozzarella;</i> with basil pesto and crostini	7.00
<i>Fried Calamari;</i> with spicy marinara	6.50
<i>Crab Cakes;</i> Chesapeake Bay Style, with spicy citrus rémoulade	6.50
<i>Apple Harvest Salad;</i> Gala apples, cranberries, walnuts, bleu cheese and mixed greens tossed in orange-ginger dressing	6.75
<i>Our House Salad;</i> fresh crisp greens & veggies; your choice of dressing Lemon Herb, Orange-Ginger, or Buttermilk Bleu Cheese	5.00
<i>Fried Green Tomatoes;</i> with horseradish sauce	6.25
<i>Soup of the Day</i>	3.75

GARDEN ENTREES

Black & Bleu Steak Salad 100% grass fed, all natural, from "**gourmet pasture beef**" in Springfield TN.
Blackened top sirloin on mesclun salad with herb vinaigrette & Danish bleu cheese 13.75

Harvest Chicken Salad Panko crusted fried chicken breast, on mixed greens tossed in orange-ginger dressing.
With gala apples, blue cheese, walnuts and lightly sweetened sundried cranberries 12.75

Med Salad Grilled shrimp, chickpeas, artichokes, roasted red bell peppers, red onions, orzo, feta cheese, toasted pumpkin seeds, and more with mixed greens and sun-dried tomato dressing 14.00

ENTREES

Cha-Cha Chicken Grilled boneless breast with apple chutney, baked sweet potato & sesame green beans 12.75

"All In" Pasta Artichokes, tomatoes, black olives, fresh basil, spinach, garlic and Parmesan on linguine 10.75
(ADD SHRIMP 4.25) (ADD CHICKEN 3.50) (ADD MEATBALLS 2.50)

Red Curry Veggies & Rice Fresh basil, shiitake mushrooms, bok choy, broccoli, onions, peppers, carrots and spinach in red curry coconut sauce on basmati rice with crispy wontons and peanuts 11.00
(ADD SHRIMP 4.25) (ADD CHICKEN 3.50)

Butternut Squash & Goat Cheese Lasagna Roasted veggies layered with three cheeses, herbs & noodles
Accented by sautéed spinach, Parmesan and smoked tomato & béchamel sauces 12.25

Inside Out Eggplant Parmigiana Eggplant slices sandwiched with Italian cheeses, with panko crust,
served with grilled vegetables, fresh spinach & meatless marinara 11.00

New England Shrimp Roll In a buttered fresh grilled roll with shredded lettuce & hand-cut fries 10.00

Chicken Basil Brie Grilled boneless breast & brie open-faced on sourdough french bread with basil mayonnaise.
Served with green bean & tomato salad 11.25

Angel Burger Half pound of Black Angus beef, with red onion, lettuce, tomato & fries 9.00
(ADD PROVOLONE CHEESE 1.00)

Chicken Quesadilla Flour tortilla rolled around grilled chicken breast, roasted poblanos, sweet pepper and
Monterey Jack cheese with housemade salsa, sour cream & black bean salad 12.25

Vegetable Quesadilla Fresh spinach, mushrooms, roasted poblanos, caramelized onions, tomatillos, sweet peppers
and Monterey Jack cheese, in a flour tortilla with salsa, sour cream, scallions and black bean salad 10.75

SEASONAL SANDWICHES

"S-S-S" Seasonal Sandwiches below also available as: Half Sandwich, Side Salad & a Cup of Soup 8.50

House Smoked Turkey Sandwich TN buttermilk cheddar, apples, greens & spicy mustard on honey wheat bread
with sweet potato salad 10.00

Tuna Salad B L T With apple-wood smoked bacon, lettuce & tomato on toasted Italian bread with hand-cut fries 9.00

Get Your Veggies On Toast Cooked and seasoned squash, artichokes, onions, mushrooms, pepper tossed with
olive oil on Tuscan toast with melted Swiss Gruyère, avocado & fresh basil. Served with green salad 10.00

Our Breads & Rolls are Locally made Artisan Breads

We do not list every ingredient we use. If you can't tolerate specific foods, please tell your server.