HOUSE~BLEND SALADS

salads served with dressing on the side, unless noted

GREEK SALAD: Diced tomato, cucumber, Kalamata olives and crumbled feta $6.50

HB COBB SALAD: Chopped roasted chicken, sliced avocado, crumbled bacon, hard-cooked egg, with housemade Bleu cheese dressing $7.50

CALIFORNIA SALAD: Strawberries, walnuts and crumbled Bleu cheese (seasonal substitute: mandarin oranges) $6.50

SONOMA SALAD: Baby Spinach with goat cheese, dried cranberries, and pecans $6.50

DRESSED KALE SALAD: Full of super-foods: Baby kale, dried cherries, almonds, Parmesan, and sugar-snap peas tossed in our House Vinaigrette $6.99

GARDEN SALAD: Tomato, cucumber, shredded Parmesan and almonds $5.99

CHICKEN CAESAR SALAD: Roasted chicken, Parmesan, and croutons $7.50

ADD roasted chicken to any salad: $1.50

Dressing Choices: Balsamic, 4-Cheese Vinaigrette, Poppyseed, Ranch, Caesar, Bleu Cheese, House Vinaigrette

Our salads feature varities of organic lettuce grown in Dickson County; and local produce whenever available.

BREAKFAST TIME OR ANY TIME

Greek Yogurt with housemade granola and agave
$4.25
Add fresh fruit: $1.00 Add Nutella: $0.75

Peanut butter and banana on toasted wheat bread
$3.99

Nutella and banana Panini on wheat bread
$4.25

Breakfast-sized Ham and Cheddar Panini
$3.99

Cheese Toast
1 Slice $1.99
2 Slices $3.99

Bagel with cream cheese
$1.99

See our full breakfast menu available every morning!

Gluten-free bread available to substitute for any sandwich $0.50

HOUSE~BLEND
is NOT a nut-free or gluten-free kitchen.

SIGNATURE SANDWICHES

THE HAWAIIAN: Honey ham, pineapple and Muenster cheese served hot on focaccia bread, spread with herb-mayo $6.75

THE SANTA-FE WRAP: Roasted chicken, black beans, corn, shredded cheese and fresh salsa wrapped in a sun-dried tomato tortilla, served with salsa and sour cream $6.99

THE TUNA MELT: Our Italian tuna salad is made with olive oil, red onion, diced tomatoes, and capers with melted Swiss cheese on wheat bread $6.25

THE ARTICHOKE: Roasted chicken and housemade artichoke lemon pesto smothered with fresh mozzarella on crusty mountain white bread $7.50

THE GREEN GRILL: pesto, fresh spinach, avocado, goat cheese and a slice of Swiss on wheat bread complete this new twist on a grilled cheese $6.25

THE PICNIC: Our amazing HB pimento cheese served on wheat bread $5.25

MIGHTY MISSISSIPPI: Roasted chicken with a tangy barbecue sauce grilled on our Panini $5.50
Add a slice of Cheddar or Swiss $0.50

THE CHESAPEAKE: Shaved turkey breast, cheddar cheese, tomatoes, and greens with avocado on wheat $6.75

THE BAGEL BOMB: Housemade hummus, tomato, cucumber and Muenster served on a toasty bagel $5.50

THE RODEO WRAP: Roast beef, Muenster cheese, tomato and fresh baby Spinach wrapped in a tortilla with our cool and creamy horseradish spread $6.75