

HOUSE~BLEND SALADS salads served with dressing on the side, unless noted

SONOMA SALAD: Baby Spinach with goat cheese, dried cranberries, and pecans	\$7.25
GREEK SALAD: Diced tomato, cucumber, Kalamata olives and crumbled feta	\$7.50
CHICKEN CAESAR SALAD: Roasted chicken, Parmesan, and croutons	\$7.99
HB COBB SALAD: Chopped roasted chicken, sliced avocado, crumbled bacon, hard-cooked egg, with housemade Bleu cheese dressing	\$8.50
CALIFORNIA SALAD: Strawberries, walnuts and crumbled Bleu cheese ADD a scoop of cranberry chicken salad: \$3.25	\$7.50
WEST COAST CEASAR: Chopped Kale, Parmesan, almonds, dried cranberries, and croutons tossed with our house Caesar dressing	\$7.99
GARDEN SALAD: Tomato, cucumber, shredded Parmesan and almonds	\$6.99
ADD roasted chicken to any salad:	\$1.99

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

Our salads feature varieties 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
\$4.99

Breakfast-sized Ham and
Cheddar Panini
\$3.99

Cheese Toast
1 Slice \$1.99
2 Slices \$3.99

Bagel with cream cheese
\$2.25

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 \$7.50

MAIN STREET CLUB: Sliced turkey breast, Applewood smoked
bacon, red onion and tomato with our pesto-mayo \$8.25

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 \$7.99

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 \$6.99

THE ARTICHOKE: Roasted chicken and housemade artichoke
lemon pesto smothered with fresh mozzarella on crusty mountain
white bread \$8.25

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 \$6.99

THE CHESAPEAKE: Shaved turkey breast, cheddar
cheese, tomatoes, and greens with avocado and our housemade
honey-dijon spread on wheat \$7.50

THE BAGEL BOMB: Housemade hummus and tomato
broiled with Muenster cheese and cool cucumber, served on
a toasty open-faced bagel \$6.50

THE RODEO WRAP: Roast beef, Muenster cheese, tomato and
fresh baby Spinach wrapped in a tortilla with our cool and
creamy horseradish spread \$7.25