



# CARMELS<sup>★</sup>

kitchen & bar

*lunch*

## {STARTERS & SHARING}

*Plenty of perfect ways to begin your meal*

- FRIED HOUSE MADE PICKLES** \$7  
 🍴 Chili-spiked sweet bread & butter pickles and  
 🍴🍴🍴 Smokey-maple fire pickles

---

- PIMENTO CHEESE** \$9  
 Our housemade blend of cheeses with jalapenos, garlic crostini

---

- ROOTS HUMMUS** \$9  
 Grilled pita, veggies

---

- FRIED GREEN TOMATOES** \$10  
 Fried tomatoes, fresh mozzarella, arugula, balsamic vinaigrette, bacon, herb aioli

---

- PORK SPRINGROLLS (3)** \$10  
 Pulled pork and shredded cabbage, Cheerwine bbq sauce

## {SIGNATURE SANDWICHES}

*Original & tasty*

- CATFISH REUBEN** \$13.50  
 Fried catfish, buttermilk slaw, swiss cheese, thousand island on Annie's griddled rye

---

- PORTABELLA SANDWICH** \$12  
 Grilled portabella mushroom, arugula, toasted almonds, sundried tomato brie on Annie's Ciabatta

---

- TURKEY PANINI** \$10.50  
 Smoked turkey, swiss cheese, cherry pepper-cranberry mayo

---

- CRABCAKE** \$13.50  
 Backfin & claw crabcake, lettuce & avocado with remoulade sauce on a toasted brioche roll

---

- GRILLED CHEESE ON SOURDOUGH** \$9.50  
 Choose two cheeses: mozzarella, American, swiss, goat, gorgonzola, cheddar, or pimento

---

- Add – Basil pesto, fontina cheese, spinach, cherry pepper relish, candied tomatoes, sundried tomato pesto \$1.50

---

- Add – Pecan-smoked bacon, avocado, crumbled sausage, fried green tomatoes \$2.50

---

- BLT** \$10  
 A Classic! Pecan-smoked bacon, lettuce, tomatoes & Duke's mayo on grilled wheatberry bread

---

- Add – Turkey breast \$4

---

- Add – Salmon \$6

---

- FGT** \$10.50  
 Fried green tomatoes, spinach, red onion, cheddar, remoulade sauce on griddled sourdough

---

- VEGGIE BURGER** \$9.50  
 Pickles, slaw, red onion, Cheerwine BBQ

---

- CHICKEN SANDWICH** \$11.50  
 Grilled or fried, fresh mozzarella, basil aioli, tomato, lettuce, on a toasted brioche roll

---

- CARMEL'S BURGER\*** \$12  
 8 ounces of local grass-fed beef, cheddar, lettuce, tomato, onion

---

- Add – Fried egg\* or pecan-smoked bacon \$2.50

## {SOUPS & GREENS}

*All our salad dressings are made from scratch*

- TOMATO GOAT CHEESE BISQUE OR SOUP OF THE DAY** \$5/7  
 Cup/Bowl

---

- GARDEN SALAD** \$5/7  
 Mixed greens, cucumber, carrot, tomato, onion, herbed-lemon vinaigrette

---

- BLT SALAD** \$6/9.50  
 Heart of romaine, pecan-smoked bacon, tomato, Gorgonzola cheese & buttermilk ranch dressing

---

- CAESAR SALAD** \$6/9.50  
 Classic tossed romaine with croutons, parmesan cheese, housemade caesar dressing

---

- SPINACH SALAD** \$7/10  
 Chiffonade of spinach & romaine tossed with blueberry stilton, spicy walnuts, pear, olive oil, balsamic reduction

---

- SEASONAL HOUSE SALAD** \$9/12  
 Watermelon, baby spinach, arugula, tomato, cucumber, balsamic reduction, feta cheese, sunflower seeds

★ **MAKE IT A MEAL!** Add to any salad:  
 4 oz. or 8 oz. Grilled or Blackened Salmon \$6/12  
 Grilled or Blackened Chicken \$6.50  
 Grilled or Blackened Shrimp \$8.50

## {GRILLED PIZZAS}

*We make our own dough and hand toss it every day*

- CAROLINA BBQ CHICKEN** \$11.50  
 Grilled chicken, red onion, pecan-smoked bacon, Lusty Monk bbq sauce, smoked mozzarella

---

- MUSHROOM PIZZA** \$13  
 Confit of mushrooms, Fontina cheese, mozzarella, caramelized onions and drizzle of balsamic reduction, arugula

---

- BUFFALO CHICKEN** \$11.50  
 Grilled chicken, gorgonzola cheese, mozzarella, celery, buffalo sauce, drizzle of ranch

---

- CANDIED TOMATO & BRIE** \$13  
 Brie, candied tomatoes, spinach, sundried tomato pesto, mozzarella & rosemary oil

---

- MEAT LOVERS PIZZA** \$12.50  
 Classic marinara, pepperoni, Hickory Nut Gap sausage, bacon and mozzarella cheese

---

- WHITE ZUCCHINI PIZZA** \$11.50  
 Zucchini, cheese, sauce, fresh ricotta, parmesan

---

- CHEESE PIZZA** \$9.50  
 Add – Mushrooms, red onion, tomato, extra cheese, spinach, fresh basil, jalapenos \$1.50

---

- Add – Brie, bacon, pepperoni, pulled pork, chicken, sausage, gorgonzola, smoked mozzarella \$2.50

---

- GLUTEN-FREE CRUST** \$2.50

\* These items may be cooked to temperature. Consuming raw or undercooked meats, fish, shellfish or eggs may increase your risk of food-borne illness, especially if you have certain medical problems.

★ **Choice of one side with Signature Sandwiches**  
 Sweet potato fries, waffle fries or buttermilk slaw or substitute with a house side salad \$2