

The Southern Gourmet



"Where Southern Meets Gourmet"

9101 Monroe Road Suite 110
Charlotte, NC 28270

Café Hours:

Monday - Friday 11:00am – 3:00pm
Pick up Catering by Appointment

Chef de Cuisine: *Kirstie Bain*

Pastry Chef: *Heather Velasco*

Grill Master: *Susan Jones*

Café - Catering - Homemade Desserts

For our complete catering menus and concepts please
Visit our website: www.thesoutherngourmet.net

Gourmet Sandwiches & Panini

Gourmet Sandwiches & Panini's are served with your choice of:
Salt & Pepper Corn Chips ~ Mac & Cheese Cupcake ~ Seasonal Fruit Salad
House Salad ~ Country Potato Salad ~ Cranberry Almond Cole Slaw ~ Pasta Salad

GRILLED SALMON BLT

Fresh center cut salmon filet, seasoned & grilled to medium well & topped with crispy bacon, fresh spinach leaves, homemade tomato jam and roasted red onion mayonnaise on a grilled Brioche roll... 12.99 add cheese...79 cents

New – STRAWBERRY TURKEY BRIE PANINI

Smoked Turkey, creamy Brie cheese, fresh strawberry slices, basil mayonnaise, & red pepper jelly on grill-pressed Panini bread... 8.99

CRAB CAKE BURGER

Sweet Back Fin & Lump Crab Cake, sautéed & topped with crisp leaf lettuce & homemade Dill Caper sauce served on a grilled Brioche roll... 12.99
Crab Cake cheeseburger add....79 cents

New - THAI PEANUT WRAP

Organic baby greens, cucumber matchsticks, roasted red bell peppers, Crispy chow main noodles and peanut ginger dressing in a grilled spinach & herb wrap
Grilled Vegetable...7.99 Grilled Chicken...8.99 Grilled Shrimp...12.99

CUBANO

Apple wood smoked pork loin, baked ham, Swiss cheese, dill pickles, Mayonnaise & Dijon mustard on a grill-pressed Panini bread... 8.99

ASIAGO - PARMESAN FISH FILLET

Fresh Basa fillet dredged in Rosemary Scented Asiago & Parmesan cheeses, Pan sautéed until golden & crunchy, then topped with creamy Havarti cheese, Crisp leaf lettuce & Dill Caper sauce on a grilled Brioche roll...10.99

New - CAPRICE CHICKEN CLUB

Tuscan spiced grilled chicken topped with fresh mozzarella cheese, farmers market tomatoes, Leaf lettuce, crispy bacon, basil mayo & balsamic drizzle on a grilled Brioche roll...10.99

New – CLASSIC TUNA MELT

Albacore tuna salad prepared with mayo, celery, pickle relish, red onion, Dijon mustard, & spices with creamy Havarti cheese on pan seared rustic whole grain bread...8.99

New – MEDITERRANEAN GRILLED CHEESE

Cheddar, Havarti & Gruyere Cheeses, roasted red bell peppers, marinated olive salad, Cucumber slices fresh spinach & Basil Mayo on grilled panini flatbread...9.99
Pile on the Bacon...1.99

CLASSIC TURKEY OR HAM PANINI

Shaved Smoked Turkey Breast or Black Forrest Ham with zesty Gruyere Cheese spread & homemade red onion mayonnaise on a grill pressed Panini bread...8.99
Pile on the bacon... 1.99

SALAD DRESSING SELECTIONS

Vidalia Vinaigrette ~ Salsa Ranch ~ Red Wine Vinaigrette
Dilled Buttermilk ~ Honey Balsamic ~ Ginger Peanut ~ Blue Cheese

Consuming raw or undercooked meat, poultry, shellfish, or eggs may be a risk to your health.

Market Salad Sandwiches

Market Salad Sandwiches are served on your choice of Petite Croissants, Rustic Whole Grain Bread, Spinach & Herb Wrap, or Brioche Roll with crisp leaf lettuce and served with one of our homemade sides.

HOMEMADE HAM SALAD

Smoked ham, pickle relish, red onion & a touch of mayonnaise... 8.99

HOMEMADE CHICKEN SALAD du JOUR

Fresh "Prestige Farms Chicken" prepared as Italian, Mesquite Grilled, Vineyard, Curry, Roasted, Thai Peanut or Smoked Chicken Salad
Please ask for today's selection ... 8.99

HOMEMADE EGG SALAD

Hard cooked eggs, mayo, sweet pickle relish, Dijon mustard & spices...7.99

HOMEMADE TUNA SALAD

Albacore tuna, mayo, celery, pickle relish, Dijon mustard & spices...8.99

PETITE CROISSANT & SIDE SALAD

One of our petite croissants stuffed with your choice of any Homemade market salad, served with your choice homemade side dish
One Croissant & Side...6.99 Two Croissants & Side...8.99

MAC & CHEESE CUPCAKE & HOUSE SALAD

Homemade Mac & Cheese Cupcake & a fresh garden salad...5.99

Sides:

Salt & Pepper Corn Chips ~ Mac & Cheese Cupcake ~ Seasonal Fruit Salad
House Salad ~ Country Potato Salad ~ Cranberry Almond Slaw ~ Pasta Salad

~ Gourmet Street Tacos ~

CARNITA

Smokehouse pulled pork, cheddar cheese, crunchy cabbage, salsa ranch...10.99

BARBACOA

Slow roasted beef, adobo sauce, shredded queso, pickled onion, organic greens...11.99

GRILLED SHRIMP

Grilled shrimp, crunchy cabbage, mango salsa, Cilantro Lime Crema...12.99

FISH TACO

Grilled salmon, crunchy cabbage, mango salsa, Cilantro Lime Crema...12.99

SMOKED CHICKEN & BACON

Smoked chicken, crispy bacon, black beans, grilled corn, pickled onion, organic greens, Queso, Cilantro Crema...10.99

Three tacos per order.
Choose Flour or Corn Tortillas.

Gourmet Salads

All Gourmet salads are served with Grilled Flat Bread

SOUTHWEST

Organic gourmet greens, grape tomatoes, grilled sweet corn, Black beans, red onion, cucumber, cheddar cheese, house made tortillas & pumpkin seeds served with homemade salsa ranch...6.99

Add Chipotle Grilled Chicken or Rasher of Crispy Bacon...9.99

Add Chipotle Grilled Salmon or Jumbo Shrimp, Crab Cake...12.99

TUSCAN

Organic gourmet greens, fresh mushrooms, artichoke hearts, roasted red bell pepper, Kalamata olives, Gorgonzola cheese & red onion served with our homemade Honey Balsamic dressing...6.99

Add Tuscan Grilled Chicken or Rasher of Crispy Bacon...9.99

Add Tuscan Grilled Jumbo Shrimp or Salmon, Crab Cake...12.99

New – SUMMER STRAWBERRY SALAD

Organic Baby Spinach, fresh mushrooms, Feta cheese, fresh seasonal fruits, Sherry spiced nuts & red onion, with Vidalia Vinaigrette...6.99

Add Rosemary Grilled Chicken or a rasher of Crispy Bacon ...9.99

Add Rosemary Grilled Salmon, Jumbo Shrimp, Crab Cake...12.99

THAI PEANUT

Organic gourmet greens, fresh mushrooms, cucumber, Mandarin Oranges, Red bell pepper, grape tomatoes, green onion, black sesame seeds, & Crispy Chow Main noodles with ginger peanut vinaigrette...6.99

Add Asian Grilled Chicken or Rasher of Crispy Bacon...9.99

Add Asian Grilled Salmon or Jumbo Shrimp, Crab Cake...12.99

MARKET SALAD TRIO

Organic gourmet greens and garden fresh vegetables with a scoop each of our homemade Chicken, Ham & Egg salad served with your choice of dressing...8.99

THE CHARLESTON

Organic gourmet greens, grape tomatoes, crisp cucumber, fresh mushrooms, Feta cheese & red onion with your choice of dressing...6.99

Add Citrus Grilled Chicken or Rasher of Crispy Bacon...9.99

Add Grilled Jumbo Shrimp, Salmon, Crab Cake...12.99

CLASSIC CHOPPED SALAD

Organic greens, smoked turkey, baked ham, Swiss & cheddar cheeses Cucumber, grape tomatoes, & red onion, with your choice of red wine vinaigrette Or dilled buttermilk dressing...9.99

SALAD DRESSING SELECTIONS

Vidalia Vinaigrette ~ Salsa Ranch ~ Ginger Peanut ~

~ Red Wine Vinaigrette ~ Dilled Buttermilk ~ Honey Balsamic ~ Blue Cheese

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Gourmet Burgers

House seasoned 6 oz. handmade patty grilled over an open flame for a juicy, Burger that will knock your socks off. Served on Brioche Roll...\$9.59

ULTIMATE SOUTHERN CHEESE BURGER

Grilled beef burger, topped with our "famous" pimento cheese,
A touch of mayo, leaf lettuce & crispy onion straws.

BLT BURGER

Grilled beef burger topped with fresh leaf lettuce, crispy bacon,
red onion mayo & homemade tomato jam.
Add cheese...79

CUBANO BURGER

Grilled Beef burger topped with Applewood smoked pork tenderloin
Swiss cheese, pickle slices, Dijon mustard & mayo, grill pressed over an open flame.

CLASSIC CHEESE BURGER

Grilled Beef burger with your choice of cheddar, Havarti, Swiss or pepper jack cheese,
Lettuce, tomato & your choice of condiment.
Add Bacon or Fried Egg – 1.50

New ~ CAPRICE BURGER

Grilled beef burger topped with Fresh Mozzarella Cheese, Farmers market tomatoes,
Leaf lettuce, balsamic drizzle & basil mayo. Summer on a bun.

FIRECRACKER BURGER WRAP

Grilled beef burger melted pepper jack cheese, crispy onion straws,
Leaf lettuce & spicy Dijon mustard grill pressed in a spinach & herb wrap.

SOUTHWEST CHEESEBURGER

Beef burger topped with grilled peppers & onions melted pepper jack cheese,
Crispy bacon, Bourbon Mayo & leaf lettuce.

BEER CHEESE BACON BURGER

Beef burger topped with homemade Beer Cheese, crispy bacon,
red onion mayonnaise & crisp leaf lettuce.

SKINNY BURGER

Grilled beef burger served on Whole Grain Sandwich Thin
Your choice of condiments.
Add bacon – 1.50 Add Cheese .79

DOUBLE UP

Add an extra patty to any burger...3.50

Homemade Sides:

Salt & Pepper Corn Chips ~ Mac & Cheese Cupcake ~ Seasonal Fruit Salad
House Salad ~ Country Potato Salad ~ Cranberry Almond Slaw ~ Pasta Salad

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Southern Slim Menu

All sandwiches include your choice of a healthy side dish.
Organic House Salad, Cranberry Almond Slaw or Seasonal Fruit Salad.

MEDITERRANEAN WRAP PANINI

Healthy homemade lemon hummus, fresh cucumbers, grape tomatoes
Kalamata olives, organic baby greens & dilled buttermilk
in a grill, pressed spinach & herb wrap...7.99
Add Grilled Shrimp...12.99 - Grilled Chicken...10.99

New ~ CAPRICE SLIM

Fresh mozzarella, farmers market tomatoes, leaf lettuce, basil mayo & balsamic
Drizzle on whole grain sandwich thin...7.99

New ~ GRILLED TUSCAN VEGETABLE BOWL

Olive oil & Tuscan marinated grilled seasonal vegetables finished with balsamic
Drizzle & shredded Parmesan Cheese...7.99
Add Grilled Chicken...9.99 Add Asiago Fish Filet...10.99 Add Grilled Shrimp...12.99

Skinny Sandwiches

Skinny sandwiches are served on a healthy, multigrain 100-calorie sandwich thin.
Small portion, small price, small you!

SKINNY CUBAN

Applewood smoked pork tenderloin, Swiss cheese, pickle slices,
Dijon mustard & low fat mayo...6.99

SKINNY TURKEY PANINI

Shaved Smoked Turkey our zesty Gruyere spread
& a touch of low fat mayo... 6.99

SKINNY GRILLED CHICKEN

Grilled Rosemary chicken with crisp leaf lettuce,
Homemade farmers market tomato's & Pesto mayonnaise... 7.99
Add cheese...79 cents

SKINNY ASIAGO – PARMESAN FISH FILET

A lighter version of our popular fish sandwich... 7.99
Add cheese...79 cents

SKINNY BURGER

Lean ground beef, flame grilled & topped with grilled peppers & onions,
Crispy leaf lettuce & low fat mayo...8.99
add cheese...79 cents

SKINNY SALAD DRESSING SELECTIONS

2 Tbsp. ~Vidalia Vinaigrette, 110 cal. ~ Red Wine Vinaigrette, 45 cal. ~ Honey Balsamic, 100 cal.

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