

# 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***

**Café - Catering - Homemade Desserts**

For our complete catering menus and concepts please  
Visit our website: [www.thesoutherngourmet.net](http://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 ~ Potato Salad du Jour ~ 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 – APPLE TURKEY BRIE PANINI

Smoked Turkey, creamy Brie cheese, fresh apple slices, red onion mayonnaise, & apple butter on grill-pressed Panini bread... 9.99

## CRAB CAKE BURGER

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

## 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 white fish 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 bakery roll...10.99

## New – MOROCCAN CHICKEN CLUB

Moroccan spiced grilled chicken topped with Havarti cheese, red onion marmalade, Peanut sauce & fresh spinach on grilled bakery roll...10.99

## 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 – STEAKHOUSE STACK

Warm thin sliced roast beef, grilled peppers & onions, melted cheddar cheese  
And red onion mayonnaise on grilled bakery roll ...11.99

## 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 ~ Caesar Vinaigrette

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 Bakery 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 & SALAD OR SOUP

Petite croissants stuffed with your choice of any  
Homemade market salad served with your choice soup or salad  
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

## MARKET SALAD TRIO

Organic gourmet greens and garden-fresh vegetables with your choice of 3 scoops of our homemade Chicken, Ham, Tuna or Egg salad served with your choice of dressing...8.99

## ~ Gourmet Grilled Cheese ~

Served with any salad, side dish or homemade soup

Served on your choice of rustic whole grain or oat bread

Spinach & Artichoke  
Figgie Piggy – Bacon, Havarti & Fig Jam  
Gruyere, Havarti, Caramelized Bourbon Onions & Bacon  
Blackberry Brie  
Pimento Cheese & Ham  
Classic Grilled Cheese  
...9.99

### Sides:

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

# 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 – WINTER FRUIT & NUT 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

## 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

## New – GRILLED CHICKEN CAESAR

Organic gourmet greens topped with grilled chicken, homemade croutons  
And shredded parmesan cheese...Caesar Vinaigrette...8.99

## 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 ~ Caesar Vinaigrette  
~ Red Wine Vinaigrette ~ Dilled Buttermilk ~ Honey Balsamic

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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 grilled 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 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 & your choice of condiments.  
Add Bacon or Fried Egg – 1.50

## New ~ BOURBON BACON CHEESEBURGER

Grilled beef burger topped with caramelized bourbon onions. Crispy bacon, Havarti cheese & leaf lettuce

## 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

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

## MOROCCAN BURGER

Grilled beef burger topped with red onion marmalade, fresh spinach And house made peanut sauce.

## 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 ~ Potato Salad du Jour ~ 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.

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

## SEMI NAKED QUICHE

Filled with grilled vegetables eggs and cheddar cheese  
Served with Homemade Soup...8.99  
Garden Salad...8.99  
Cranberry Almond Cole Slaw...8.99  
Seasonal Fruit Salad...8.99  
Add a Rasher of Bacon...2.99

## 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

## SKINNY CUBAN

Applewood smoked pork tenderloin, Swiss cheese, pickle slices,  
Dijon mustard & red onion mayo...6.99

## SKINNY TURKEY PANINI

Shaved Smoked Turkey our zesty Gruyere spread  
& a touch of red onion 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

## SKINNY BURGER

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

## HOMEMADE SOUP

Bowl...3.99  
Add Side Salad...6.99

## SKINNY SALAD DRESSING SELECTIONS

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

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