

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

Gourmet Sandwiches & Panini

Gourmet Sandwiches & Paninis 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 leaf lettuce, homemade tomato jam and roasted red onion mayonnaise
on a grilled Bakery roll... 12.99 add cheese...79 cents

APPLE TURKEY BRIE PANINI

Smoked Turkey, creamy Brie cheese, fresh apple slices, red onion mayo,
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...6.99 Grilled Chicken...9.99 Grilled Shrimp...12.99

CUBANO

Apple wood smoked turkey, 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 – HAM AND PIMENTO CHEESE GRILL

Black Forrest Ham and homemade pimento cheese l
Skillet toasted on rustic whole grain bread...8.99

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

CAPRICE CHICKEN CLUB

Tuscan grilled breast of chicken, fresh mozzarella, crispy bacon,
Homemade tomato jam, leaf lettuce and basil mayo on grilled bakery roll...10.99

Sub Homemade Soup for a side with any Gourmet Sandwich...1.00

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 Salads, Melts & Soup

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 Tuscan, Mesquite Grilled, Vineyard, Curry, Roasted or Thai Peanut 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, Dijon mustard, red onion, pickle relish, celery & spices...8.99

GOURMET GRILLED CHEESE

Creamy Havarti, cheddar & Panini cheeses with homemade tomato jam, Topped with Grilled Bell Peppers & Onions On grill pressed panini bread...9.99

TUNA MELT

Homemade tuna salad topped with creamy Havarti cheese
Skillet toasted until golden...9.99

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 any combination of 3 scoops of our homemade Chicken, Ham, Tuna or Egg salads served with your choice of dressing...8.99

HOMEMADE SOUP

Cup of Soup...3.99
Cup of Soup and Garden Salad...6.99
Bowl of Homemade Soup...\$4.99

Sides:

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

Sub a cup of homemade soup for any side...1.00

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...Half...3.99/ Whole: 6.99
Add Chipotle Grilled Chicken or Rasher of Crispy Bacon...3.
Add Chipotle Grilled Salmon or Jumbo Shrimp, Crab Cake...5.

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...Half...3.99/ Whole...6.99
Add Tuscan Grilled Chicken or Rasher of Crispy Bacon...3.
Add Tuscan Grilled Jumbo Shrimp or Salmon, Crab Cake...5.

GOURMET FRUIT & NUT SALAD

Organic Baby Spinach, fresh mushrooms, Feta cheese, fresh seasonal fruits,
Sherry spiced nuts & red onion, with Vidalia Vinaigrette...Half...3.99/ Whole...6.99
Add Rosemary Grilled Chicken or a rasher of Crispy Bacon ...3.
Add Rosemary Grilled Salmon, Jumbo Shrimp, Crab Cake...5.

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...Half...3.99/ Whole...6.99
Add Asian Grilled Chicken or Rasher of Crispy Bacon...3.
Add Asian Grilled Salmon or Jumbo Shrimp, Crab Cake...5.

THE CHARLESTON

Organic gourmet greens, grape tomatoes, crisp cucumber, fresh mushrooms,
Feta cheese & red onion with your choice of dressing...Half...3.99/ Whole...6.99
Add Citrus Grilled Chicken or Rasher of Crispy Bacon...3.
Add Grilled Jumbo Shrimp, Salmon, Crab Cake...5.

GRILLED CHICKEN CAESAR

Organic gourmet greens topped with grilled chicken, homemade croutons
And shredded parmesan cheese...Caesar Vinaigrette...Half...7.99/ Whole...9.99

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 CHEESEBURGER

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 & heirloom tomatoes.
Add cheese...79

CAPRICE CHEESEBURGER

Grilled Beef burger topped with Fresh mozzarella cheese, leaf lettuce,
Homemade tomato jam, basil mayo on toasted bakery roll.

CLASSIC CHEESEBURGER

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

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 on whole grain sandwich thin...8.99

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

Sub in a bowl of Homemade Soup instead of any side...1.00

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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!

SKINNY MARKET SALAD SANDWICHES

Chicken salad du jour, Ham salad, Egg Salad, Tuna Salad or
Pimento Cheese leaf lettuce on 100 calorie sandwich thin...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... 8.99

SKINNY BURGER

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

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

HOMEMADE SOUP AND HALF PANINI

Cup of Soup...3.99
Cup of Soup and Garden Salad...6.99
Cup of Soup and Half Classic Ham or Turkey Panini...8.49
Garden Salad and Half Classic Ham or Turkey Panini...7.49
Bowl of Homemade Soup...\$4.99

SKINNY SALAD DRESSING SELECTIONS

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

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