



BARIATRIC MENU

STARTERS

Fresh Pico de Gallo

Plum tomatoes, onions, jalapenos, and cilantro, served with yellow squash, cucumber, carrots, celery. \$5

Hummus Sampler Platter

Black eyed-pea hummus, lima bean hummus and traditional hummus with squash, and cucumbers. \$7

Guacamole

Avocados, onions, jalapenos, cilantro and lime juice, served with yellow squash, cucumbers, carrots. \$8

Tobacco Road House Salad

Mixed greens, sliced cucumbers, red onions, grape tomatoes, and balsamic basil vinaigrette. \$5

Tomato Basil Soup

Garnished with only parmesan cheese. Bowl \$5 Cup \$3

Strawberry Field Salad Mixed field greens, blueberries, strawberries and blueberry-mint-white balsamic vinaigrette. \$7

*Sides Include: Green Beans, Southern Caviar, Tomato Basil Salad, Black Beans, Daily Vegetable**

MAIN PLATES

Cobb Salad

Grilled chicken, eggs, tomatoes, bacon, avocado, bleu cheese and balsamic basil vinaigrette. \$13

Fish or Lamb Southwest Lettuce Wrap

Chilled Iceberg lettuce filled with your choice of chili rubbed fish or pulled braised lamb, roasted ancho corn slaw, avocado lime sauce on the side & pico de gallo. Served with choice of side. \$13

Greek Lemon Chicken

Grilled chicken served with garlic mashed potatoes, spinach, feta cheese, sundried tomatoes, without the lemon caper beurre blanc. \$12

Pan Seared Catfish

Carolina Meadows Catfish served with choice of side, cole slaw and no remoulade. \$12

Turkey Cucumber Lettuce Wrap

Thinly sliced turkey breast, cucumbers, and mixed greens, with your choice of side. \$8

Hurricane Lettuce Wrap

Thinly sliced turkey breast, avocado, tomatoes, black pepper, served with your choice of side. \$10

Tar Heel Ram Lettuce Wrap

Pulled leg of lamb, mixed greens, pickled red onion, served with tomato basil salad, and your choice of side. \$10

Spicy Thai Chicken

Two grilled chicken breasts tossed in our spicy thai sauce, with tomato and cucumber, served with your choice of side. \$9

Chicken Philly

Sauteed grilled onions, roasted red peppers, cheddar, provolone, served on lettuce with your choice of side. \$9

Turkey or Black Eyed Pea "Burger"

Your choice of the turkey, or black-eyed pea burger (no tomato tartar) served on lettuce, with your choice of side. \$9

Bison "Burger"

Local bison on lettuce, served with caramelized onions, slow roasted tomatoes, and local goat cheese, served with your choice of side. \$13