

Local Farms, Roasteries and small businesses we proudly collaborate with:

- J&J Farm (Morganton, NC)
- Bluebird Farm (Morganton, NC)
- Little Guatemala Coffee Roasters (Morganton, NC)
- Dynamite Roasting Co. (Black Mountain, NC)
- Morganton Natural Foods (Morganton, NC)
- Fisherman's Catch (Morganton, NC)
- Food Matters Market (Morganton, NC)
- 18 Produce (Morganton, NC)
- Morganton Farmer's Market (Morganton, NC)



# Lunch Menu

## Grilled (with choice of side)

### **Burke Turkey Jack** 10

Turkey, melted pepper jack, roasted bell pepper, onion & mushroom, and mayo on toasted Kaiser

### **Remarkable Reuben** 12

Pastrami piled high with sauerkraut, melted swiss cheese, deli mustard & house Russian dressing on toasted marble rye

### **Muffuletta – A New Orleans Classic** 12

Pastrami, Genoa salami, Tavern ham, melted provolone, and house olive tapenade on toasted Ciabatta roll

### **Pig in the Grass** 11

Tavern ham, bacon, Swiss, baby spinach, and honey mustard on pressed flat bread

### **Black Bean Burger** 11

House made black bean burger, pepper jack cheese, spring mix, tomato, tri-color tortilla strips, and chipotle mayo on a toasted Kaiser. Can be made as a wrap or salad!! (V- no cheese, no mayo)

## Grind Specialties (with choice of side)

### **Carolina Chicken** 10

Pepper chicken, Swiss, lettuce, tomato & house chipotle mayo on whole wheat

### **Kickin' Grinder** 12

Turkey, bacon, Tavern ham, cheddar, lettuce, tomato, mayo, deli mustard on a toasted hoagie

### **Ruby's Diamond** 11

Turkey, provolone, tomato, sprouts & house ranch on marble rye

### **Build Your Own**

**Two Deli Meats, Cheese & Any Veggies** (choice of side) 12

**One Deli Meat, Cheese & Three Veggies** (choice of side) 10

**Meats** - Turkey, Pepper Chicken, Pastrami, Tavern Ham, Livermush or House-made Buffalo Chicken Salad

**Cheese** - Swiss, White Cheddar, Provolone, Pepper Jack, or shredded Muenster

**Artisan Bread** – Gluten Free, Wheat, Sourdough, Kaiser Roll, Hoagie, Marble Rye, Ciabatta, Tortilla Wrap or Spinach Wrap

**Veggies** - Spring Mix, Tomato, Red Onion, Green Pepper, Roasted Red Pepper, Pepperoncini, Sprouts, Cucumber, Mushroom, and/or Spinach

**Spreads** - Mayo, Chipotle Mayo, Pesto Mayo (seasonal), Deli Mustard, Balsamic Vinaigrette, Ranch, Buffalo Ranch or Honey Mustard

\*Consuming Raw or Undercooked Eggs may Increase your Risk of Food borne illness especially if you have certain medical conditions.