

# THE FOOD COMPANY

## IN STORE MENU



ASK ABOUT OUR DAILY "SOUL KITCHEN" SPECIALS!

TOASTED EGG SALAD SANDWICH OR GRILLED CHEESE A CUP OF SOUP & FOUNTAIN DRINK ONLY \$8.75 EVERY W/ DAY

[www.foodcompanynashville.com](http://www.foodcompanynashville.com)

### SANDWICHES

#### Turkey #1 - \$7.75

Herb roasted turkey on farm bread w/ sharp Vermont cheddar, lettuce, tomato, red onion, mayo & dijon

#### Turkey #2 - \$7.95

Herb roasted turkey on sourdough w/ low-fat artichoke spread, roasted red peppers & baby spinach

#### Turkey #3 - \$7.95

Herb roasted turkey on tortilla w/ jarlsberg, hickory smoked bacon, lettuce & low-fat basil mayo

#### Ham & Jarlsberg - \$7.95

Thinly sliced smoked ham on sourdough w/ jarlsberg, baby spinach pesto, red onion & tomato

#### Fresh Mozzarella - \$8.50

w/ tomatoes, low-fat artichoke spread, olive salad, basil pesto, & baby spinach on sourdough

#### Chicken Salad #1 - \$6.95 \$3.75 ½

our own tarragon almond chicken salad w/ lettuce on white farm bread

#### Chicken Salad #2 - \$7.50

in a tortilla w/ mayo, avocado, lettuce & sprouts

#### Bacon Almond Cheddar - \$7.50 \$3.50 ½

our version of pimento cheese (no pimentos) w/ lettuce & tomato on farm bread

#### Roast Beef - \$8.25

on sourdough w/ sharp Vermont cheddar, lettuce, red onion & horseradish-chive mayo

#### Ultimate Club - \$9.50

turkey, ham & bacon w/ 3 slices of farm bread w/ cheddar, lettuce, tomato, red onion, avocado, mayo & dijon

#### Club #2 - \$8.75

turkey, ham, bacon, lettuce, tomato, sharp Vermont t cheddar, & mayo wrapped in a flour tortilla

#### Veggie #1 - \$7.25

on multi-grain w/ artichoke spread, provolone, avocado, sprouts, cucumber, lettuce, red onion & carrot

#### Veggie #2 - \$8.50

on tortilla w/ black bean & corn salad, roasted red peppers, spinach, red onion, avocado & side of red chili dressing

#### BLT - \$6.75

hickory smoked bacon on farm bread w/ mayo, lettuce & tomato...**add avocado for 75 cents**

#### Cuban - SERVED HOT! - \$8.10

shaved ham, cumin pork, pickles, swiss, lime mustard with chipotle crema

### SALADS, SIDES, SOUPS & SIPS

#### The Food Company Salad - \$7.50 (\$2 add turkey)

Mixed greens, Roquefort, spiced pecans, red onion, cucumber & avocado w/ raspberry vinaigrette

#### Southwestern Spinach Salad - \$8.95

Turkey on baby spinach w/ avocado, red onion, pumpkin seeds, spicy croutons, black bean & corn salad w/ red chili-honey lime dressing

#### The Tea Room Salad - \$8.95

Tarragon almond chicken salad, a small Food Co. salad, fresh fruit & a slice of cranberry pecan bread

#### Side Salad - \$3.75

A smaller version of The Food Co. salad w/ no avocado

#### Pesto Penne - \$2.50 cup

with sundried tomatoes

#### Fresh Fruit - \$2.50 cup

in a fat-free honey-lime mint sauce

#### Lowfat Black Bean & Corn Salad - \$2.50 cup

Chunky Tomato Basil Soup - cup \$3.25 - bowl \$5.75 (\$2.75 cup w/ salad or sandwich purchase)

#### Soup of the Day cup \$3.25 - bowl \$5.75

Always made from scratch (\$2.75 cup w/ salad or sandwich)

#### Zapp's Chips/Baked Lays - \$1.50

Plain, bbq, sour cream & onion, salt & vinegar, spicy Cajun, jalapeno, dill

#### Teas - \$1.75

Citrus mint tea punch, fresh lemonade, tea, & raspberry herbal decaf tea

#### Canned Sodas - \$1.50

Cocacola Classic, diet coke, coke zero, diet dr. pepper, sprite, ginger ale

#### Orangina - \$1.95

#### Hank's Root Beer - \$2.50

#### Cookie - \$2.75

Sugar, chocolate chip, white chocolate, snicker doodle, oatmeal raisin

#### Brownie - \$2.95

Homemade fudge brownie

### WEE ONES

(all come w/a little lemonade. 10&under only please)

#### PB&J - \$4.00

on white or wheat w/apple slices

#### Grilled Cheese - \$4.50

on white or wheat w/a tiny tomato soup

#### Turkey or Ham - \$5.50

With provolone on white or wheat w/apple slices