

LOCATED IN HISTORIC DOWNTOWN TULLAHOMA

**IN A RUSH? CALL AHEAD FOR DINE IN OR CARRY OUT  
( 931 ) - 455 - 2194**

# ONE **22** WEST

Think Local, Eat Local

AVAILABLE FROM 11AM TO 2PM TUESDAY - FRIDAY

## LUNCH MENU

### APPETIZERS, SMALL PLATES, & SALADS

#### **SOUTHWEST EGGROLLS ... \$8**

Two chicken, black bean, and corn eggrolls served with ranch dip

#### **FISH & CHIPS ... \$12**

Two breaded and fried cod filets served with fries

#### **FRIED RAVIOLI ... \$9.5**

A generous portion of crisp fried cheese-filled ravioli with a side of house-made marinara

#### **CAESAR SALAD ... \$12**

Crispy romaine lettuce with creamy Caesar dressing, shaved parmesan and croutons

\* ADD GRILLED CHICKEN \$5, STEAK \$10, SALMON \$10 \*

#### **SPINACH ARTICHOKE DIP ... \$9**

Creamy spinach and artichoke served with our home made toast and topped with shaved parmesan

\* GLUTEN FREE OPTION (+3) \*

#### **NACHOS ... \$9**

White corn tortilla chips topped with creamy queso blanco, jalapenos, lettuce, and tomatoes

\* SPICY HOT CHICKEN, SEASONED GROUND BEEF, OR VEGGIE CRUMBLES \$12 \*

#### **QUESADILLA ... \$8**

A blend of jack and cheddar cheeses with sautéed peppers and onions, with lettuce, tomatoes, sour cream and salsa served on the side

\* CHICKEN \$3, BEEF \$4 \*

🌱 DENOTES THAT VEGETARIAN OPTIONS ARE AVAILABLE

🍷 DENOTES THAT GLUTEN-FREE OPTIONS ARE AVAILABLE FOR THIS MENU ITEM.

THERE MAY BE AN ADDITIONAL CHARGE

⚠️ CONSUMING RAW OR UNDERCOOKED MEATS MAY BE HAZARDOUS TO YOUR HEALTH.  
BEEF PRODUCTS ARE COOKED TO 'MEDIUM-WELL' UNLESS OTHERWISE SPECIFIED

## CHICKEN, STEAK, & SEAFOOD

SERVED WITH TWO SIDES

### SALMON FILET ... \$22

Atlantic salmon filet broiled and lightly seasoned OR blackened with lemon cream sauce

### GRILLED CHICKEN BREAST ... \$17

Juicy 8 oz. chicken breast seasoned with Cajun, teriyaki, or lemon pepper

### CHOPPED STEAK ... \$17

Farmington Angus chopped steak topped with brown gravy, sautéed mushrooms, and onions

### 12 OZ RIBEYE ... \$39

Tender Black Angus beef chargrilled to your preferred temperature

## BURGERS & SANDWICHES

SERVED WITH ONE SIDE

### 122 BURGER ... \$14

Traditional house burger with choice of cheese (American, cheddar, pepper jack, Swiss) and toppings (lettuce, onion, pickle, tomato)

\* ADD BACON (+\$2) \*

**ALL OF OUR HAMBURGERS ARE MADE WITH LOCALLY SOURCED, FREE RANGE, GRASS FED, USDA ANGUS BEEF FROM FARMINGTON ANGUS**

### PHILLY CHEESE STEAK ... \$20

Shaved prime rib on a toasted roll topped with mozzarella cheese, sautéed peppers, and onions

### FRENCH DIP ... \$20

Shaved Black Angus prime rib beef and Swiss cheese on a toasted roll and a side of au jus. Creamy horseradish sauce available upon request

## SIDES ( \$ 4 )

FRENCH FRIES

SWEET POTATO FRIES

FRIED OKRA

SOUP (-\$1)

Tomato Basil or Soup of the Day

SAUTÉED MUSHROOMS

SIDE SALAD (-\$1)

Regular or Caesar

FIRE ROASTED CORN

STEAMED BROCCOLI

MASHED POTATOES

## BEVERAGES

**COKE, DIET COKE, SPRITE, DR. PEPPER, SUN DROP, SWEET OR UNSWEET TEA, COFFEE, LEMONADE (FREE REFILLS)  
MILK, ORANGE JUICE, CRANBERRY JUICE, AND RED BULL**

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