

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*

#### **Gf WINGS ... DOZ \$18 / HALF \$12**

*Jumbo wings tossed in your choice of wing sauce or mango habanero*

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

*Two breaded and fried cod filets served with fries*

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

*Crispy romaine lettuce with creamy Caesar dressing, shaved parmesan and croutons*  
\* ADD GRILLED CHICKEN \$5,  
STEAK \$10, SALMON \$10 \*

#### **NEW Gf SOUTHWEST DIP ... \$9**

*Creamy chicken, black bean, corn, and queso dip. Served with chips*

#### **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 \*

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

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

#### **v Gf 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 ) \*

v denotes that vegetarian options are available

Gf 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

### **Gf** 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

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

Locally grown, tender Hilltop 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) \*

### FRENCH DIP ... \$20

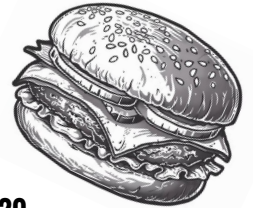
Shaved Black Angus prime rib beef and Swiss cheese on a toasted roll and a side of au jus. Creamy horseradish sauce available upon request

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

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

### **NEW** ISLAND BURGER ... \$16

A mix of salty and sweet, this burger is topped with grilled pineapple, teriyaki sauce, and provolone cheese



**OUR HAMBURGERS ARE MADE WITH LOCAL, FREE RANGE, GRASS FED, USDA ANGUS BEEF FROM FARMINGTON ANGUS**

## SIDES ( \$ 4 )

SWEET POTATO FRIES

MASHED POTATOES

STEAMED BROCCOLI

SAUTÉED MUSHROOMS

GREEN BEANS

FRIED OKRA

FRENCH FRIES

FIRE ROASTED CORN

SOUP (+\$1)

Tomato Basil or Soup of the Day

SIDE SALAD (+\$1)

Regular or Caesar

## BEVERAGES

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

**V** denotes that vegetarian options are available

**Gf** denotes that gluten-free options are available for this menu item. there may be an additional charge

**R** consuming raw or undercooked meats may be hazardous to your health.  
beef products are cooked to 'medium-well' unless otherwise specified