

LOCATED IN HISTORIC DOWNTOWN TULLAHOMA

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

# ONE 22 WEST

Think Local, Eat Local

## LUNCH MENU

AVAILABLE FROM 11AM TO 2PM TUESDAY - FRIDAY

### APPETIZERS

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

*Two chicken, black bean, and corn eggrolls, made from scratch, and served with ranch dip ... and they're made-from-scratch*

#### **Gf WINGS ... DOZ \$20 / HALF \$14**

*Jumbo wings tossed in your choice of mild wing sauce, mango habanero, or a spicy chef's choice*

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

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

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

*Creamy spinach and artichoke served with fresh corn chips and topped with shaved parmesan*

## SALADS

#### **SUMMER SALAD ... \$19**

*Crunchy spinach with candied pecans, fresh fruit, and a vinaigrette dressing on the side. Topped with our savory feta crumbles*

*\* ADD CHICKEN \$5, PLANT-BASED CHICKEN \$5, GRILLED SHRIMP \$6, SALMON \$10, STEAK \$10 \**

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

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

*\* ADD CHICKEN \$5, PLANT-BASED CHICKEN \$5, GRILLED SHRIMP \$6, SALMON \$10, STEAK \$10 \**

### 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 ( CHARGE PER REFILL )**

**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

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# MEAT & 1,2, OR 3 SIDES

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Our beef is local, free range, grass fed, USDA Angus beef from FARMINGTON ANGUS and HILLTOP FARMS

**FRENCH DIP ... \$16**

*One side \$20  
Two sides \$23  
Three sides \$25*

**Gf GRILLED CHICKEN SANDWICH ... \$7**

*One side \$11  
Two sides \$14  
Three sides \$16*

**Gf SMASH BURGER ... \$9**

*One side \$13  
Two sides \$16  
Three sides \$18*

**PHILLY CHEESESTEAK ... \$16**

*One side \$20  
Two sides \$23  
Three sides \$25*

**TWO FRIED CHICKEN TENDERS ... \$7**

*One side \$11  
Two sides \$14  
Three sides \$16*

**FRIED COD FILET SANDWICH ... \$8**

*One side \$12  
Two sides \$15  
Three sides \$17*

## DAILY SPECIALS

**TUESDAY**

*BBQ Sandwich \$9*

**WEDNESDAY**

*Country Fried Steak \$9  
\* TOPPED W/ WHITE COUNTRY  
GRAVY \**

**THURSDAY**

*Meatloaf \$9*

## SIDES ( \$ 4 )

**GREEN BEANS**

**STEAMED BROCCOLI**

**FRIED OKRA**

**FRIES**

*Regular or Sweet Potato*

**SOUP (+\$1)**

*Tomato Basil or Soup of the Day*

**SIDE SALAD (+\$1)**

*Regular or Caesar*

**FIRE ROASTED CORN**

**SAUTÉED MUSHROOMS**

**MASHED POTATOES**

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MENU ITEM. THERE MAY BE AN ADDITIONAL CHARGE