



SHAREABLE SNACKS

CARROT PIMENTO CHEESE 5.00
WITH HOUSE CRACKERS **

FRENCH ONION DIP 5.00
WITH HOUSE CRACKERS **

SEASONAL SOUPS

ROASTED CARROT SOUP 5.00
WITH ORANGE, YOGURT
AND TOASTED ALMONDS

CAULI SOUP 5.00
WITH CHILI CAULIFLOWER
FLORETS

KIDS PLATE 6.95

**CHOOSE
ONE BASE + ONE PROTEIN
+ TWO TOPPINGS**
*Includes Horizon Organic Milk
or Fresh Lemonade*

SWEET TREAT 2.50

**TRIPLE CHOCOLATE
CHIP COOKIE ****

DRINKS

FOUNTAIN DRINK - 2.00/2.50
GREENERY FRUIT TEA - 2.50/3.00
FRESH LEMONADE - 2.50/3.50
ICED TEA - 1.50/2.00
ARNOLD PALMER - 2.50/3.50
TOPO CHICO - 3.00
WATERLOO SPARKLING WATER - 3.00
WALKER BROTHERS KOMBUCHA - 5.00
HORIZON ORGANIC MILK - 2.50
KIDS LEMONADE - 2.00
WATER BOTTLE - 3.50

DOZEN BAKERY BREAD .50
BY THE SLICE **

WARM BOWLS

CHIMMI CHURRASCO 14.50
*Seared Steak, Quinoa, Kale,
Roasted Sweet Potato,
Roasted Broccoli, Radish,
and Toasted Pumpkin Seeds
with Chimichurri*

MUSIC CITY MED 12.50
*Carrot Falafel, Quinoa,
Arugula, Feta, Kalamata
Olives, Cucumber, Cherry
Tomatoes, Crispy Chickpeas,
and Za'atar with Preserved
Lemon Vinaigrette*

CHIPOTLE SHRIMP 13.50
*Blackened Shrimp, Wild Rice,
Avocado, Green Apple, Purple
Cabbage, Cilantro, and Crispy
Tortilla Strips with Honey
Chipotle Vinaigrette*

SALADS

ALOTTA BURRATA 11.50
*Burrata, Arugula, Roasted
Broccoli, Marinated Beets,
and Toasted Almonds with
Balsamic Vinaigrette*

KALE CAESAR 11.50
*Roasted Chicken, Kale,
Parmesan Cheese, Chili
Cauliflower, Pickled Onion,
and Toasted Almonds with
Caesar Vinaigrette*

** contains gluten

TENNESSEE THAI 14.50
*Blackened Shrimp, Romaine,
Cherry Tomatoes, Green
Apple, Shredded Carrot,
Purple Cabbage, Fresh Basil,
and Crispy Sesame Rice with
Thai Cashew Vinaigrette*

**GREENERY CHOPPED
SALAD** 13.50
*Crispy Chicken, Romaine,
Shredded Carrot, Purple
Cabbage, Roasted Broccoli,
Chili Cauliflower, Cucumber,
and Cherry Tomatoes with
Yogurt Ranch*

CHICKEN PESTO 12.50
*Roasted Chicken, Spring Mix,
Parmesan Cheese, Cherry
Tomatoes,
Roasted Broccoli, Crispy
Chickpeas, and Fresh Basil
with Pesto Vinaigrette*

THE SOUTHERN COBB 14.00
*Roasted Chicken, Romaine,
Local Hard Boiled Egg, Bacon,
Blue Cheese, Marinated Beets,
and Cherry Tomatoes with
Jalapeno Dijon Vinaigrette*

CUSTOMIZE YOUR GREENERY - 8.50

CHOOSE UP TO TWO BASES + FOUR TOPPINGS + TWO DRESSINGS

PROTEINS

SEARED STEAK - 5.00
BLACKENED SHRIMP - 5.00
ROASTED CHICKEN - 3.50
CRISPY CHICKEN - 3.50
CARROT FALAFEL - 2.25

DRESSINGS

BALSAMIC VINAIGRETTE
CAESAR VINAIGRETTE
CHIMICHURRI
CILANTRO LIME VINAIGRETTE
CURRY MISO DRESSING
HONEY CHIPOTLE VINAIGRETTE
JALAPENO DIJON VINAIGRETTE
PESTO VINAIGRETTE
PRESERVED LEMON VINAIGRETTE
THAI CASHEW VINAIGRETTE
YOGURT RANCH
LIME SQUEEZE
OLIVE OIL + GOOD CIDER VINEGAR

TOPPINGS

BASIL
CHERRY TOMATO
CHILI CAULIFLOWER
CILANTRO
CRISPY CHICKPEAS
CRISPY SESAME RICE
CUCUMBER
GREEN APPLE
MARINATED BEETS
PICKLED ONION
PURPLE CABBAGE
RADISH
ROASTED BROCCOLI
ROASTED SWEET POTATO
SHREDDED CARROT
TOASTED ALMONDS
TOASTED PUMPKIN SEEDS
TORTILLA STRIPS

BASES

QUINOA
WILD RICE
ARUGULA
KALE
ROMAINE
SPRING MIX

PREMIUMS

AVOCADO - 2.00
BACON - 2.00
KALAMATA OLIVES - 1.25
LOCAL HARD BOILED EGG - 1.25
BLUE CHEESE - 1.25
BURRATA - 3.00
FETA - 1.25
GOAT CHEESE - 2.00
SHAVED PARMESAN - 1.25