

# THE MEADOWS RESTAURANT

EAT WITH A SOUTHERN ACCENT  
Lunch 2020



## TO START OR SHARE . . .

- HANDCRAFTED DAILY SOUP** 5  
**VIDALIA ONION SOUP GRATINEE** 7  
 provolone and swiss crostini, calvados  
**HUMMUS** 7  
 grilled flatbread, crisp celery and carrots for dipping.

- CHICKEN WINGS** 13  
 buffalo, old bay, garlic romano, award winning spicy pb&j or spicy blood orange  
**CHICKEN QUESADILLA 12** **PEPPER JACK QUESADILLA** 9  
 on a flour tortilla with salsa, sour cream & guacamole  
**SPINACH AND ARTICHOKE DIP** 9  
 house fried tortilla chips

## GREENS & GRAINS

- CAESAR SALAD** 7  
 crisp romaine hearts, shaved parmesan cheese, croutons, caesar dressing  
**TENNESSEE WEDGE SALAD gf** 7  
 cherry tomato, smoked farm egg, ziegenwald farms goat cheese, benton's bacon, house made buttermilk ranch  
**SPINACH SALAD gf** 7  
 smoked bacon, goat cheese, grilled onion, balsamic vinaigrette  
**MEADOWS LOCAL GREEN SALAD gf** 7  
 local organic greens, radish, carrot, cucumber, tomato, candied pecans, and your choice of dressing  
**SOUTHERN COBB SALAD gf** 13  
 crisp romaine hearts, grilled chicken, benton's bacon, tomatoes, smoked farm egg, pimento cheese, crispy chickpeas, house made buttermilk ranch  
**SOUTHWEST (WARM) gf** 7  
 white rice, sweet peppers, onions, black beans, avocado, house made pico de gallo, pepper jack cheese  
**SOUTH PACIFIC BOWL (WARM) gf** 7  
 quinoa, rice, black beans, ziegenwald farms goat cheese, carrots, radish, corn, spinach, pineapple vinaigrette  
**KIMCHI NOODLE (CHILLED)** 7  
 rice noodles, broccoli, house kimchi, cucumber, tomato, red onion  
**THAI PEANUT (CHILLED)** 7  
 rice noodles, shredded carrot, lettuce, red cabbage, green onion, peanut coconut dressing

## Bowl and Salad Enhancements gf

- Grilled Chicken +6  
 Blackened Shrimp +7  
 Salmon +8

## SWEETS . . . 7

- BOURBON PECAN PIE**  
**PINEAPPLE BREAD PUDDING**  
 whiskey infused whipped cream  
**FLOURLESS CHOCOLATE TORTE gf**  
**HIGH ROAD ICE CREAM & SORBET gf**  
 burnt bourbon sugar  
 brown butter praline  
 red berry sorbet  
**CHOCOLATE & VANILLA ICE CREAM gf**



## HANDHELDS

- french fries, coleslaw or house chips  
 fruit +1.50  
**BLACKENED NC CATFISH** 13  
 lettuce, tartar, house pickled chow chow, toasted roll  
**ITALIAN ROAST PORK** 12  
 pork shoulder slow roasted with Italian herbs and garlic, broccoli rabe, aged provolone, hoagie roll  
**JOYCE FARMS GRASS FED BURGER** 12  
 aged cheddar cheese, lettuce, tomato, onion, benton's smoked bacon, brioche bun  
**CLASSIC REUBEN** 11  
 slow cooked corned beef, 1000 island, sauerkraut, swiss, marble rye  
**GARDEN BURGER** 10  
 whole wheat bun, provolone cheese, lettuce, red onion, tomato, yellow mustard, mayo  
**HOUSE ROASTED TURKEY BLT** 12  
 tomato, avocado mayonnaise, arugula, benton's bacon, sourdough  
**HICKORY SMOKED BBQ PULLED PORK** 10  
 served on a kaiser bun with cheddar & coleslaw  
**GRILLED THREE CHEESE** 8  
 aged cheddar, fontina, and mozzarella on sourdough bread  
 tomato +1 ham +2 bacon +2  
**CHICKEN SALAD CROISSANT** 10  
 with your choice of soup or salad

## PASTA . . . 10

- ORECCHIETTE PASTA PRIMAVERA**  
 roasted zucchini, squash, tomato, peppers, white wine, fresh herb, butter

- CREOLE CHICKEN**  
 mushrooms, peppers, onion, andouille, tomato, cream



## SPECIALTY FLAT BREAD . . . 12

### MARGHERITA

pesto oil, fresh mozzarella, tomatoes, and basil

### CALIFORNIA

grilled chicken, avocado, red onion, pepper jack, goat cheese, ranch, and arugula

### TENNESSEAN

bourbon bbq pulled pork, smoked corn, grilled red onion

WE ARE REGIONALLY INSPIRED & LOCALLY PRODUCED AS WE PROUDLY SUPPORT:  
 Depot Street Brewery · Highland Brewing Co. · Post Modern Spirits · J&J Farms Honey  
 Joyce Farms · Benton's Country Hams and Bacon · Ziegenwald Farms  
 Southeast Family Farms · Southern Culture Appalachian Produce · Abingdon Olive Oil Co.  
 Weisenberger Mills · High Road Creamery

Gratuity & tax not included-18% Gratuity will be added to parties of 8 or more. Please let us know of any dietary preferences or food allergies we should be aware of in the preparation of your meal. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

MeadowView Conference Resort and Convention Center  
 1901 Meadowview Parkway Kingsport TN 37660 423-578-6600