

Lunch - September 2020

Spectacular Salads

Signature Miso-Ginger Marinated Kale ^{VN GF}

Garden ^{VN GF}

Classic Caesar Add Protein, Grilled or Blackened:

Salmon – 10 All-Natural Chicken – 7 Shrimp – 8

Spicy Shrimp Salad ^{GF}

Shredded lettuce, fresh avocado slices, pico de gallo & lime

*Substitute Salmon +3.00

Greek Salad ^{V GF}

Romaine lettuce, tomatoes, cucumbers, pepperoncini, red onions, feta, Kalamata olives & balsamic vinaigrette

Fried Chicken Salad

Romaine lettuce, tomatoes, red onions, cucumber, avocado, local, cage-free eggs, roasted corn

Fried Shrimp Salad

Romaine lettuce, tomatoes, red onions, cucumber, avocado, local cage-free eggs, roasted corn

Carolina Cobb Salad ^{GF}

Grilled natural chicken, blue cheese, avocado, applewood smoked bacon, tomato, local, cage-free eggs

Grilled Salmon Salad ^{+ GF DF}

Arugula, Fennel, green apple & champagne vinaigrette

BLT Salad ^{GF DF}

Chopped applewood smoked bacon, lettuce & tomato, add avocado 3.50

Grilled Peach Tofu Salad ^{VN GF}

Arugula, tomato, red onion, champagne vinaigrette

Sub Shrimp, grilled chicken, or steak! +2.00

Dressings: Ranch, Blue Cheese, Champagne Vinaigrette, Balsamic Vinaigrette, Caesar & Honey Mustard (All dressings are GF)

Burgers

*served with house-made chips, sweet or white potato fries

Beef Burger ⁺

lettuce, tomato, red onion

Salmon Burger

Avocado, cilantro, house made pickles, spicy hoisin mayo

Veggie Burger (contains nuts)

A healthy blend of ground veggies, lettuce, tomato, red onion

Black Bean Burger ^{VN}

Spinach, pickled red onion, wheat bun, vegan cashew aioli

Crab Cake Burger

avocado, sriracha aioli, brioche bun

Spicy Fried Shrimp Burger

Housemade slaw, briochebun, special sauce

Specialties of the House

4/7

Shrimp Linguine

14

4/7

Sautéed shrimp, arugula, grape tomatoes, shallots, garlic, olive oil, white wine, served with crostini

4/7

Chicken, Shrimp, Veggie or Beef Tacos ^{GF}

13

Shredded lettuce, avocado, pico de gallo, GF corn tortillas, lime wedge

Chicken, Shrimp or Steak Quesadillas

15

Shredded lettuce, pico de gallo, sour cream

Indian Dal ^{VN GF DF}

15

Fragrantly spiced, slow-cooked lentil stew, brown rice, naan and a kale or garden salad *Naan is not vegan

15

15

Sandwiches

*served with house-made chips, sweet or white potato fries

15

Grilled Chicken Sandwich

14

Bacon, lettuce, tomato, Swiss, cheddar, avocado spread, sriracha aioli on ciabatta bread

16

Classic Club Sandwich

14

Boar's Head turkey, ham, bacon, cheddar, Swiss, lettuce, tomato, on your choice of toasted bread

12

Shrimp Po' Boy

14

Battered shrimp, spicy remoulade, lettuce, tomato, on a toasted roll

11

Short Rib French Dip Au Jus

15

Slow-cooked boneless short ribs, Harvarti, toasted roll, au jus

Classic BLT

11

All Natural applewood smoked bacon, lettuce, tomato, on your choice of toasted bread, add avocado 3.50

Grilled Cheese

9

Cheddar & Monterey Jack on sourdough, (make it Vegan, 10)

14

Signature Short Rib Sliders

12

Slow-cooked short ribs, chipotle beer sauce, goat cheese, spinach (low carb - no bun, fresh spinach!)

14

Tuna Melt

12

Housemade Tuna salad, tomatoes, Cheddar on Ninth Street

Bakery Sourdough bread

12

Soups 4/8

14

Signature Tomato Basil^V

Creamy Potato Leek^{V GF}

Signature Vegan Chili^{VN GF}

Spicy Chicken & Sausage Gumbo

Spicy Chicken Verde^{GF}

12

N – Contains Nuts V – Vegetarian VN – Vegan GF – Gluten Friendly DF – Dairy Free

+ Consuming raw or undercooked meats, poultry, shellfish or eggs may increase your risk of foodborne illness.

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