

THE
MEBANE
DOWNTOWN

Table

RESTAURANT

SALADS

**** TABLE CHICKEN SALAD GF** | 9.5

Chicken, celery, scallions, dried cranberries, toasted almonds, & lemon, served over mixed greens with avocado & sourdough toast

**** BIG BABY GREENS GF, V** | 8

Mixed greens, goat cheese, toasted almonds, & dried cranberries with a balsamic vinaigrette
Add chicken or pork belly | 5 Add shrimp | 8

COBB GF | 10

Mixed greens, corn, avocado, tomato, hard-boiled egg, & crispy pork belly with herb buttermilk dressing
Add chicken | 5 Add shrimp | 8

SANDWICHES (your choice of side)

SHORT RIB | 13

Messiah Nut Brown Ale braised short ribs, caramelized onions, havarti cheese, house pickled jalapeños on ciabatta bread

F.G.T.B.L.A. | 12

Battered and seared green tomatoes, smoked bacon, romaine lettuce, cucumbers, red onion, avocado aioli, served on a buttered brioche bun

CHICKEN CHORIZO | 13

Seared chicken, monterey jack cheese, chorizo, lettuce, tomato, on a toasted brioche bun

CAPRESE | 12

House made mozzarella, heirloom tomatoes, Italian prosciutto, arugula, & balsamic reduction

TRIPLE BEAN BURGER V | 13

Black beans, crimson lentils, and small red beans seasoned with fresh oregano & saffron with an avocado pico de gallo
Add fresh jalapeños | 2

LUNCH ENTRÉES

TABLE SOUP OF THE DAY 3.5 | 6
Cup or bowl

N.C. PAN FRIED CATFISH | 13

Lightly seasoned catfish over our house potato salad, creole shrimp sauce, garnished with lemon

CHICKEN PARMESAN | 14

Hand breaded chicken breast coated with parmesan, local tomato sauce, served over angel hair pasta & vegetable du jour

SHRIMP & GRITS GF | 13

Wild-caught N.C. shrimp in a bacon tomato cream sauce, served over cheesy stone-ground grits with scallions & baguette

SHRIMP | MAHI TACO GF | 11

Your choice of shrimp or mahi, grilled or blackened, with cabbage cilantro slaw & salsa verde on house-made corn tortillas (ask for vegetarian options)

SEARED N.C. CRABCAKES | 15

Over local mixed cherry tomato salad, house pickled jalapeño & lemon aioli

VEGAN BOWL GF, V, VG | 14

Sautéed local tomatoes, Silver Queen corn, black beans, black-eyed peas, spinach, & local oyster mushrooms over caramelized potatoes

SIDES

****balsamic vinaigrette pesto pasta • sour cream & parsley potato salad • mixed greens salad | 4**

Organic Coffee, Soft Drinks, Tea | 2 • San Pellegrino | 4.5

GF gluten free | **V** vegetarian | **VG** vegan | 18% gratuity added to parties of 6+

** consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness, especially if you have a medical condition.*

*** contains nuts*