

THE  
MEBANE  
DOWNTOWN

# Table

## STARTERS

TABLE SOUP OF THE DAY Cup or Bowl. <i>Ask your server.</i>	4   7
FRIED GREEN TOMATOES Pork Belly, Queso Fresco, Local Arugula, & Cilantro Dressing	9
SOUTHERN DUMPLINGS Asian Dumplings filled with Pork Belly, Leeks, Celery, Garlic, Pimento Cheese with our N.C. BBQ Sauce	8.5   16
PIMENTO CHEESE Our Housemade Pimento Cheese served with Slices of Bread	7
GNOCCHI Housemade Traditional Potato Gnocchi finished with Sage & Brown Butter Sauce, topped with Shaved Reggiano Cheese	9   17
HOUSE CHEESE PLATE A selection of North Carolina Cheeses served with Local Fruit Jams, House-Pickled Vegetables, & Housemade Chicken Paté & Bread	13

## SALADS

LOCAL ARUGULA <b>GF</b> With Orange Segments, Local Honey Cranberry Dressing, & Walnut Brittle with Blue Cheese Crumbles	9
LOCAL KALE <b>GF</b> Kale massaged with House Balsamic Dressing, Mountain Apples & Pears with Spicy Roasted Pecans & Goat Cheese	8.5
CLASSIC CAESAR Housemade Crostinis, Sliced Tomatoes, Parmesan Cheese Crisp, Anchovy Filet, House Caesar Dressing	7

## ENTRÉES

BLACKENED N.C. CATFISH <b>GF</b> Authentic Red Beans & Rice, Louisiana Andouille Sausage	18
N.C. SPECKLED TROUT <b>GF</b> Pan-seared over a Cheesy Grit Cake, with Sweet Potato Bacon Jam, & a Fresh Squeezed Orange Reduction	25
SHRIMP & GRITS Wild-caught Shrimp, Smoked Bacon & Tomato Cream Sauce, Stone-ground Cheesy Grits	19
CHICKEN ROULADE <b>GF</b> Prosciutto wrapped Chicken stuffed with Sundried Tomato, Forcemeat over Parmesan Potatoes, Local Vegetables with a White Wine Pan Jus	23
LOCAL ROASTED DUCK <b>GF</b> Roasted Garlic Mashed Potatoes, Vegetable Du Jour with a Mountain Apple Duck Jus & Duck Cracklings	28
PORK OSSO BUCCO <b>GF</b> Braised Pork Shanks over Butternut Squash Risotto with Vegetable Du Jour & Candied Orange Gremolata	26
* CAST IRON FILET MIGNON Roasted Garlic Mashed Potatoes, Seasonal Vegetables, Red Wine Demi-glace Add Bacon Wrap 3   Add Local Mushrooms 4	30
* DEL MONICO Seared in Beef Fat with Himalayan Salt & Black Pepper over Garlic Mashed Potatoes, & Vegetable Du Jour topped with Crispy Fried Shallots & a Red Wine Demi-glace	38
ROASTED SPAGHETTI SQUASH <b>GF, V, VG</b> Sautéed with Leeks, Basil, & Garlic over Pan-Seared Green Tomatoes & finished with a Pickled Red Cabbage	18
LOCAL MUSHROOM RISOTTO <b>GF, V</b> Sautéed Oyster & Portobello Mushrooms, Brussel Sprout Leaves, finished with Parmesan Cheese & a Green Onion Confit	11   20

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