

LUNCH MENU

LUNCH FAVORITES

Fried Chicken Plate

Half a fried chicken, creamy mashed potatoes with a rich brown gravy, steamed green beans, our signature sweet and spicy sauce, and biscuit. 2190 cal. 15.99

Shepherd's Pie

Seasoned ground beef and pork, carrots, celery and corn in a rich brown sauce, topped with creamy mashed potatoes and mixed cheese. 830 cal. 11.99

Fish & Chips

Wild caught North Atlantic cod fillets, beer battered and fried crispy, with tartar sauce, coleslaw and seasoned fries. 1020 cal. 13.49

Fish Fry Friday! 12.99

Our Fish & Chips platter plus your choice of a house or Caesar salad or cup of soup.
Available every Friday, all day!

Charleston Shrimp & Grits

Two fried grit cakes infused with cheese, roasted red peppers and andouille sausage. Topped with shrimp, sausage, onions and peppers in a shrimp sauce. Garnished with chopped bacon and green onions. 1370 cal. 16.99

Pot Roast

Seasoned and slow cooked with tender carrots, celery and onions in our rich brown gravy over creamy mashed potatoes. 910 cal. 13.99

Chicken Tender Plate

Buttermilk marinated chicken tenders, seasoned, hand-breaded and fried golden brown. Served with coleslaw, seasoned fries and Creole mustard. 1070 cal. 11.59

Fried Chicken & Waffle

Half a fried chicken and a Belgian waffle, topped with powdered sugar and sweet, strawberry butter. Served with our signature sweet and spicy sauce. 2170 cal. 15.99

Iron City Meatloaf

Our famous griddle-seared meatloaf with rich brown gravy, creamy mashed potatoes and steamed green beans. 940 cal. 12.99

Roasted Turkey Plate

Seasoned turkey breast roasted in-house with rich turkey gravy, cornbread stuffing, creamy mashed potatoes, steamed green beans and cranberry sauce. 740 cal. 12.99

Chicken Pot Pie

Tender chicken, carrots, celery and corn in our velvety cream sauce and topped with our original homemade biscuit crust. 990 cal. 11.99

BURGERS & SANDWICHES

Classic Burger*

100% Angus burger, cheddar cheese, lettuce, tomato, and red onions. 710 cal. 10.59

Breakfast Burger*

100% Angus burger, cheddar cheese, hashbrowns, lettuce, tomato, bacon, an egg any style and Hollandaise sauce. 1190 cal. 11.99

Bacon, Mushroom, Swiss Burger*

100% Angus burger, hickory smoked bacon, lettuce, tomato, Swiss cheese and sautéed mushrooms. 920 cal. 10.99

Big Mike's BLT (Double Decker)

Three slices of toast, loaded with bacon, lettuce, tomato and mayo. 910 cal. 9.99

Philly Cheese Steak

Roasted and seasoned beef topped with grilled onions and peppers, melted provolone cheese on a toasted hoagie roll. 1060 cal. 11.79

Spicy Honey Chicken Sandwich

Buttermilk-marinated chicken dipped in our signature spicy honey sauce, topped with tomato. 530 cal. 9.99

Fried Chicken Sandwich

Buttermilk marinated chicken, provolone cheese, bacon, honey mustard, lettuce and tomato on a brioche bun. 880 cal. 10.79

Metro Club

Ham, turkey, bacon, Swiss, cheddar, lettuce, tomato and mayo on three slices of white toast. 1210 cal. 11.99

Chicken Salad Croissant

Roasted chicken, chopped pecans, grapes, celery and mayo served on a flaky croissant with lettuce and sliced tomato. 610 cal. 9.99

Grilled 3 Cheese

Cheddar, Swiss and provolone on grilled white bread. 560 cal. 7.49
Add ham & tomato 230 cal. 2.00
Add bacon & tomato 130 cal. 2.00

Served with choice of: Seasoned Fries (290 cal), Steamed Green Beans (120 cal), Steamed Broccoli (190 cal), Mashed Potatoes (250 cal), Coleslaw (210 cal). For \$.50 substitute Fresh Seasonal Fruit (110 cal), House Salad (120 cal), Caesar Salad (190 cal), or Mac & Cheese (300 cal).
Gluten-free bun/bread available for \$1 more. Gluten Friendly Menu available upon request.

SALADS & SOUPS

Chicken Tender Salad

Buttermilk marinated chicken tenders over greens, cucumbers, tomatoes, shredded carrots, radishes, red onions and tortilla crunch tossed in our honey mustard dressing. 800 cal. 11.99

Caesar Salad

Classic Caesar salad with croutons and creamy Caesar dressing. 380 cal. 7.49

House Salad

Mixed greens, cucumbers, tomatoes, shredded carrots, radishes, red onions and tortilla crunch tossed in our honey mustard dressing. 240 cal. 7.49

1/2 Sandwich & Soup

Turkey & Swiss, Ham & Cheddar or Chicken Salad. Served with a cup of soup. 230-270 cal. + soup 8.49

Soup of the Day

Check the Blackboard for our daily offerings. Cup 3.49 Bowl 5.49

Chicken Noodle Soup

Classic soup with chicken, celery, carrots, and onions. 90/180 cal. Cup 3.49 Bowl 5.49

BREAKFAST FOR LUNCH

Steak & Scramble Bowl*

Seasoned sirloin steak, scrambled eggs and roasted grape tomatoes served over hashbrown potatoes and drizzled with Hollandaise sauce. 800 cal. 12.79

Two or Three Egg Breakfast*

Eggs any style, hashbrowns, toast and choice of meat: bacon, sausage patties, sausage links, turkey sausage or Canadian bacon. 590-1130 cal. 9.39/9.99

Belgian Waffle

Thick and light, a true Belgian waffle. Topped with powdered sugar. 720 cal. 7.79

Avocado Toast LIGHTER FARE

Fresh chopped avocado and tomato on eight-grain toast. 480 cal. 8.69
Add two eggs* any style. 160 cal. 2.00

Western Omelet*

Ham, cheddar cheese, mushrooms, onions, tomatoes and peppers, topped with salsa. Served with toast and choice of hashbrowns or grits. 710-940 cal. 10.99

Meat Lover's Omelet*

Bacon, sausage, ham and cheddar cheese. Served with toast and choice of hashbrowns or grits. 980-1210 cal. 10.99

Veggie Omelet*

Mushrooms, onions, peppers, cheddar cheese, asparagus and tomatoes. Served with toast and choice of hashbrowns or grits. 710-940 cal. 10.99

Fried Chicken & Waffle

Half a fried chicken and a Belgian waffle, topped with powdered sugar and sweet, strawberry butter. Served with our signature sweet and spicy sauce. 2170 cal. 15.99

Biscuits & Sausage Gravy*

Two buttermilk biscuits topped with our housemade sausage gravy, served with two eggs any style and hashbrowns. 1780 cal. 10.99

The Bissell Breakfast*

Two eggs any style, bacon, toast, hashbrowns or grits, and a short stack of pancakes. 1130-1360 cal. 10.99

Substitute egg whites for \$1 more.

SIDES

Steamed Green Beans 120 cal. 2.99
Steamed Broccoli 190 cal. 2.99
Seasoned Fries 290 cal. 2.99
Mashed Potatoes & Gravy 250 cal. 2.99
Coleslaw 210 cal. 2.99
House Salad 120 cal. 3.79
Caesar Salad 190 cal. 3.79

Mac & Cheese 300 cal. 3.29
Fresh Seasonal Fruit 110 cal. 3.29
Hashbrowns 240 cal. 2.99
Homefries 400 cal. 2.99
Honest to Goodness Grits 150 cal. 1.99
Cheesiest Grits 300 cal. 2.69
Toast, English Muffin 120-220 cal. 2.29

Biscuits 600 cal. 2.99
Hickory Smoked Bacon 200 cal. 3.29
Canadian Bacon 70 cal. 3.29
Turkey Sausage 210 cal. 3.29
Country Sausage 340-400 cal. 3.29

REFRESHING BEVERAGES



\$3.39 COCKTAILS & BEER

Mimosa 180 cal.
Bloody Mary 160 cal.
Bud Light 110 cal.
Stella Artois 150 cal.
Michelob Ultra 92 cal.

WINE & SANGRIA

House Chardonnay 3.49
House Cabernet 3.49
Red Sangria 170 cal. 3.99
White Sangria 170 cal. 3.99

Freshly Ground Coffee 0 cal. 2.99
Flavored Coffee of the Day 0 cal. 3.09
Hot Herbal Tea 0 cal. 2.99
Freshly Brewed Iced Tea 0-120 cal. 2.99
Flavored Iced Tea 0-120 cal. 3.09
Soft Drinks 0-180 cal. 2.99
Fruit Juices 110-280 cal. 2.79 & 3.99
Milk or Chocolate Milk 260/340 cal. 2.99