

Lunch

Served 11 am to 5 pm Monday–Saturday

Appetizers

Fried Green Tomatoes

Fried green tomatoes served with warm pimento cheese

7

Bruschetta

Blend of diced tomatoes, garlic, basil, house-pulled mozzarella, with extra virgin olive oil, and a balsamic vinegar reduction, served with crostinis

6

Garlic Hummus

Roasted garlic hummus served with a Mediterranean salsa and oven baked sesame pita

7

Crab Cake

Jumbo lump crab cake served with red pepper aioli and local greens in a Champagne vinaigrette

9.5

Soups and Combos

Today's Housemade Soups

selections vary

bowl ... 6.5 cup ... 4.5

Soup and Salad

A bowl of any of our soups with either our house or Caesar salad

10

½ Sandwich and Soup

½ a grilled cheese, ½ turkey sandwich, ½ BLT or ½ chicken salad croissant, and a cup of any of today's soups

10

Small Salads

Wedge

Iceberg lettuce, grape tomatoes, smoked bacon, blue cheese crumbles, crispy red onions, blue cheese dressing

7

Classic Caesar

Chopped romaine lettuce, garlic croutons, and Parmesan tuile, Caesar dressing

7

House Salad

Radishes, carrots, cucumbers, blue cheese, grape tomatoes, Champagne vinaigrette

7

Dressings – All of our dressings are made in-house:

Roasted Shallot Ranch, Blackened Blue Cheese, Basil-Balsamic, Oil & Vinegar, Caesar, Berry Vinaigrette, and Honey Mustard

Large Salads

Terrace Fruit Salad

Baby greens with grapes, apples, walnuts, strawberries, and berry vinaigrette, topped with sliced all natural chicken breast

13

Turkey Salad

House roasted turkey breast over baby greens with diced tomatoes, red onion, cheddar, crumbled bacon, and croutons

12.5

Oyster Caesar

Flash-fried oysters, parmesan tuiles, and croutons over crisp romaine, tossed in our Caesar dressing

15

Roasted Salmon Salad*

Oven roasted salmon, mixed greens, apples, pecans, raisins, blue cheese crumbles

15

Grilled Chicken Cobb

Baby greens, cucumbers, tomatoes, onion, blue cheese, egg*, avocado, and smoked bacon, topped with an all natural grilled chicken breast

13.5

Fried Oyster Spinach Salad

Caramelized onions, sautéed mushrooms, smoked bacon, hard-boiled egg, hot bacon vinaigrette, and fried oysters

15

Hawaiian Chicken Salad

A large scoop of our Hawaiian chicken salad on a bed of field greens with carrots, diced tomatoes, candied walnuts, shredded cheddar, and your choice of dressing

13



Sandwiches

All sandwiches served with choice of steak fries, tempura battered onion rings (.50 extra), cole slaw (vinegar based), or fresh fruit.

Crab Cake BLT

Blue Crab Cake, lettuce, tomato, smoked bacon, avocado, roasted red pepper aioli

14.5

Grilled Chicken Sandwich

Grilled all natural chicken breast, topped with bacon, pepper jack cheese, lettuce, and tomato with herb mayo on a wheat bun

13

Buffalo Chicken Sandwich

Fried all natural chicken breast, tossed in buffalo sauce, served on a bun with lettuce, tomato, and blue cheese fondue

13

Grown-up Grilled Cheese

Colby-jack cheese, sautéed tomatoes and red onion between two slices of sourdough

8.5

BLT

Smoked bacon, iceberg lettuce, and tomato with roasted shallot mayo on toasted sourdough

10

Chicken Salad Croissant

Hawaiian chicken salad on a fresh croissant with lettuce and tomato

11.5

Angus Burger*

Angus beef patty served with dijonaise, lettuce, tomato, red onions, with your choice of cheese on a brioche bun

12

Turkey Sandwich

Oven roasted turkey, caramelized onion, sautéed mushroom, bacon, and Swiss, served warm on wheat bread with whole-grain mustard

12

Entrees

Fish and Chips

Tender, flaky white fish lightly battered and fried, served with steak fries, tartar sauce, and cole slaw (vinegar based)

14

Roasted Salmon*^{GF}

Served over wild rice and baby carrots topped with a lemon dill beurre blanc

17

Crispy Chicken Fingers

Chicken tenders lightly battered and fried, served with honey mustard, cole slaw (vinegar based) and steak fries

13

Dijon Chicken^{GF}

Sautéed all natural chicken breast over mashed potatoes, and sautéed baby spinach, topped with a dijon white wine pan sauce

15

Nashville Fried Chicken

All natural southern fried chicken breast topped with our Nashville hot sauce, served with mashed potatoes, and roasted brussels sprouts

17

Shrimp and Grits^{GF}

Cajun-spiced shrimp, spicy chorizo pork sausage, onions, and peppers with a creole barbecue sauce, over stone ground cheese grits with fried okra

16

Creole Filet Medallions*^{GF}

Seared filet medallions, topped with a Creole BBQ sauce, and crispy onions, served with mashed potatoes, and sautéed broccoli

19

Kid's Menu

All kids meals include a choice of fresh fruit or fries, a fountain drink or one serving of milk. Please add \$1 for juice. Ages 10 and under.

6



Grilled cheese



Kid's chicken fingers



Peanut butter and jelly

Soft Drinks

Coke, Diet Coke, Coke Zero, Pibb Xtra, Lemonade, Freshly Brewed Iced Tea.

2.75

indicates an item approved by a Harris & Ballantyne Village YMCA nutritionist 3% of each YMCA-approved meal will be donated back to YMCA Community Support Program.

*These items can be served raw or undercooked. Warning: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.

^{GF} Warning: This menu and the information on it are provided as a service to our customers. Terrace Cafe goes to great strides to identify all forms of gluten in the foods prepared in house. Normal kitchen operations involve shared cooking and preparation areas. We are therefore unable to guarantee that any menu item is free from gluten or any other allergen, and we assume no responsibility for guest with food allergies or sensitivities.

