

the REAL-BAR

Lunch Menu

336.882.2299

REAL Soups & Starters

Cheese Board \$6.50

- GF Roasted Red Pepper Hummus & Veggies \$5
- Creamy Crab Dip with Flatbread \$10
- Black Bean Dip with Tortilla Chips \$9
- Creamy Tomato Basil with Bleu Cheese Crumbles
Cup \$3.95 | Bowl \$5.95
- Corn Chowder Cup \$3.95 | Bowl \$5.95

Real Mixed Green Salads

\$6.50 | Add chicken, \$3.50

Dressings: Ranch, Caper Vinaigrette, Italian, Balsamic Vinaigrette, Oriental, Poppyseed, Bleu Cheese, Apple Vinaigrette

GF REAL HOUSE SALAD

mixed greens, cucumber, red pepper, two cheese

STRAWBERRY & GOUDA

Mixed greens, strawberries & Gouda, poppyseed dressing

GF MEDITERRANEAN

mixed greens, artichoke, red pepper, banana pepper, olives & croutons served with greek caper dressing

ASIAN SALAD

mixed greens, mandarin oranges, wonton strips, toasted almonds, sesame oriental dressing

GF THE REAL TRIO

choice of 3 - REAL chicken salad, pimento cheese, black bean & corn salad, pasta salad with crackers & flatbread (gluten free crackers available by request) \$12

Real Sandwiches

\$7.95

Choice of side - black bean corn salad, pasta salad, mixed green, kettle chips or fruit

Served on croissant, sourdough or wheatberry

REAL CHICKEN SALAD CROISSANT

housemade chicken salad with lemon & celery

TURKEY & HAVARTI

turkey, havarti, basil pesto

BLACK FOREST HAM & CHEDDAR

ham, cheddar, horseradish mustard, mayo

TUSCAN PIMENTO CHEESE

cheddar, jack, sun dried tomatoes, pine nuts, pimentos

Real Panini of the Day

Please ask server for special

Choice of side- black bean corn salad, pasta salad, mixed green salad, kettle chips or fruit

The REAL Combo

Choose 2!

Cup of Soup, House or Strawberry & Gouda Salad, 1/2 Sandwich or 1/2 Wrap \$9.95

Real Wraps

\$7.95

Choice of side- black bean corn salad, pasta salad, mixed greens, kettle chips or fruit

Choice of flour, spinach, sun-dried tomato tortillas

Smoked TURKEY & MONTERREY JACK

smoked turkey, Monterrey jack, ranch cream spread

ROASTED TURKEY & HAVARTI

turkey, apple, honey cream spread

REAL CHICKEN SALAD

housemade chicken salad with lemon & celery

SPICY PIMENTO CHEESE

cheddar, jack, cherry peppers, red pepper strips

ULTIMATE VEGGIE

seasonal veggies, roasted red pepper hummus, havarti

Real Entree Specials

Please ask your server for daily entree special

Served with choice of mixed green salad or daily side and roll

Real Pizzas, Tacos & More!

MARGHERITA PIZZA | \$12

PEPPERONI BASIL PIZZA | \$12

GF TACOS - flour or corn

Choice of side - black bean corn, mixed greens, kettle chips or fruit

THAI SOFT TACO with a little crunch...

Thai Chicken or Sesame Ahi tTuna, asian slaw, toasted almonds (contains peanuts) 2/\$8.95 3/\$12

Plum Chipotle Pulled Pork TACO

slaw, green onions, side of verde or salsa roja

2/\$8.95 3/\$12

Burrito Bowl - Blackened chicken, black beans, rice, pico, chipotle salsa, melted pepper jack, tortilla chip crumbles

\$9.95

REAL Kids

\$4.95

Served with kettle chips or fruit and drink

Peanut Butter & Jelly

Grilled Cheese

Beverages

\$1.95

Coke, Diet Coke, Sprite, Mr. Pibb, Fanta Orange, Sweet or Unsweet Tea, Sparking Water
Coffee or Hot Tea - regular or decaf