

# The John Henry Tavern

## Starters

### HIGHFIELDS WINGS 12

Crispy deep fried chicken wings coated in our house dry rub, or toss in your favorite sauce.

### CHICKEN TENDERS 12

Hand cut chicken tenders breaded and fried. Tenders come, Plain or tossed in one of your favorite sauces.

#### Wing Sauces :

**BBQ, Teriyaki, Buffalo, Sweet Thai Chili, Honey Mustard**

### PRETZEL LOGS 12

Six baked pretzel logs, glazed with butter and sprinkled with coarse pretzel salt. Served with a side of nacho cheese sauce, and honey djon mustard.

### MEATBALLS MARINARA 12

Three homemade meatballs simmered in marinara sauce, topped with shaved parmesan cheese, served with a garlic breadstick.

### FRIED PICKLES 10

House brined pickles, lightly breaded, & fried, served with our tavern sauce.

### SPINACH ARTICHOKE DIP 13

Creamy spinach artichoke dip, baked and topped with parmesan cheese, served with naan crisps.

### STREET CORN DIP 15

Street corn mixed in with creamy cheese sauce topped with cotija cheese, served with naan crisps.

### HUMMUS DIP 13

Cannellini beans, blended with herbs and spices, served with naan crisps

### BUFFALO CHICKEN DIP 13

Roasted chicken, buffalo sauce, bleu cheese, served with naan crisps.

### TASTY TRIO 16

Pick any three of our tasty dips to make this an extra special appetizer, served with naan crisps.

**Choose three: Spinach Artichoke, Buffalo Chicken, Street Corn, or Hummus.**

### BRIE & RASPBERRIES 13

Warm baked Brie, topped with fresh raspberries, served with a toasted crostini.

## Flatbreads & Quesadillas

### BBQ CHICKEN FLATBREAD 15

BBQ sauce base, topped with chicken, red onions, and cheddar jack cheese.

### CHICKEN CAPRESE FLATBREAD 15

Basil pesto sauce, fresh mozzarella, sliced tomato, spinach, grilled chicken, finished with a balsamic drizzle.

**GF Cauliflower Crust available \$2 up charge**

### CLASSIC QUESADILLA 15

Choice of chicken, steak, or shrimp, with sautéed peppers & onions, topped with cheddar jack cheese, served with guacamole, salsa, and sour cream.

### BUFFALO CHICKEN QUESADILLA 15

Grilled chicken tossed in buffalo sauce, topped with cheddar jack and pepper jack cheeses, served with bleu cheese.

All sandwiches and burgers come with fries, chips, or a house side salad.  
Upgrade to sweet fries, onion rings, or a caesar salad \$2

GF Roll Available for a \$2 upcharge

## Sandwiches

### HIGHFIELDS RUEBEN 16

Corned beef, sauerkraut, swiss cheese, thousand island dressing, served on toasted marble rye.

### PORCHETTA SANDWICH 15

Pork tenderloin with garlic herb stuffing baked and thinly sliced, smokey bacon jam, arugula, served on a Italian herb focaccia.

### SOUTHERN CHICKEN SANDWICH 15

Crispy chicken breast with lettuce, tomato, home made pickles, golden BBQ sauce, served on a toasted brioche roll.

### THE BOMB 16

Choose chicken or shaved steak, topped with sautéed onions, peppers, mushrooms, with your choice of cheese, served on a Vienna roll.

### ITALIAN SANDWICH 16

Pepperoni, hot capicola, salami, provolone cheese, lettuce, tomato, red onions, pepperoncini, mayo, served on a Vienna roll.

### TOMATO BACON GRILLED CHEESE 15

Juicy tomatoes, crispy bacon, three cheese blend, served on toasted sourdough bread.

### MEATBALL SANDWICH 16

Meatballs, mozzarella, spices, served on toasted Italian herb focaccia.

Cheese Options: American, Swiss, Provolone, Cheddar, Pepper Jack

## Burgers

### HIGHFIELDS BURGER 14

Eight ounces of angus beef, grilled onions, lettuce, tomato served on a brioche roll

### MUSHROOM SWISS BURGER 15

Eight ounces of angus beef, lettuce, tomato, sautéed mushrooms, melted swiss cheese, served on a brioche roll

### HICKORY BURGER 15

Eight ounces of angus beef, cheddar, hickory-smoked bacon, smokey barbecue sauce, served on a brioche roll.

### SANTA FE BURGER 15

Eight ounces of angus beef, pepper jack cheese, guacamole, pico de gallo, chipotle mayo, served on a brioche roll.



# Vegetarian Options

## PASTA PRIMAVERA 15

Sautéed veggies over your choice of rice or penne pasta, served with a garlic breadstick.

## VEGGIE BURGER 14

Three bean veggie patty, lettuce, tomato, red onions, avocado, herb mayo.

## HUMMUS PITA POCKET 15

Warm pita, hummus, lettuce, tomato, red onions, peppers, olives, cucumbers.  
Add feta or goat cheese \$2



## Rolls For The Table \$6

Four warm dinner rolls and butter to go with your meal.

## Soups

**CLAM CHOWDER** 6 cup 8 bowl

**CHILI** 6 cup 8 bowl

**SOUP OF THE DAY** 6 cup 8 bowl

## Tavern Sides

**MASHED POTATOES** 6

**RICE** 6

**BAKED POTATO** 6

**CHEF'S VEGGIES** 7

**FRENCH FRIES** 4

**ONION RINGS** 6

**SIDE SALAD** 4

**SIDE CAESAR** 6

**HOME-MADE POTATO CHIPS** 5

## It's a Wrap

### Turkey BLT Wrap 16

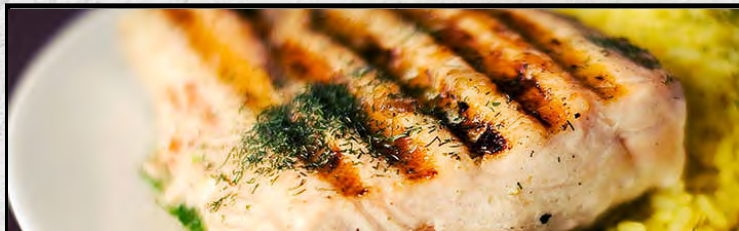
Sliced turkey breast, bacon, lettuce, tomato, mayo, served in a flour tortilla wrap.

### Caesar Wrap 15

Chicken salad, romaine lettuce, caesar dressing, shaved parmesan cheese, served in a flour tortilla wrap.

### Honey Mustard Chicken Wrap 15

Crispy Chicken, romaine lettuce, cheddar jack cheese, honey mustard dressing, served in a flour tortilla wrap.



## Entrees

Gluten Free pasta available \$2 upcharge

### HIGHFIELDS STEAK TIPS 22

Tender marinated steak tips on a bed of onions and peppers, served with two sides.

### SHORT RIB SHEPHERD'S PIE 24

Braised beef short ribs served over mashed potatoes and corn, smothered with pan gravy.

### CHICKEN BROCCOLI MAC & CHEESE 18

Grilled chicken, sautéed broccoli, tossed in our creamy homemade mac & cheese.

Plain \$15 Buffalo Chicken Mac \$18

### CHOICE OF THE SEA 21

Your choice of haddock, scallops, or shrimp, fried or baked with crumb topping, served with two sides

### LEMON BUTTER SALMON 24

Pan seared salmon topped with a lemon butter sauce, served with two sides.

### FISH -N- CHIPS 20

Generous portion of haddock, deep fried, served with fries, tartar sauce, coleslaw, and a lemon wedge.

### PESTO SCALLOP PASTA 20

Pan seared scallops tossed in garlic pesto sauce, over spaghetti with a balsamic drizzle, served with a garlic breadstick.

### CHICKEN PARM 18

Italian seasoned breaded chicken breast topped with marinara, mozzarella cheese, over spaghetti, served with a garlic breadstick.

### LEMON GARLIC ZOODLES 16

Zucchini noodles sautéed with chopped bacon, garlic, grilled chicken, shaved parmesan cheese. (Sub steak tips \$4)

## Salads

### HIGHFIELDS GREENS

Chopped romaine, grape tomatoes, cucumber, onions, carrots, and crispy croutons. 12

### TAVERN CAESAR

Chopped romaine, tossed in caesar dressing, shaved parmesan cheese, and crispy croutons. 12

### TENNESSEE GREENS

Spinach and arugula blend, crumbled goat cheese, chopped bacon, candied pecans, whiskey soaked raisins, served with whiskey apple vinaigrette. 15

### GRILLED PANZANELLA SALAD

Grilled romaine heart, cherry tomatoes, red onion, fresh mozzarella, capers, and crispy croutons, served with white balsamic dressing. 12

### COBB SALAD

Romaine lettuce, grape tomatoes, red onions, ham, chopped bacon, avocado, bleu cheese, hard boiled egg. 15

### DRESSINGS

White Balsamic, Ranch, Honey Mustard, Bleu Cheese, Thousand Island, Caesar, Whiskey Apple Vinaigrette

## Salad Additions

Grilled chicken, tuna salad, chicken salad 5

Steak tips, shrimp 6

Salmon 9