



# July Menu

THUCKLEBERRY'S

## SOUPS

**Daily Rotating Soup** \$7 / \$14  
*Chef's selection of seasonal ingredients.*

## GREENS & GRAINS

**Lemongrass Tofu OR Shrimp Noodle Bowl\*** \$14 / \$16  
*Organic Tofu OR Shrimp, Rice Noodles, Pickled Cucumbers, Carrots, Red Cabbage, Fresh Herbs, Roasted Peanuts, Ginger & Lemongrass*

**Hummus & Tahini Falafel Bowl** \$14  
*Romaine, Quinoa, Signature Hummus, English Cucumbers, Shredded Carrots, Pickled Radishes, Falafels & Tahini Agave Dressing*

**Seared Ahi Tuna & Peach Bowl\*** \$16  
*Sesame Crusted Seared Ahi Tuna, Pink Himalayan Sea Salt, Basmati Rice, Chopped Romaine, English Cucumbers, Avocado, Local Hyder Farm Peaches, Seaweed Salad & Sesame Ginger Dressing*

**Grilled Corn & Blackberry Salad** \$12  
*Spinach, Fire Roasted Corn, Local Blackberries, Radishes, Local WhiteRun Farm Eggs, Avocado & Red Wine Vinaigrette*

## SANDWICHES & ENTREES

**Turkey Tomato & Mozzarella** \$14  
*Pepper Crusted Roasted Turkey Breast, Bibb Lettuce, Red Onion, Fresh Mozzarella, Heirloom Tomatoes, English Cucumbers, Broccoli & Clover Sprouts, Herbed Mayo & 13 Seed Bread*

**Mediterranean Pesto Vegetable Wrap** \$12  
*Pesto Whipped Feta, Avocado, Red Onion, Spiced Aioli, Heirloom Tomatoes, Roasted Red Peppers, Spinach & Garlic Herb Tortilla*

**Arugula & Dill Salmon Pita** \$16  
*Blackened Atlantic Salmon, Red Onions, English Cucumbers, Arugula, Spinach, Dill Aioli & Pita Pockets*

**Rotating Lunches & Dinners**  
*Please come check out the cooler daily for our rotating specials!*



Most menu items can be modified to accommodate gluten free, if it is not already.



# GRAB N' GO COOLER

## Rotating Grab N' Go Meals

Please check out our **grab n' go cooler** for additional meals, soups & snacks that rotate daily.

## WEEKLY MEAL PREP

### Tuesday Meal Prep



Join our weekly text list to get each week's **NEW** menu!

Order ahead and pick up between 12PM & 5PM on

Tuesdays! (828) 318 - 7670

*\*Later pickup times and additional days may be available upon request\**

### HOURS

Monday 11 - 5

Tuesday 11 - 5

Wednesday 11 - 5

Thursday 11 - 5

Friday 11 - 5

90 N Trade St. Tryon NC 28782

(828) 318 - 7670

[www.HuckleberrysNC.com](http://www.HuckleberrysNC.com)

## DIETARY NEEDS & REQUESTS



### Gluten Free, Vegan, Vegetarian?

Preference or medically necessary, our chefs are able to accommodate a wide variety of dietary requests and needs! Meal prep is just one great option to customize your meals. We would love to discuss how we can help you enjoy great food and still accommodate all your needs!

## UPCOMING HAPPENINGS

JULY

11

6PM - 9PM

Summer Tracks Concert

**PRE-ORDER your meals now!** Come join us at Rodgers Park for an evening of great food & music.

JULY

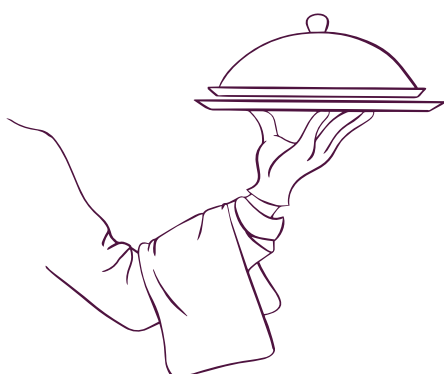
25

5PM - 7PM

Tryon Fourth Friday

Come join us downtown for an evening of fun & food sampling!

## CATERING, COOKING CLASSES & EVENTS



### Large Events & Weddings, Private Small Groups, Boxed Lunches & Cooking Classes!

Whether it's big or small, we would love to discuss how we can be a part of your next event and create lasting memories! Check out our website for a full list of our upcoming cooking classes and catering services

\* You may order your meats & eggs undercooked. Consuming raw or undercooked MEATS, SEAFOOD, SHELLFISH, EGGS or POULTRY may increase your RISK of foodborne illness, especially if you have certain medical conditions.