

BRENTWOOD, TN
 BELLE MEADE, TN
 HENDERSONVILLE, TN
 MURFREESBORO, TN
 OLD HICKORY, TN
 FLORENCE, AL



**GLUTEN
 SENSITIVE**

SAM'S STARTERS

SMOKED SALMON*	14.99
house-smoked salmon with dill garlic sauce, served with buttered toast points	
CHICKEN NACHOS	13.99
tortilla chips with chicken, queso, jalapeños, onions, tomatoes, cilantro lime sour cream, corn and black beans	
JUMBO BUFFALO WINGS	15.99
10 marinated wings served with celery sticks and your choice of Ranch or blue cheese dressing	
Hickory Barbecue • Sweet & Spicy • Traditional Buffalo	
Asian Sticky • Trinidad Scorpion 	
SPICY CHORIZO QUESO DIP	9.99
topped with tomatoes and jalapeños, served with Sam's tortilla chips and salsa	
HOUSE-MADE GUACAMOLE	11.99
served with tortilla chips and salsa	
SMALL HOUSE OR CAESAR SALAD	6.99

HANDCRAFTED PIZZAS

Cauliflower Crust		12"
<hr/>		
SAM'S KITCHEN SINK PIZZA	20.99
green peppers, onions, mushrooms, black olives, pepperoni, sausage, diced ham, ground beef and extra cheese		
CAJUN PEPPERONI PIZZA	17.99
Cajun spices and pepperoni		
VEGGIE PIZZA	17.99
tomatoes, onions, mushrooms, green peppers and red peppers		
MEAT LOVERS PIZZA	18.99
diced ham, pepperoni, sausage and ground beef		
BUILD YOUR ULTIMATE PIZZA	16.99
Each additional topping	1.99
Anchovies	Grilled Chicken	Pineapple
Artichoke Hearts	Ground Beef	Red Onions
Bacon	Italian Sausage	Red Peppers
Black Olives	Jalapeños	Sliced Onions
Diced Ham	Mushrooms	Tomatoes
Extra Cheese	Pepperoni	
Green Peppers	Pepperoncini	

HOUSE SPECIALTIES

GRILLED SALMON* (GRILLED MEDIUM UNLESS SPECIFIED)	19.99
Fresh salmon, dill tartar sauce, served with broccoli	
SANTA FE CHICKEN	16.99
grilled marinated chicken breast, jack and cheddar cheese, tomatoes and scallions, served with black beans and rice	
BBQ BABY BACK RIBS	HALF RACK 15.99...FULL RACK 21.99
our famous "knife and fork" baby back ribs, served with sweet potato fries and Southern cole slaw	
GRILLED RIBEYE STEAK	27.95
Certified beef topped with Maître D' butter and served with loaded smashed red-skinned potatoes	

SALADS

SOUTHWEST GRILLED CHICKEN SALAD	14.95
spring mix and grilled chicken tossed with tortilla strips and honey-lime vinaigrette, topped with Thai peanut sauce	
KALE AND QUINOA SALAD	14.95
kale, quinoa, red peppers, Kalamata olives, sugar roasted pecans, goat cheese, cherry tomatoes, sweet potatoes, tossed in balsamic vinaigrette	
SAM'S HOUSE SALAD	15.99
CHOICE OF GRILLED SALMON OR CHICKEN	
spring mix, eggs, bacon, tomatoes and red onions	
CAESAR SALAD*	15.99
CHOICE OF GRILLED SALMON OR CHICKEN	
romaine lettuce tossed in Caesar dressing with Asiago parmesan cheese	
Balsamic Vinaigrette	Honey Mustard
Blue Cheese	Lemon-Garlic Vinaigrette
Caesar*	Ranch
Honey-Lime Vinaigrette	

Add grilled chicken to any salad for \$5.99, Add blackened barramundi or grilled salmon to any salad for \$6.99

BURGERS & SANDWICHES (NO BUN)

Served with sweet potato fries or Southern coleslaw.

Add bacon, mushrooms, jalapeños, sautéed onions or extra cheese for only .99 each.

ANGUS CHEESEBURGER*	13.99
cheddar cheese, mayo, mustard, lettuce, tomatoes, pickles and onion	
BLACKENED BARRAMUNDI FISH TACOS	14.99
shredded iceberg, sharp cheddar, guacamole, tomatoes, onions, spicy ranch and cilantro	
GRILLED CAJUN BARRAMUNDI SANDWICH	15.99
dill tartar sauce, lettuce, tomatoes, red onion and pickle	
STEAK TACOS*	14.95
Certified Hereford Beef, bacon bourbon onion jam, sharp cheddar, tomato, onions, jalapeno, coleslaw and your choice of side	
GRILLED CHICKEN SANDWICH	13.99
a custom-marinated breast with lettuce, tomatoes, onion, jack cheese and honey mustard	
HOUSE-MADE VEGGIE BURGER	11.95
sweet potato, kale, quinoa, mushroom, brown rice, tortilla and black bean patty brushed with sweet chili sauce with mayo, lettuce, tomatoes, pickles, onions, and jack cheese	

SIDES & EXTRAS

LOADED SMASHED RED-SKINNED POTATOES	SOUTHERN COLESLAW
BLACK BEANS & RICE WITH RED ONIONS	SWEET POTATO FRIES
BROCCOLI	

* COOKED TO ORDER.

* CONSUMING RAW OR UNDERCOOKED MEAT, EGGS, SEAFOOD, POULTRY, OR SHELLFISH MAY INCREASE THE RISK OF FOODBORNE ILLNESS.

We created this menu for our gluten intolerant guests. Please be aware that the handcrafted nature of our menu items, variety of procedures in our kitchens, cross-contamination with ingredients containing gluten and our reliance on suppliers may result in variations in the ingredients of these menu items. We therefore make no guarantees regarding the gluten content of these items.

 Like Us!  Follow Us!

Cove 101823