

# STARTERS

Off the Wall Hummus ~ Housemade hummus with chips. ~ \$4.75 Million dollar salsa ~ Housemade salsa and chips ~ \$4.75

# SPECIALTY SANDWICHES

**Cas Walker** ~ \$7.95

Thin Sliced Roast Beef with Cheddar, Caramelized Onion, Lettuce and Horseradish Cream served on Sourdough

# Streaking the Strip ~ \$8.88 No Meat ~ \$8.00

Housemade Turkey, Bacon and Avocado with brie cheese, pesto aioli, lettuce, tomato and pickled onion

## Fox in the Hen House ~ \$7.95

Sheriff Fox Jailhouse recipe. Shredded Chicken with celery, onion, walnuts, lettuce, tomato, mustard on wheat **Kid Curry Chicken Salad ~ \$7.95** 

Stolen from sheriff Fox! Shredded curry chicken mixed with celery, onion, mustard, mayo, lettuce, tomato served on Ciabatta

#### Tennessee Will Ham ~ \$7.95

Smoked ham with swiss, pickled onion, leaf lettuce and mustard on sourdough

## Marble City Tuna Salad ~ \$7.95

Tuna with celery, onions, sweet pickle relish, mayo, topped with lettuce, tomato and served on wheat **Elvis** ~ \$4.95

All natural made peanut butter with banana and honey served on white bread

The 1982 ~ \$9.82

Chef Selection of Charcuterie with provolone, lettuce, giardiniera and dijonaise served on ciabatta

#### Odd Fellows #1 ~ \$8.25

Top Shelf pastrami with sauerkraut, swiss, and spicy housemade russian dressing served on Pumpernickel Rye

#### Odd Fellows #2 ~ \$8.25

Marinated Portabella Mushroom with sauerkraut, swiss and spicy housemade russian dressing served on Pumpernickel Rye

#### Thunder Road ~ \$7.95

Housemade Pimento Cheese, crispy bacon and tomato served on white bread

## B'Dette Veggie ~ \$7.50

Avocado, Havarti cheese, caramelized onions, cucumbers, sprouts, tomatoes, greens and housemade tzatziki sauce served on white bread

## The TN Valley Authority ~ \$7.25

Four cheese grilled cheese with cheddar, fontina provolone and fresh mozzarella

# Last Farmer ~ \$4.95

Thick cut bologna on white bread with mayo and yellow mustard

#### SIDES

Buskers Potato Salad ~ Creamy, crunchy backyard style red potato salad
Prohibition Whole Grain Potato Salad ~ Creamy garlic mustard base
Peter Kern German Style Potato Salad ~ Tasty southern favorite served warm with a little bacon
Midday Merry Go Round ~ Bright and Hearty Cavatappi Pasta with feta sun dried tomatoes & red onion olives
McAdoo Macaroni Salad ~ Simple and Savory with a mustard tang with bell peppers and a touch of honey



Market House Chef Salad ~ \$9 Romaine, tomato, cucumber, red onion, hard boiled egg, bacon, ham and housemade turkey with fresh shredded cheese

Gold Sun Greek Salad ~ \$7 Mixed greens, feta cheese, kalamata olives, cherry tomatoes, red onion, cucumbers and greek dressing

Sunsphere ~ \$7 Mixed greens, mandarin oranges, sunflower seeds, tomatoes, cucumber, red onion, sun dried cherries and feta cheese

Moonshiners ~ \$7 Giardiniera on bed of leaf lettuce with goat cheese and pickled onions

Classic Cornelius \$5 Romaine with housemade caesar dressing, croutons and parmesian cheese

Calaboose Kale Salad ~ \$7 Chopped kale, strawberries, feta, walnuts and shaved red onion served with balsamic dressing

#### All of our dressings are house made

Balsamic Vinaigrette, Greek, Creamy Sweet Potato, Ranch, Honey Mustard, Caesar

# BREAKFAST

Roy Acuff Yogurt Parfait ~\$3.95 Natural Greek yogurt layered with fresh berries, house-made granola and honey

Perez Dickenson's Wondrous Bacon, Egg and Cheese Biscuit ~\$5 A house-made buttermilk biscuit, with crispy bacon, sliced cheddar and a fluffy egg

Cal Johnson Biscuits N' Gravy ~\$4.95 House-made buttermilk biscuits with southern sage gravy Beauford Delaney Abstract Strata ~\$6.25

Created daily by our chef, this edible art is made with the freshest ingredients may be a strata or frittata, depending on the artistic nature of the day

White Lily Biscuit ~ \$1.00

Bagel ~ \$1.50 With cream cheese ~ \$2.25

#### AS FRESH AS HUMANLY POSSIBLE

# FRESH JUICE BAR

All Juices are offered in 8oz and 16oz sizes

Apple-achian ~ Lime, Green Apple and Strawberries \$4 ~ \$8

Knock Out ~ Green Apple, Stalk Celery and Orange \$3 ~ \$6

**Don't Forget Your Roots** ~ Haley's Red Apple, Beet, Sweet Potato, Orange, Carrot, Ginger and a splash of Olive Oil \$3.50 ~ \$7

Scott's Miraculous Hangover-Prevention Tonic ~ Pineapple, Kale Leaves, Celery Stalks, Sprig of Parsley, Jalepeno Pepper, Thumb Ginger and Turmeric \$4 ~ \$8

**The Body Farm** ~ Green Apple, Stalk of Celery, Cucumber, Thumb of Ginger, Kale Leaves, Spinach Leaves and Lemon \$3.50 ~ \$7

#### BEER

Offering the best of local and regional brews on nine different taps and over sixty different beers in bottles and cans in our cooler available to drink in house or grab and go!

# FIAPPI FROUGH THURSDAY 3 TO 3

# Cold Brew Nitro Coffee \$4 ~ Nitro White Mule (with cream) \$4.25 one size only 12 oz

fair trade coffee	S <u>mall</u>	MEDLUM	Large
Drip Coffee	\$1.75	\$1.95	\$2.25
Latte	\$2.75	\$3.50	\$4
Cappuccino	\$3	\$3.50	\$4
Mocha	\$3.25	\$4	\$4.50
Hot Cider	\$2.75	\$3.25	\$3.75
Americano	\$2.25	\$2.65	\$3
Chai Latte (make it dirty for 50 cents more)	\$3	\$3.50	\$4
Hot Chocolate	\$2.75	\$3.25	\$3.75
Cubano	ONE SIZE	\$2.75	
Espresso	DOUBLE SHOT	\$2	
Flat White	\$3.25	\$4	\$4.50
Ghost Latte	\$3.25	\$3.75	\$4.25
Espresso Macchiato	ONE SIZE	\$3	

Add Flavors ~ 50 Cents Each

Irish Cream, Vanilla, Mocha, Chai, White Chocolate, Hazelnut, Caramel Milk Substitutes: Macadamia \$1 ~ Soy and almond \$.50

FRESH LOCALLY BAKED BREAD PROVIDED BY:

TELLICO GRAINS BAKERY



# The Bread Shed

Market House Cafe is a locally-sourced market,

a cafe with the best patio in Downtown Knoxville and a Scruffy City Visitors Center. Specializing in take-away and in house gourmet sandwiches, coffees, juicing and brews, we offer artisinal cured meats,

cheeses, and breads. We feature Vienna Coffee Hours: 7am-11pm

You haven't seen Downtown Knoxville till you've been to Scruffy City

Explore ScruffyCity.com