



LUNCH MENU

Monday - Saturday, 11:00 am - 2:00 pm



SALADS

The Forty Six **V** **GF** **\$6.5**
Mixed Greens, Red Grape Tomatoes, Julienne English Cucumbers, Carrots, Dried Cranberries, Red Onion Slivers, Chia Seeds and Walnuts. Your Choice of Dressing: Ranch, Balsamic Vinaigrette or Red Pepper Vinaigrette.

Forty Six Caesar Salad **\$8.25**
Chopped Romaine Hearts, Diced Tomatoes, Caesar dressing, Croutons and Parmesan Cheese.

Fig & Arugula Salad **V** **GF** **\$8.25**
Baby Arugula, Black Mission Figs, crumbled Goat Cheese, Toasted Pistachios & Oranges.
Tossed in Champagne-Vanilla Vinaigrette.

Pecan & Pear Salad **V** **\$8.75**
Romaine Lettuce, slivered Pears, Bourbon Candied Pecans, Feta and Maple Cider Vinaigrette.

Spinach & Apple Salad **\$8.25**
A medley of Fresh Baby Spinach and Romaine tossed with chopped Turkey Bacon, Blue Cheese Crumbles, Green Apple, Turkish Apricots and Sunflower Seeds. Dressed with a Cashew-Dijon Vinaigrette.

BLT Salad **GF** **\$7.50**
Crisp Romaine with Diced Tomato, Chopped Applewood Bacon, White Cheddar and your choice of Dressing.

Cobb Salad **\$10.50**
Spinach & Mixed Greens with Chopped Egg, Diced Tomato, Ham, Cheddar and Avocado with your choice of dressing.

SALAD ADDITIONS

Add a protein to any Salad
Seared Chicken **\$3**
Broiled Salmon **\$3.5**
Sautéed Shrimp **\$4**

Protein prepared with your choice of seasoning:
Lemon Pepper, Pesto, Chili-Hoisin BBQ or Blackened

SANDWICH

Southern Chicken Salad **\$7.50**
Pulled Roasted Chicken, Walnuts, Apples and Celery on your choice of bread with Lettuce & Tomato: Brioche, Sourdough, Multigrain Hoagie, Sun dried Tomato Wrap or Sliced Wheatberry.

Chicken Caesar Pesto Wrap **\$7.75**
Grilled Chicken with Cilantro Pesto, Romaine, house Caesar Dressing and Asiago Cheese in a Sun dried Tomato Tortilla Wrap.

Tandoori Chicken Wrap **\$7.25**
Tandoori Marinated and Seared Chicken Strips in a Spinach Tortilla Wrap with Hummus, Lettuce, Tomatoes, Cucumbers and Zesty Cucumber Yogurt Sauce.

Turkey Reuben **\$8.25**
Grilled Marble Rye with Sliced Turkey, Thousand Islands Dressing, Sauerkraut and Swiss Cheese.

Forty Six Club Sandwich **\$8.25**
Roasted Turkey Breast with Turkey Bacon, Aged Cheddar, Lettuce, Tomato, Avocado Spread and Whole Grain Mustard Aioli. Served on a Toasted Wheat Bread.

Salmon BLT **P** **\$9.25**
Seared Salmon, Avocado, Baby Arugula, Tomato and Smoked Salmon "Bacon" with Terragon-Caper Mayo. Served on a Brioche Roll.

Crispy Chicken Sandwich **\$8.5**
Buttermilk Fried Breast of Chicken with Lettuce, Tomato and Roasted Garlic Aioli served on a Honey Kaiser Roll.

Egg Salad **V** **\$7.50**
Light Homemade Egg Salad on Toasted Marble Rye with a side of Olive Tapenade.

46 Meatloaf Sandwich **\$9.00**
A seared slice of our Homemade Meatloaf with Smoked Gouda and Apple Butter BBQ Sauce on Grilled Sourdough.

Sandwich Sides

All sandwiches are served with one "sandwich" side.

These include:

Carrot & Beet Salad, Couscous Salad, Pasta Salad, Collard Greens and French Fries

Additional "sandwich" sides: Sweet Potato Fries (add \$1) or Seasonal Fruit (add \$1)





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QUICK LUNCH

LUNCH ENTRÉES

Forty Six Red Plate \$6

YOUR CHOICE:

Half Size Entrées

- Forty Six Meatloaf
- Penne Pesto
- Vegetable Curry
- Vegetable Stir Fry

Half Sandwiches

- Southern Chicken Salad
- Turkey Reuben
- Egg Salad
- Forty Six Club



- V** = Vegetarian
- VG** = Vegan
- P** = Pescatarian
- GF** = Gluten Free

What is Pescatarian? In addition to fish and/or shellfish, a Pescatarian diet typically includes all of vegetables, fruit, nuts, grains, beans, eggs and dairy.

*Contains raw or undercooked ingredients. Reminder: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

RESERVATIONS

Please call 704-250-4646 to make Easter reservations. Reservations are not confirmed until you have received a confirmation phone call from Forty Six.

Please call (704) 250-4646 to make all reservations



Forty Six Meatloaf \$9.75

Our very own savory blend of Fine Ground Beef and Ground Turkey. Roasted, Glazed and topped with Red Wine Demi-glace. Served over Potato-Vegetable Hash.

Vegetable Curry **V** \$8.50

Mixed Vegetables, Cauliflower, Peas and Sweet Potatoes and in Madras Curry Sauce, topped with crushed Cashews served with Warm Naan. VG

Vegetable Stir Fry **V** \$8.50

Sautéed Mixed Vegetables in our homemade Stir Fry Sauce, served over Brown Rice Pilaf.

Penne Pesto **VG GF** \$8.50

VegetarianGluten Free
Sautéed Roma Tomatoes with Garlic, White Wine, Fresh Spinach, Artichoke Hearts and Kalamata Olives tossed with Gluten Free Penne Pasta and Basil Pecan Pesto

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