



the Tomato Head[®]

STARTERS

HUMMUS PLATE

cucumber · tomato · broccoli
pickled carrots · fresh baked pita · hummus
..... \$7.95

HUMMUS & BLUE CORN CHIPS

..... \$4.75

BLACK BEAN HUMMUS

black beans · hummus · sriracha
blue corn chips
..... \$7.50

GARLIC STICKS

pizza crust · garlic · romano cheese · fresh oregano
..... \$3.25 (gluten free \$6.50)

BREAD & PESTO

..... \$7.50

TOMATO CHIPOTLE SOUP

CUP \$3.25 · BOWL \$4.25

SOUP OF THE DAY

CUP \$3.99 · BOWL \$4.99

BLACK BEANS

CUP \$2.50 · BOWL \$3.75

FOOD ALLERGY. Tomato Head menu items are made with allergenic ingredients, including milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat. If you have a food allergy, please advise your server and speak with a manager on duty before ordering."

CHILDREN'S MENU

SIMON PLATE

pasta · turkey or marinated tofu · cucumber · broccoli · fruit
..... \$5.50

PASTA PLATE

pasta · pizza sauce · parmesan \$4.25
add mozzarella, provolone blend + \$1.70

CHEESE TOAST

white rosemary bread · monterey jack ·
sweetwater valley smoked cheddar \$3.25

MAC N CHEESE PIZZA

no sauce · pasta · mozzarella, provolone blend ·
sweetwater valley smoked cheddar \$8.25

STARTERS + KIDS

BEVERAGES

BAR DRINKS

WINE

BEER

SWEETS

SANDWICHES

SALADS

PIZZA

BRUNCH

BEVERAGES

JUICE & BOTTLED WATER

san pellegrino sparkling mineral water	\$3.50
juice — orange · cranberry	\$2.95 sm
.	\$4.75 lg
martinelli's apple juice	\$3.50
blackberry izee sparkling juice	\$3.25
virgil's root beer	\$3.25
reed's ginger ale	\$3.25

SOFT DRINKS & TEA

coca-cola · diet coke · sprite · dr. pepper · iced tea · sweet tea	\$2.50
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MILK

vanilla coconut milk	\$3.25
cruze farm light milk	\$3.00 sm
.	\$4.75 lg
cruze farm chocolate milk	\$4.75

COFFEE

golden roast fair trade regular or decaf	\$2.50
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HOT TEA BY TAZO

teas served in a pot (2-3 cups)	\$3.00
box	\$6.50

green teas

zen · green ginger

black teas

chai (organic) · earl grey · awake

herbal infusion teas

passion (hibiscus)* · refresh (mint/tarragon)*
wild sweet orange (lemongrass/licorice/citrus)
calm (chamomile, rose petal)*

*caffeine free

BEVERAGES

BAR DRINKS

WINE

BEER

SWEETS

SANDWICHES

SALADS

PIZZA

BRUNCH

BAR DRINKS

MIXED DRINKS

- bloody mary** \$8.50
- margarita**
lime or seasonal \$8.50
- cosmopolitan**
vodka · triple-sec · limeade · cranberry juice \$8.50
- alexander**
scotch · ginger syrup · lemonade \$8.50
- rose**
champagne · raspberry syrup · ginger syrup \$7.50
- poinsettia** \$6.50
- mimosa** \$6.50

- indochine 75**
gin · lemonade · lemongrass syrup · champagne . . . \$8.50
- old fashioned**
bourbon · bitters · sugar · orange · cherry \$8.00
- kentucky derby**
bourbon · kahlua · hot coffee · half and half \$8.50
- white russian**
kahlua · vodka · half and half \$8.50
- mojito**
rum · sugar · mint syrup · soda \$8.50
- daiquiri**
rum · limeade \$8.50

NON-ALCOHOLIC

- cleanse**
lemonade · ginger syrup · soda · cayenne pepper . . . \$3.75
- cranberry sparkler**
cranberry juice · lemongrass syrup · soda \$3.75
- hannah montana**
sprite · pomegranate syrup \$2.75
- justin beiber**
coca cola · cherry syrup \$2.75
- housemade lemonade or limeade** \$3.25

BAR DRINKS

WINE

BEER

SWEETS

SANDWICHES

SALADS

PIZZA

BRUNCH

WINE

		REGION	2OZ TASTE	5OZ GLASS	BOTTLE
SPARKLING					
NV	MASCHIO PROSECCO BRUT TREVISO DOC (187ML BOTTLE)	ITALY		\$8.00	
NV	DOMAINE STE. MICHELLE BLANC DE BLANCS	WASHINGTON			\$29.00
WHITE & BLUSH					
2015	BERINGER WHITE ZINFANDEL	CALIFORNIA	\$2.00	\$5.00	\$22.00
2014	NXNW RIESLING, HORSE HEAVEN HILLS	WASHINGTON	\$2.50	\$6.00	\$30.00
2016	VILLA MARIA SAUVIGNON BLANC 'PRIVATE BIN'	NEW ZEALAND	\$2.50	\$6.00	\$30.00
2015	KING ESTATE ACROBAT PINOT GRIS (PINOT GRIGIO)	OREGON	\$2.25	\$5.25	\$26.00
2016	WENTE MORNING FOG CHARDONNAY, LIVERMORE VALLEY	CALIFORNIA	\$2.00	\$5.00	\$24.00

		REGION	2OZ TASTE	5OZ GLASS	BOTTLE
RED					
2013	CRESPI PINOT NOIR, SANTA LUCIA HIGHLANDS	CALIFORNIA	\$3.60	\$8.95	\$44.75
2015	FANTINI SANGIOVESE (CHIANTI)	ITALY	\$2.50	\$5.95	\$29.00
2013	MONTE ANTICO, SANGIOVESE/CABERNET/ MERLOT BLEND	ITALY	\$2.25	\$6.00	\$30.00
2015	CRIO MALBEC, MENDOZA	ARGENTINA	\$2.60	\$6.50	\$32.00
2013	BENZIGER, CABERNET SAUVIGNON, SONOMA	CALIFORNIA	\$3.10	\$7.75	\$38.00

vintages are subject to change

WINE

BEER

SWEETS

SANDWICHES

SALADS

PIZZA

BRUNCH

BEER

ON TAP

BEARDED IRIS HOMESTYLE

NASHVILLE · TN · 6.0%
IPA
juicy hop flavor and aroma
4oz \$1.75 **16oz \$5.25**

BLACKBERRY FARM SAISON

WALLAND · TN · 6%
rustic black pepper · lemon
4oz \$2.00 **16oz \$6.50**

BLACK ABBEY BREWING THE FIVE POINTS

NASHVILLE · TN · 5.5%
WEST COAST IPA
grapefruit · pine · caramel
4oz \$1.50 **16oz \$4.75**

BOLD ROCK CIDER

NELLYSFORD · VA · 4.7%
granny smith apples · citrus hops
4oz \$1.50 **16oz \$4.75**

CALFKILLER ROTATING TAP #1

SPARTA · TN
ask your server for this week's selection
4oz \$1.50 **16oz \$4.75**

CALFKILLER ROTATING TAP #2

SPARTA · TN
ask your server for this week's selection
4oz \$1.50 **16oz \$4.75**

CATAWBA VALLEY WHITE ZOMBIE

MORGANTON · NC · 4.7%
WITBIER
coriander · orange peel · spice
4oz \$1.50 **16oz \$4.75**

FANATIC TENNESSEE RED ALE

KNOXVILLE · TN · 5.5%
amber · malty
4oz \$1.50 **16oz \$4.75**

GOOD PEOPLE PALE ALE

BIRMINGHAM · AL · 5.8%
herbal · caramel · pine
4oz \$1.50 **16oz \$4.75**

HEXAGON BREWING ALTER EGO

Knoxville · TN · 6.0%
Altbiersmooth · caramel · nutty
4oz \$1.50 **16oz \$4.75**

HEXAGON BREWING SEXY CAT

Knoxville · TN · 6.0%
American Pale Alebread · pine · earth
4oz \$1.50 **16oz \$4.75**

HIGHLAND BREWING GAELIC ALE

ASHEVILLE · NC · 5.8%
AMBER ALE / RED ALE
amber · malty · low bitterness
4oz \$1.50 **16oz \$4.75**

HIGHLAND BREWING MANDARINA IPA

ASHEVILLE · NC · 5%
orange and tropical citrus
4oz \$1.50 **16oz \$4.75**

LAST DAYS OF AUTUMN SALTED Caramel PORTER

KNOXVILLE · TN · 7.7%
roasted · caramel
4oz \$1.75 **10oz \$3.75**

SCHULZ BRÄU PILSENER

KNOXVILLE · TN · 5.3%
light · crisp · bread · low bitterness
4oz \$1.50 **16oz \$4.75**

WISEACRE GOTTA GET UP TO GET DOWN

MEMPHIS · TN · 5%
MILK STOUT
dark · coffee · chocolate · cream
4oz \$1.50 **16oz \$4.75**

YAZOO HEFEWEIZEN

NASHVILLE · TN · 4.9%
GERMAN WHEAT BEER
light · clove · banana
4oz \$1.50 **16oz \$4.75**

YEE HAW EIGHTY

JOHNSON CITY · TN · 5.0%
Scottish 80 Shilling
smooth · caramel · toffee
4oz \$1.50 **16oz \$4.75**

YEE-HAW DUNKEL

JOHNSON CITY · TN · 5.5%
light · molasses · low bitterness
4oz \$1.50 **16oz \$4.75**

ROTATING SEASONAL DRAFT SELECTION

SEE OUR SPECIALS SHEET FOR DETAILS

BOTTLES

BELL'S TWO HEARTED ALE

INDIA PALE ALE (IPA) · 7%
12oz **\$5.00**

BLUE MOON BELGIAN STYLE WHEAT

WHEAT ALE · 5.4%
12oz **\$3.75**

MILLER LITE

PALE LAGER · 4.2%
12oz **\$3.50**

CANS

DALE'S PALE ALE

PALE ALE · 6.5%
16oz **\$4.75**

STELLA ARTOIS

PALE LAGER · 5%
12oz **\$3.75**

YUENGLING TRADITIONAL LAGER

AMBER LAGER/VIENNA · 4.4%
12oz **\$3.75**

PACIFIC COAST PINOT GRIGIO HARD APPLE CIDER

12oz **\$4.25**

BEER

SWEETS

SANDWICHES

SALADS

PIZZA

BRUNCH

SWEETS

KEY LIME PIE \$5.50
 whole pie \$38.25

CHOCOLATE PEANUT BUTTER PIE \$5.50
 whole pie \$38.25

COBBLER
fruit · poppy seed biscuit · haagen dazs vanilla ice cream
 \$8.25

CUPCAKE \$5.00

VEGAN CUPCAKE \$5.00

GLUTEN SENSITIVE CUPCAKE \$6.25

SCOOP OF ICE CREAM \$1.95

COOKIES \$1.95

ROCK YOUR WORLD
chocolate chips · walnuts

DEVIL'S DELIGHT
double chocolate cookie · sour cherries ·
white chocolate chips

CHOCOLATE THUNDER
double-chocolate cookie · milk, white and
bittersweet chocolate chips

CHOCOLATE CHIP

VEGAN CHOCOLATE CHIP

SUGAR WITH GLAZE

VEGAN SUGAR WITH GLAZE

PEANUT BUTTER WITH CHOCOLATE GLAZE

OATMEAL RAISIN

GLUTEN FREE CHOCOLATE CHIP - \$2.95

SWEETS

SANDWICHES

SALADS

PIZZA

BRUNCH

SANDWICHES

choice of fresh baked
white rosemary, wheat or pita bread.
blue corn chips or potato chips · pickle

add avocado
sm \$1.25 lg \$2.25

add side hummus
\$1.75

substitute
non-dairy cheese \$.95
gluten free bread · large only · \$1.00

**substitute
for chips** | fruit \$1.00
cup soup . . . \$2.35
side salad . . . \$2.50

HAM & CHEESE

ham · monterey jack · mustard · mayo ·
lettuce · tomato · heated
SMALL \$6.50 LARGE \$8.50

TURKEY MELT

smoked turkey · fresh spinach · red onion ·
monterey jack · mustard · mayo ·
tomato · sprouts · heated
SMALL \$6.95 LARGE \$8.95

TOMATO HEAD

ham · pepperoni · monterey jack · pesto ·
mustard · mayo · tomato · sprouts
SMALL \$6.95 LARGE \$8.95

CHEDDAR HEAD

fresh spinach · smoked turkey or baked tofu ·
roasted onion · sweetwater valley smoked cheddar ·
mustard · tomato · heated
SMALL \$6.95 LARGE \$8.95

HUMMUS PITA

hummus · cucumber · carrot · red onion ·
tomato · sprouts
LARGE ONLY \$8.95

VEGAN

marinated tofu · fresh spinach · carrot · red onion ·
spinach & sundried tomato pesto · tomato · sprouts ·
SMALL \$6.95 LARGE \$8.95

VEGETARIAN

marinated tofu · monterey jack · fresh spinach ·
mushroom · pesto · mustard · tomato · sprouts
SMALL \$6.95 LARGE \$8.95

OH BOY

fresh spinach · chicken · benton's bacon ·
sundried tomato · monterey jack ·
poppyseed dressing · mayo · heated
SMALL \$7.95 LARGE \$9.95

TUSCAN CHICKEN

chicken · monterey jack · pesto ·
sundried tomato · mayo · heated
SMALL \$7.95 LARGE \$9.95

ROGER ROGER

hummus · fresh spinach · baked tofu ·
green & red pepper · banana pepper · green olive ·
monterey jack · heated
SMALL \$7.75 LARGE \$9.50

KEPNER MELT

fresh spinach · baked tofu · monterey jack ·
herbed tomato · pineapple · roasted onion ·
walnut · pesto · mustard · heated
SMALL \$7.75 LARGE \$9.50

LUCY

fresh spinach · hummus · carrot · roasted onion ·
roasted portobello · walnut · monterey jack · heated
SMALL \$7.75 LARGE \$9.50

CHICKEN SALAD

lettuce · tomato
SMALL \$7.75 LARGE \$9.50

VEGGIE BURGER

housemade veggie burger ·
lettuce · tomato · ketchup · red onion
LARGE \$9.75
add cheese \$.75

SANDWICHES

SALADS

PIZZA

BRUNCH

SALADS

HOUSEMADE DRESSING

BASIL VINAIGRETTE
CAESAR
FETA
RANCH
MUSHROOM SESAME
BLUE CHEESE VINAIGRETTE
TAHINI
POPPYSEED
CHIPOTLE RANCH
SOUTHWEST VINAIGRETTE
HONEY CARROT

ADD TO ANY SALAD

chicken, baked tofu or avocado
SIDE \$1.25 • **SMALL** \$2.25 • **LARGE** \$4.45

benton's bacon
SIDE \$1.35 • **SMALL** \$2.65 • **LARGE** \$5.25

HOUSE

romaine lettuce · mushroom · red onion · cucumber · tomato ·
black olive · green pepper · carrot · red cabbage · sprouts
SIDE \$4.25 **SMALL** \$7.25 **LARGE** \$9.60

CAESAR

romaine lettuce · mushroom · black olive · parmesan ·
caesar dressing · tossed
SIDE \$3.75 **SMALL** \$6.50 **LARGE** \$8.95

PASTA

pasta · broccoli · mushroom · red onion · cucumber · tomato ·
black olive · green pepper · carrot · red cabbage · sprouts
SIDE \$4.75 **SMALL** \$7.95 **LARGE** \$10.25

CHEF

romaine lettuce · broccoli · mushroom ·
red onion · cucumber · tomato · black olive · green pepper ·
carrot · red cabbage · sprouts ·
ham & smoked turkey or baked tofu
SIDE \$5.25 **SMALL** \$9.25 **LARGE** \$11.50

BAKED TOFU

fresh spinach · baked tofu · broccoli · carrot · mushroom ·
red cabbage · red onion · mushroom sesame dressing
SIDE \$5.50 **SMALL** \$9.75 **LARGE** \$12.25

GREEK

romaine lettuce · feta cheese · red onion · cucumber ·
tomato · kalamata olive · green pepper · fresh oregano ·
sprouts · feta dressing
SIDE \$5.25 **SMALL** \$9.25 **LARGE** \$11.50

SOUTHWESTERN

romaine lettuce · roma tomatoes · sweetwater valley smoked cheddar ·
black beans · chicken or baked tofu · blue corn chips ·
corn salsa · southwest vinaigrette or chipotle ranch
SIDE \$5.50 **SMALL** \$9.75 **LARGE** \$11.95

BACON

benton's bacon · mushrooms · fresh spinach ·
poppy seed dressing
SIDE \$5.50 **SMALL** \$9.95 **LARGE** \$12.50

SALADS

PIZZA

BRUNCH

COMBINATION PIZZAS

		LUNCH ONLY SLICE	9 INCH	14 INCH
No. 1	PESTO. SUNDRIED TOMATO herbed tomato	\$4.00	\$12.00	\$21.75
No. 2	BENTON'S BACON. HAM. ITALIAN SAUSAGE red onion · cheddar	\$5.45	\$15.50	\$28.50
No. 3	LAMB SAUSAGE*. SUNDRIED TOMATO herbed tomato · black olive · capers	\$5.95	\$13.95	\$25.45
No. 4	FOUR CHEESE mozzarella provolone blend · fontina · parmesan · white pizza	\$2.50	\$8.25	\$14.25
No. 5	SPINACH. HERBED TOMATO. PINEAPPLE roasted onion · banana pepper · pesto base	\$5.90	\$14.85	\$27.20
No. 6	HAM. PINEAPPLE	\$3.15	\$9.25	\$16.25
No. 7	GOAT CHEESE. ROMA TOMATO basil · white pizza	\$3.85	\$10.75	\$19.25
No. 8	ROASTED PORTOBELLO roma tomato · pesto base	\$4.10	\$12.00	\$21.55
No. 9	TURKEY. RED ONION spinach · feta cheese · banana pepper	\$5.25	\$13.50	\$24.95
No. 10	FRESH SPINACH. BLACK BEAN spinach · italian sausage or baked tofu roasted onion · roma tomato · roasted garlic	\$5.95	\$15.95	\$29.45
No. 11	BLUE CHEESE. WALNUT roma tomato · basil ricotta · white pizza	\$4.55	\$12.75	\$23.25
No. 12	SMOKED SALMON. PESTO white pizza	\$3.45	\$11.25	\$19.75
No. 13	CHICKEN. ROASTED PORTOBELLO. PESTO kalamata olive · roasted onion · goat cheese · white pizza	\$6.25	\$17.75	\$32.95
No. 14	FRESH SPINACH. FETA CHEESE. KALAMATA OLIVE italian sausage or baked tofu · red onion roma tomato · banana pepper · fresh oregano	\$7.25	\$17.75	\$33.45

CUSTOMIZE

	CALZONE	LUNCH ONLY SLICE	9 INCH	14 INCH
CHEESE	\$7.75	\$1.80	\$6.55	\$10.70
NON DAIRY CHEESE	\$9.25	\$2.50	\$9.25	\$15.65
PESTO BASE	+ \$2.80	+ \$1.00	+ \$2.80	+ \$5.25
EACH TOPPING GROUP A	+ \$.95	+ \$.60	+ \$.95	+ \$1.95
EACH TOPPING GROUP B	+ \$1.70	+ \$.70	+ \$1.70	+ \$3.45
EACH TOPPING GROUP C	+ \$2.25	+ \$.80	+ \$2.25	+ \$4.45

TOPPINGS

GROUP A		GROUP B		GROUP C	
capers	green pepper	anchovy	fontina cheese	avocado	sundried tomato
fresh spinach	pineapple	ham	house pickled banana pepper	italian sausage	goat cheese
roma tomato	green olive	smoked turkey	house pickled jalapeño	housemade lamb sausage*	pesto
herbed tomato	black olive	pepperoni	kalamata olive	benton's bacon	spinach & sundried tomato pesto
red onion	fresh mushroom	baked tofu	roasted garlic	chicken	
roasted onion	fresh basil	feta cheese	roasted portabello mushroom	smoked salmon	
red pepper	fresh oregano	blue cheese	black beans		
		sweetwater valley smoked cheddar	walnut		
		basil ricotta cheese			

*contains pork

GLUTEN FREE CRUST 9 INCH ONLY
+ \$3.50

PIZZA

BRUNCH

BRUNCH

Saturday & Sunday until 3pm

STARTERS

EGG ROLLS pizza dough · scrambled eggs · sriracha ketchup · one of the following: ham · chorizo · benton's bacon · housemade soysage · baked tofu \$9.95

From Flour Head Bakery...

CINNAMON ROLLS
vanilla icing · heated \$4.25

MONKEY BREAD
vanilla icing · heated \$3.95

BISCUIT
with jam \$3.75
with blackberry compote \$4.25

BAR DRINKS

MIMOSA \$6.50

POINSETTA \$6.50

BLOODY MARY \$8.50
organic tomato juice
housemade bloody mary mix

EGG SANDWICHES

fresh baked white rosemary or wheat bread · side of fruit

BUDDY
scrambled eggs · sweetwater valley smoked cheddar · roasted potatoes · italian sausage · roasted onions \$10.95

CLYDE
scrambled eggs · benton's bacon · sweetwater valley smoked cheddar · lettuce · tomato \$11.65

EULA
scrambled eggs · avocado · baked tofu or benton's bacon · cilantro pesto · tomato · sprouts \$13.25

BREAKFAST BOWLS

DIEGO
cheese grits · spinach · black beans · scrambled eggs · roasted onion · benton's bacon or portobello mushroom · salsa fresca · crema \$10.50

FIDEL
scrambled eggs · roasted potato · avocado · roasted onion · cheese · sriracha ketchup \$9.75

FERNANDO
spinach · scrambled eggs · chorizo or baked tofu · roasted potato · cheese · jalapeno peppers · pineapple · spicy apple salsa · chipotle crema \$10.50

DOMINGO
spinach · scrambled eggs · cheese grits · avocado · cheese · sprouts · cilantro pesto · tomato · sriracha \$11.25

HUEVOS RANCHEROS

corn tortillas · scrambled eggs · cheese · housemade mole

ZIPOLITE
black beans · fresh spinach · roasted portobello mushrooms · salsa fresca · crema \$10.95

TIA
black beans · roasted onion · benton's bacon · salsa fresca · crema \$11.75

ROSITA
black beans · chicken · roasted potatoes · salsa fresca · crema \$12.50

CARMEN
spinach · chorizo or soysage · cheese grits · spicy apple salsa · cilantro pesto \$13.50

EVA
black beans · spinach · avocado chorizo or soysage · spicy apple salsa chipotle crema \$13.50

BUILD YOUR OWN WAFFLE

housemade belgian waffle · butter
maple syrup \$5.75

Add extra toppings \$1.70 each

fresh strawberries
housemade blackberry compote
flour head bakery chocolate syrup
whipped cream

MAKE YOUR OMELET

cheese omelet · biscuit · cheese grits \$10.50

add ingredients:

CHEESE choose one

feta · sweetwater valley smoked cheddar · mozzarella, provolone blend

GROUP A +\$.60

capers

fresh spinach

tomatoes

red onion

red pepper

green pepper

green olive

black olive

broccoli

fresh mushroom

fresh basil

fresh oregano

GROUP B +\$.70

bacon

ham

house pickled banana pepper

house pickled jalapeno

smoked turkey

baked tofu

kalamata olive

roasted garlic

salsa fresca

GROUP C +\$.80

avocado

benton's bacon

italian sausage

smoked salmon

goat cheese

sundried tomato

house soysage

pesto

cilantro pesto

chorizo

HAROLD SHERSKY PIZZA

scrambled eggs · cheese · smoked salmon
capers · red onion · crema · white pizza

Slice \$4.75

9 inch \$13.95

14 inch \$23.25

BISCUITS & GRAVY

biscuit · gravy \$4.75

biscuit · scrambled eggs · sweetwater valley cheddar · gravy · one of the following:
ham · benton's bacon · chorizo · housemade soysage · baked tofu \$11.25

ORDER ONLINE

THETOMATOHEAD.COM