

the ten top

748 Shirley Avenue Norfolk, Virginia 23517 757-622-5422

Monday–Saturday, 11am–9pm

appetizers

- hummus & pita** \$7
- soup de jour & bread** \$5/\$6
Changes daily, ask for details. Vegetarian soup \$5/Meat soup \$6
- pimento cheese & rustic bread** \$8
- the bacon date** \$9
Two things meant to be together: bacon & dates (on flatbread) along with balsamic onions, mozzarella and crumbled bleu cheese.
- black bean and corn chili** \$7
Brown Rice topped with Seasoned Black Beans, Mozzarella, Corn, & Scallions plus choice of bread

meaty sandwiches

- pulled pork bbq sandwich** \$10
We braised this Carolina style pork bbq 8 hours to perfection, topped with hot sauce and fresh slaw on a brioche bun.
- grilled turkey & spinach** \$10
Turkey, fresh spinach and melted mozzarella grilled to make a delicious flatbread sandwich.
- turkey apple club** \$10
Hand sliced turkey breast with red delicious apples, white cheddar, baby greens, tomatoes and mayo on a triple layer of cinnamon bread.
- simple chicken salad** \$10
Oven roasted chicken breast with chopped celery, basil and scallions on a french baguette with lettuce and tomato.
- chicken, apple chutney and walnut wrap** \$10
Chicken breast, apple chutney, toasted walnuts, romaine lettuce, carrots and melted mozzarella cheese in a wheat wrap.
- rick's big meatloaf sandwich** \$11
Your demands have been met! Thick slices of our meatloaf served on toasted sourdough with baby greens, tomato, white cheddar and bbq mayo.
- ten top chicken wrap** \$10
Roasted chicken breast, fresh salsa, caesar dressing, mozzarella and lettuce.
- greek lamb hoagie** \$10
roasted australian leg of lamb with fresh spinach and mozzarella baked in a french baguette then topped with cucumber dill dressing.
- parisian ham & pear** \$10
Inspired by the parisian street sandwich; ham, havarti, pear, arugula, tomato and dijonaise on a french baguette.
- pastrami melt** \$12
All natural pastrami, housemade 1000 island dressing, swiss and house pickled red cabbage on "everything bread."

All sandwiches served with choice of pasta salad, potato salad, oranges, cole slaw or a bag of chips.

fresh salads Served with housemade croutons.

- smoked salmon & arugula salad** \$12
House smoked salmon, and shaved parmesan cheese over arugula, red onion and sun dried tomatoes topped with a parisian dijon vinaigrette.
- california cobb salad** \$10
Avocado, bacon, tomatoes, red onion and cucumbers on a bed of spinach and green leaf, with our famous bleu cheese dressing.
- warm goat cheese and caramelized walnut salad** \$10
Baby spinach, tomatoes and cucumbers topped with warm goat cheese, caramelized walnuts and fresh basil balsamic vinaigrette.
- chicken (or tuna) salad cold plate** \$10
Fresh chicken salad (or tuna salad) with a small house salad and choice of dressing.
- ten top caesar** **small \$5 large \$10**
Romaine lettuce and shaved parmesan tossed with caesar dressing.
- BBQ chicken cheddar ranch** \$10
Mixed baby greens, roasted tomatoes, red onion, cucumbers, shredded cheddar, BBQ chicken with housemade chipotle ranch dressing
- extra hungry?**
Add a crab cake, \$7
Add a 4oz fillet of salmon, \$7
Add roasted chicken, \$4
Add bacon, \$2

vegetarian & seafood sandwiches

- tuna cheddar melt** \$11
Fresh tuna salad (not canned) in a french baguette topped with cheddar and baked to golden brown.
- grilled cheese and veggie flatbread** \$10
Spinach, zucchini, carrot, onion and tomato, layered on flatbread with goat and mozzarella cheese—grilled to perfection.
- avocado cheddar melt** \$10
Avocado cream cheese, cheddar, roasted tomatoes, arugula melted on "everything" bread. *Add applewood bacon \$2.
- pimento cheese sandwich** \$10
Our take on a southern classic spread on a french baguette with baby greens, tomato, and house-made dill pickle slices.
- baked caprese sandwich** \$10
Tomato, fresh basil & mozzarella baked in a french baguette topped with balsamic reduction.
- hummus and roasted veggie wrap** \$10
Our famous hummus wrapped up with baby spinach, carrot, roasted red pepper, zucchini and squash (vegan).
- crab cake sandwich** \$12
Our housemade quarter pound patty with baby greens, tomato, fresh dill caper aioli on a brioche bun.
- house smoked salmon and goat cheese "smear"** \$12
House smoked salmon, herbed goat cheese smear, sliced cucumbers, tomato, red onion and baby greens on toasted "everything" bread.

Check out our daily specials on TheTenTop.com

Ask about Heather's ever-changing selection of delicious homemade soups!

.....

the ten top

748 Shirley Avenue Norfolk, Virginia 23517 757-622-5422

Dinner served Monday-Saturday, 5-9pm

dinner

All dinners are served with a side salad and a half-sized loaf of fresh bread.

rick's beef meatloaf.....\$16

Rick's legendary loaf is made with the finest ground beef and secret ingredients, don't even ask; served with mashed potatoes and steamed vegetables.

smothered mushroom chicken.....\$16

Pan roasted chicken breast topped with balsamic cremini mushrooms, onions and mozzarella, goat cheese mashed potatoes and steamed vegetables.

pan roasted salmon.....\$17

Hand cut fresh atlantic salmon dusted with salt and pepper and oven roasted. That's it-perfection! Served with our homemade apple chutney, brown rice and steamed vegetables.

maryland crab cakes.....\$17

We hand patty these quarter pound cakes, and pan sear them to golden brown; served with our caper fresh dill aioli, mashed potatoes and steamed vegetables.

BBQ peach pork chop.....\$17

Bone-in pork chop topped with bbq peach compote, cajun roasted potatoes, steamed vegetables.

pesto gnocchi.....\$13

Potato gnocchi in a pesto cream sauce w/ sun-dried tomatoes, red onion, arugula and shaved parmesan.

*Add chicken \$3

classic cheese tortellini.....\$13

Zucchini, yellow squash, red onion, spinach and tomatoes in a parmesan cream sauce.

housemade salad dressings

red wine vinaigrette, bleu cheese, cucumber dill, chipotle ranch, caesar, balsamic vinaigrette, parisian dijon vinaigrette

kids menu

kid's flatbread pizza.....\$6

Mozzarella & housemade red sauce; simple and delicious!

grilled cheese.....\$6

Cheddar & mozzarella on sourdough with cut oranges or chips.

homemade desserts

cookies.....\$2

warm bread pudding.....\$3

ghirardelli chocolate brownie.....\$2

catering options

We offer various catering options including box lunches and sandwich platters for lunch. We also have several appetizer and dinner selections for parties or personal/business events. Contact Chef Heather Fraley between 2-4pm, Monday-Saturday for questions or to place an order.

All catering order must be placed at least 48 hours in advance.



Check out our daily specials on TheTenTop.com

Ask about Heather's ever-changing selection of delicious homemade soups!



twitter.com/thetentop



Instagram

[instagram/the_ten_top](https://www.instagram.com/the_ten_top)



facebook.com/thetentop