

Soups

ALWAYS HOUSE-MADE

- 6 oz. Soup Bowl** with a Fresh Pull-a-Part Roll. 3.79
- 10 oz. Soup Bowl** with a Fresh Pull-a-Part Roll. 4.99

Salads

- Garden Salad (Small or Large)** 3.99/7.99
Organic Baby Leaf Lettuces, Crisp Romaine with Seasonal Veggies with Dijon Vinaigrette.
- Caesar Salad (Small or Large)** 3.99/7.99
Crisp Romaine Hearts, House-made Croutons, and Roasted-Garlic Caesar Dressing. Garnished with Shaved Parmesan & Grape Tomatoes.
- Greek Salad (Small or Large)** 4.79/8.99
Crisp Romaine & Organic Spring Mix with Feta, Artichokes, Kalamata Olives, Roasted Red Peppers, Red Onion & Pepperoncini. Served with Lemon-Greek Vinaigrette and Warm Pita Bread.
- Vermont Maple Salad (Small or Large)** 4.89/9.09
Dried Cranberries, Applewood Smoked Bacon, Toasted Walnuts & Vermont White Cheddar. Organic Baby Greens & Romaine with Cyn Shea's Maple Balsamic Vinaigrette.
- Southwest Cobb Salad** 9.79
Fresh Romaine topped with Grilled Seasoned Chicken Breast, Spicy Toasted Pumpkin Seeds, Roasted Fresh Corn, Black Beans & Fresh Tomatoes. With Avocado Ranch.
- Quad Salad (4 Salads in 1)** 9.79
House-made Chicken, Potato, Pasta & Fresh Fruit Salad over Organic Greens.
- Seared Salmon Salad** 12.09
Organic Baby Spinach, Arugula, Sundried Cranberries, Red Onion, Fresh Orange Supremes, Locally Grown Goat Cheese. Offered with Dijon Vinaigrette.
- Southern Chef's Salad** 9.79
Romaine & Organic Spring Mix topped with Rotisserie Chicken, Cherry Smoked Pork Rib, White Cheddar, Tomatoes & Red Onion. Topped with Fried Egg; Dressed with Balsamic.
- Extra Salad Dressings** .69

Hot Plate Meals

- Fish Tacos** 9.29
Cornmeal-Crusted Tilapia Pan-Seared in Peanut Oil. Topped with Iceberg-Dill Slaw & Pico de Gallo served in Warm Flour Tortillas.
- Memphis Tacos** 8.19
House-Smoked BBQ Pork & Alabama Cabbage Slaw in Warm Flour Tortillas.
- Seafood Quiche** with Small Garden or Caesar Salad 10.49
Pastry filled with Shrimp, Crab, Roasted Fennel & Garlic, Sweet Onion & White Cheddar.
- Real Man's Quiche** with Small Garden or Caesar Salad 9.89
Pastry loaded with Applewood Smoked Bacon, Ham & Premium Sausage & Swiss.
- Mediterranean Vegetable Quiche** with Small Garden or Caesar Salad 8.99
Pastry filled with Fresh Spinach, Fresh & Sun-dried Tomatoes, Artichoke & Swiss.

House-Made Salad Dressings

- Avocado-Ranch
- Lemon-Greek Vinaigrette (Low-Fat)
- Balsamic
- Tomato Balsamic (Fat-Free)
- Roasted Garlic Caesar
- Maple Balsamic
- Bleu Cheese Vinaigrette
- Dijon Vinaigrette (Low-Fat)

Side Items

- Alabama Cabbage Slaw \$2
- 3-Bean Baked Beans \$2
- Fresh Collards \$2
- Local Farm Veggie \$3
- Huntsville's Best Cornbread \$1
- Shea's Mixed Chips \$2
- Pasta Salad \$3
- Potato Salad \$3
- Fresh Fruit Cup \$3
- The Mac & Cheese \$3

Hot Sandwiches

- Caprese Panini** on Pressed Sour Dough 7.99
Fresh Tomatoes, Buffalo Mozzarella Cheese, Fresh Basil Leaves & House-made Pesto.
- Rotisserie Chicken Panini** on Pressed French Baguette 8.09
Rotisserie Chicken, Oven-Roasted Mushrooms, Sundried Tomatoes, Fontina & Basil Aioli.
- Cuban Panini** on Pressed French Baguette 8.09
In House Cherry-Smoked Pork Rib & sliced Ham with Shawn's House-made Pickles, Swiss & Dijonnaise.
- Flat Iron Steak Sandwich** on Toasted Onion Roll 10.19
Gorgonzola, Arugula, Fried Red Onion. Offered with Horseradish Cream (on the Side).
- Chicago Beef** on Rosemary Garlic Baguette 8.09
Sliced Roast Beef with Melted Provolone & Chicago Hot Pepper Vegetable Relish. Served with Au Jus.
- Tuna Melt** on Toasted House-Made English Muffin 7.79
Chef-Made Tuna Salad, Melted Cheddar Cheese.
- Blue Hot Ham** Cherry Wood Smoked on Whole Wheat Blueberry-Pecan Bread 9.09
With Local Rosemary Honey, Blueberry-Caramelized Red Onion & Smoked Gouda Cheese.
- Grilled Rueben (Your Choice: Turkey or Cornbeef)** on Toasted Molasses-Rye 9.09
Swiss, Caraway-Sauerkraut, Shawn's Russian Dressing on House-Made Rye Bread.
- Smoked Turkey Club Croissant** with Applewood Smoked Bacon 9.09
Cherry Wood Smoked in House. Melted Provolone, Roasted Red Pepper Aioli, Shaved Lettuce & Tomato.
- Granny Smith Apples & Smoked Turkey** on Orange-Cranberry Bread 9.99
Cherry Wood Smoked in House. Warm with Melted Munster & Tarragon Mayo.

**All Sandwiches Served with
Shea's Mixed Chips & House-made Pickles**
Add (1) Side to Any Sandwich for Only \$.99
OR
Add Cup of soup, Small Garden or Caesar Salad...Only \$2.59

Cold Sandwiches

- Grilled Veggie Sandwich** on Whole Wheat-Berry Bread 7.79
Zucchini, Squash, Spinach, Mushroom, Roasted Red Pepper, Tomato & Basil Aioli.
- Chilled Tuna Salad** on Whole Wheat-Berry Bread 7.79
With Shredded Iceberg and Fresh Tomato.
- Southwest Chicken Salad** on Croissant 7.89
Spiced Just Right, with Shaved Iceberg & Fresh Tomato.
- Cherry Wood Smoked Turkey** on Multi Grain Bread 5.29/7.89
Smoked in House. Offered with Smoked Gouda, Red Onion, Iceberg, Tomatoes, Sundried Tomato Aioli. **HALF SANDWICH NOW AVAILABLE**

Breakfast SERVED UNTIL 10:00. MONDAY - FRIDAY. ALL DAY, SATURDAY.

Breakfast Rolls (Choose: Sausage-Mushroom or Ham-Cheddar) Bursting from a Golden Yeast Roll.	2.59
Fresh Fruit & Yogurt Parfait Fresh Fruit layered with Assorted Fruit Yogurts & House-made Nutty Granola.	6.29
Seafood Quiche Pastry filled with Shrimp, Crab, Roasted Fennel & Garlic, Sweet Onion, & White Cheddar.	7.79
Mediterranean Vegetable Quiche Lots of Fresh Spinach, Fresh & Sun-dried Tomatoes & Artichokes with Swiss.	6.39
The Real Man's Quiche Smoked Bacon, Chunks of Ham & Premium Sausage with Swiss Cheese.	7.29
English Muffin Breakfast Sandwich House-made English Muffin with Fried Egg, Canadian Bacon & Cheddar.	6.39
Croissant Breakfast Sandwich Croissant with Fresh Scrambled Eggs, Applewood Smoked Bacon & White Cheddar.	6.79
Breakfast Tacos (2) Warm Flour Tortillas filled with Scrambled Eggs, Sausage, Cheddar, Provolone & Cilantro. Served with Pico de Gallo, Sour Cream, & Shawn's Fresh Pickled Jalapeno.	6.99
Cranberry-Orange French Toast Cranberry-Orange Bread Spiced batter dipped. Pure Maple Syrup & Whip Cream.	6.99
Custom Omelets Made-to-Order. Served with Fresh Fruit & Flaky All-Butter Croissant. Choose from: Applewood Smoked Bacon, Premium Sausage, Diced Ham, Shrimp, Sweet Bell Peppers, Red Onions, Artichoke, Fresh Spinach, Cheddar or Swiss, Tomatoes & Mushrooms.	9.99

Saturday's "Live Jazz" Brunch

SERVED 9:00 - 2:00.

Fresh Blueberry Pancakes (2) Large Corn Cakes are served with Pure Maple Syrup & Fresh Whipped Cream.	7.99
Huevos Rancheros Refried Beans, Poached Eggs on Corn Tortillas with Fresh Ranchero, Cheeses, Avocado & Sour Cream.	8.19
Chef's Choice Breakfast (2) Eggs any style, Baby Bakers or Cheese Grits, Applewood Smoked Bacon or Grilled Smoke Sausage, Fresh Fruit, Toast Choice.	9.29
Cajun-Spiced Shrimp and Cheesy Grits With Fresh Fruit.	11.99

Exceptional Eggs

THESE FEATURE (2) POACHED EGGS, HOUSE-MADE ENGLISH MUFFIN WITH CHORON SAUCE, BABY BAKERS & FRUIT.

Crab Cakes Benedict With Fresh Baby Spinach & Sliced Tomato.	13.29
Eggs Benedict Canadian Bacon.	10.99
California Benedict Cherry Wood Smoked Turkey & Avocado Slices.	10.99
Eggs Sardou Fresh Baby Spinach & Artichoke.	10.99
Eggs Florentine Fresh Baby Spinach & Swiss Cheese.	9.99

Oven Fresh Pastries

DAILY VARIETY MAY VARY.

Specialty Beverages

DELICIOUS WITH OUR BRUNCH ITEMS!

Champagne	3.99
Mimosas Fresh Squeezed OJ & Champagne	4.99
Fuzzy Navel Peach Nectar, Fresh Squeezed OJ & Champagne	4.99

M E N U



SHEA'S SEASONAL MENU

AVAILABLE FOR A LIMITED TIME!

Bahn Mi on Toasted French Baguette 8.99
Grilled Boneless Pork Rib, Pickled Carrots & Daikon, House-Made Pickled Jalapenos & Cilantro.

Chicken Parmesan on Garlic Toasted French Baguette 8.99
House-Made Marinara & Fresh Buffalo Mozzarella.



Pimento & Egg Salad on White Bread 7.29
Whole Grain Mustard Egg Salad, House-Made Pimento Cheese, Arugula.

Blackened Salmon on Toasted Onion Roll 9.79
With Celeriac Remoulade, Tomato, Grilled Romaine.

Burger Dog on Butter-Toasted New England Style Bun 9.79
Ground Kobe Beef with Shredded Lettuce, Julienne Tomato, Julienne Pickle Slaw with Cheddar Cheese & Applewood Smoked Bacon

Ranchero Chicken Tacos in Corn Tortillas 8.59
Rotisserie Chicken, Grilled Corn, Black Beans, Ranchero Sauce, Pico de Gallo, Cilantro & Sour Cream.



Mediterranean Pasta 8.99
Roasted Garlic, Chopped Tomato, Artichoke, Kalamata Olives, Fresh Baby Spinach & Ground Fennel over Cappellini. Topped with Feta & Yeast Roll.

Add Grilled Chicken, Salmon or Shrimp 3.19

