

VENABLE

CARRBORO BISTRO
CARR MILL

STARTERS

- PANELLA (V/AVN/GF)** 12
Sicilian chickpea fritters with herbed goat cheese and balsamic served with Lil Rooster Farms hydroponic greens tossed with lemon and extra virgin olive oil
- HEIRLOOM TOMATOES (V/AGF)** 15
Sliced heirloom tomatoes, fresh mozzarella, basil & reduced balsamic served with toasted baguette & lemon-garlic aioli
- KOREAN BBQ** 14
Korean style pork BBQ with scallion pancake & spicy Asian slaw
- CALAMARI** 15
Sautéed calamari rings with toasted pepper flakes, toasted garlic & oven-dried tomatoes in a white wine butter sauce over Israeli couscous
- TRUFFLE ARTICHOKE DIP (V/AGF)** 14
Sautéed artichoke hearts in melted mascarpone with shallots, thyme, garlic & truffle served with grilled flatbread
- LETTUCE WRAPS (AV)** 15
Korean Bulgogi style beef, Lil Rooster Farms hydroponic bibb lettuce, sweet rice, mint, cilantro, Thai basil, peanuts and a miso dipping sauce

SOUPS & SALADS

- SOUP DU JOUR** CUP 5 BOWL 9
Ask your server about today's selection
- BABY KALE SALAD (V/AVN/GF)** 12
Baby kale, Pecorino, pickled red onions & toasted pepitas tossed with red wine & oregano dressing
- CAESAR SALAD (AGF)** 12
Romaine with shaved parmesan, house-made croutons, anchovies & house caesar dressing
- ICEBERG WEDGE SALAD (AV/AGF)** 12
Quartered head of iceberg, bacon, cherry tomatoes, radish & fried shallots with house-made creamy black peppercorn dressing
- CHÈVRE SALAD (V/AVN/GF)** 13
Local beets with hazelnuts, goat cheese, mixed greens & sherry hazelnut dressing
- COBB SALAD (AV/GF)** 15
Romaine lettuce, tomato, avocado, blue cheese, bacon, Latta's eggs & choice of our pulled or grilled chicken with basil green goddess dressing

SALAD ADDITIONS

- GRILLED OR PULLED CHICKEN \$6
CRISPY TOFU \$4
NC SHRIMP \$9
ATLANTIC SALMON \$10
PRIME ANGUS STEAK \$12

SIDES

- ROASTED SEASONAL VEGETABLES (AVN)** 6
- HOUSE-BAKED BREAD & BUTTER (V)** 5
- HERB-SALTED FRENCH FRIES (VN)** 4
- HERB-WHIPPED POTATOES (V/GF)** 6
- SOY GARLIC & GINGER GREEN BEANS (V)** 6
- HOUSE SALAD (V/AVN/GF)** 6
- SMALL CAESAR (AGF)** 6

SANDWICHES

SERVED WITH FRIES • SUBSTITUTE ANY SIDE ITEM FOR \$4
GLUTEN FREE BREAD AVAILABLE FOR \$2

- VENABLE BURGER* (AGF)** 16
Short rib and chuck burger patty with cheddar cheese & Hatch green chiles, served with lettuce, tomato & onion on the side
- WHISKEY BLUES BURGER (AGF)** 16
Short rib and chuck burger topped with blue cheese & sweet whiskey caramelized onions, served with lettuce, tomato & onion on the side
- SWEET HEAT BURGER (AGF)** 16
Short rib and chuck burger with house made boursin cheese, pepper jelly, & fried jalapenos, served with lettuce, tomato & onion on the side
House-made Blackbean Burger May Be Substituted For Any Above Burger (V) \$1
ADD BACON \$2
- FRIED CHICKEN CAPRESE SANDWICH** 16
Venable fried chicken served on a toasted brioche bun topped with melted mozzarella, thick sliced tomato, arugula tossed in green goddess dressing and drizzled with balsamic reduction
- ROAST BEEF SANDWICH (AGF)** 15
House-roasted beef sliced with arugula, red onion & horseradish mayo
- GARDEN WRAP (V/AGF/AVN)** 14
Sundried tomato wrap with house-made hummus, lemon massaged kale, shaved carrot, red onion, cucumber, tomato, bell pepper & avocado
Add Crispy Tofu \$4 -or- Add chicken or Korean BBQ \$6
- FISH TACOS (GF)** 18
Blackened Mahi-Mahi in corn tortillas with Napa cabbage slaw & pico de gallo served with Baja sauce & herb-salted French fries
- BÁNH MÌ (V/AGF)** 15
Pickled daikon, carrots & cucumbers with crispy tofu in a lemongrass vinaigrette with cilantro, jalapeños & miso mayo
SUB KOREAN PORK BBQ FOR TOFU \$5 • ADD ANCHOVIES \$2

LUNCH ENTREES

- STEAK FRITES** 22
8oz Prime, aged Angus New York Strip grilled and served with truffle herb fries & honey dijon aioli
- FISH & CHIPS** 20
Beer battered haddock served with creamy citrus slaw, caper tartar sauce and Venable fries
- HONEY CHIPOTLE SALMON (AGF)** 27
Glazed salmon over wilted spinach & herb-whipped potatoes topped with crispy shallots
- VENABLE FRIED CHICKEN** 18
Panko-crust, free range all natural chicken with arugula tossed in olive oil, lemon & shaved parmesan
ADD HERB-WHIPPED POTATOES \$6
- BIBIMBAP (AV/AVN/AGF)** 19
Steamed rice with pickled shiitake mushrooms, sesame spinach, carrots, roasted zucchini, Bulgogi beef & sunny side egg served with sambal and hoisin sauce
SUB CRISPY TOFU FOR BEEF AS A VEGETARIAN OPTION
- VEGETABLE TAMALE (V/GF/AVN)** 18
Corn tamales stuffed with roasted poblano chiles, onions, carrots & fire-roasted tomatoes served with salsa verde, cilantro, Mexican cream, scallions & queso fresco
ADD AVOCADO \$3 • PULLED CHICKEN \$6 • TOFU \$4

*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLA FISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS. PLEASE ALERT YOUR SERVER OF ANY FOOD ALLERGIES OR DIETARY RESTRICTIONS.

A GRATUITY OF 20% WILL BE ADDED FOR PARTIES OF SIX OR MORE.

GF: Gluten Free AGF: Available Gluten Free V: Vegetarian
AV: Available Vegetarian AVN: Available Vegan