

# CENTRAL FLATS & TAPS

KNOXVILLE, TN

## STARTERS

ALL APPS SERVED WITH OUR STONE FIRED FLATBREAD, SUBSTITUTE TORTILLA OR POTATO CHIPS FOR GLUTEN FREE OPTION

**BLACK BEAN HUMMUS**  
A SAVORY BLACK BEAN & TAHINI BLEND **8**

**SUN-DRIED TOMATO DIP**  
A PERFECT BLEND OF SUN-DRIED TOMATOES, ARTICHOKE HEARTS AND A SPRINKLE OF CHEESE SEASONED WITH LOCAL HERBS. **9**

**CRAB ARTICHOKE DIP**  
A COMBINATION OF REAL CRAB MEAT, ARTICHOKE, SUN-DRIED TOMATO AND A WHITE CHEESE BLEND MELTED, THEN TOASTED TO GOODNESS **11**

**SPINACH & GOAT CHEESE DIP**  
CREAMY DIP MADE WITH GOAT, PARMESAN AND FETA CHEESE, RED PEPPERS, GARLIC AND SPINACH. **9**

**THE TRIO**  
FOR THOSE WHO WANT IT ALL. CHOOSE THREE OF OUR FOUR DELICIOUS DIPS AND GET A HALF PORTION OF EACH FOR SAMPLING **11**

## SALADS

ALL DRESSINGS ARE HOMEMADE AND INCLUDE:

BALSAMIC VINAIGRETTE, ITALIAN, CAJUN FAT RANCH, CHORIZO BLEU CHEESE AND APRICOTE BALSAMIC VINEGAR WITH TAHINI, SESAME OIL AND FRESH HERBS

### CENTRAL SALAD

ROMA TOMATOES, RED ONIONS, MARRINATED MUSHROOMS AND HERB CHEESE BLEND ON FIELD GREENS **8**

*the* **HAPPY HOLLER SALAD**  
AVOCADO, CUCUMBER, BELL PEPPERS, ONIONS AND FETA CHEESE ON A BED OF FIELD GREENS **10**

*the* **GREEK SALAD**  
MARINATED GRILLED CHICKEN BREAST ON A BED OF FIELD GREENS WITH KALAMATA OLIVES, ROASTED RED PEPPERS, ARTICHOKE HEARTS, RED ONIONS AND FETA CHEESE **12**

*the* **SPICY CHICKEN SALAD**  
A BED OF FIELD GREENS WITH RED ONIONS, ROASTED RED PEPPERS, ROMA TOMATOES AND ARTICHOKE HEARTS. TOPPED WITH FETA AND BLEU CHEESE CRUMBLES AND CAJUN GRILLED CHICKEN BREAST IN A ROASTED RED PEPPER SRIRACHA SAUCE **12**

### SOUP OF THE DAY

ASK YOUR SERVER FOR TODAY'S SELECTION **5**

<b>SIDE SALAD</b>	<b>4</b>	<b>SIDES</b>
<b>PASTA SALAD</b>	<b>3</b>	
<b>BOWL OF SOUP</b>	<b>5</b>	
<b>CHIPS</b>	<b>3</b>	
<b>EXTRA PITA</b>	<b>3</b>	

## PASTA

ALL PASTA DISHES SERVED W/ SIDE SALAD

**RAVIOLI**  
4 LARGE RAVIOLI STUFFED WITH RICOTTA CHEESE AND OUR HERB CHEESE BLEND, TOPPED WITH FIRE ROASTED MARINARA **11**

## CENTRAL LASAGNA

LAYERS OF LASAGNA NOODLES, STUFFED W/ RICOTTA CHEESE, GROUND CHORIZO, FIRE ROASTED MARINARA, & OUR SIGNATURE CHEESE BLEND ON TOP **12**

## WRAPS

YOUR CHOICE OF GARLIC & HERB WRAP OR JALAPENO CHEDDAR WRAP

**TURKEY COWBOY WRAP**  
TURKEY, BACON, GOUDA, SPRING MIX, TOMATOES, BACON FAT RANCH **10**

SERVED W/CHIPS OR PASTA SALAD, \$2 TO SUBSTITUTE SIDE SALAD OR BOWL OF SOUP

**CHICKEN WRAP**  
CHICKEN, MILD BUFFALO SAUCE, SPRING MIX, RED ONIONS, CHEESE BLEND **10**

## ITALIAN WRAP

HAM, SALAMI, PEPPERONI, GOUDA, SPRING MIX, RED ONIONS, PESTO MAYO **10**

SERVED W/CHIPS OR PASTA SALAD, \$2 TO SUBSTITUTE SIDE SALAD OR BOWL OF SOUP

**VEGETARIAN WRAP\***  
SEASONED MUSHROOMS, ROASTED RED PEPPERS, RED ONIONS, CHEESE BLEND SPRING MIX, TOMATOES, PESTO MAYO **10**

## ROASTED WINGS

OUR WINGS ARE BAKED TO PERFECTION. PLEASE ALLOW AMPLE TIME WHEN ORDERING

### WET SAUCES

SRIRACHA BBQ • SRIRACHA BUFFALO HOT | MILD • KEY LIME BBQ • MANGO HABANERO **13**

### DRY TOSS

CAJUN • SOUTHWEST • LEMON PEPPER JAMAICAN JERK • RED PEPPER **13**

ADD A SIX PACK • 6 WINGS FOR \$8

BRINGING THE HAPPY TO THE HOLLER

1204 N CENTRAL STREET, KNOXVILLE, TN, 37917

865.247.0392



PLEASE ALERT YOUR SERVER OF ANY FOOD ALLERGIES YOU HAVE; WE WILL DO OUR BEST TO ACCOMMODATE THEM. CONSUMING RAW OR UNDER COOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS

## FLATS

OUR FLATS ARE STONE BAKED TO PERFECTION! OUR INDIVIDUAL SIZED NAAN BREAD IS LIGHTLY SAUCED, AS NOT TO OVERPOWER THE FLAVOR OF THE FRESH INGREDIENTS

*the* **PORKY PIE**  
FIRE ROASTED MARINARA BASE, OUR HERB CHEESE BLEND AND A MIX OF CHORIZO, ITALIAN AND SMOKED SAUSAGES **12**

*the* **MARGHERITA**  
CENTRAL'S FINEST HERB INFUSED OLIVE OIL, TOPPED WITH ROASTED GARLIC, ROMA TOMATOES, FRESH BASIL, FRESH MOZZARELLA AND OUR HERB CHEESE BLEND **12**

*the* **CHUPACABRA**  
OUR HOUSE MADE BLACK BEAN HUMMUS TOPPED WITH OUR HERB CHEESE BLEND, ROMA TOMATOES, RED ONIONS, CHICKEN AND A LITTLE SRIRACHA TO FINISH IT OFF **12.5**

*the* **CRAZY CAJUN** \*  
BLEU CHEESE CREAM SAUCE BASE, CAJUN SPICED CHICKEN, RED ONIONS AND FINISHED OFF WITH FETA, BLEU CHEESE CRUMBLES AND OUR HERB CHEESE BLEND **12.5**

*the* **CLUCKIN' & KICKIN' BBQ CHICKEN**  
MARINATED CHICKEN BREAST SMOTHERED IN A SRIRACHA BBQ SAUCE, RED ONIONS, ROASTED RED PEPPERS AND OUR HERB CHEESE BLEND **12.5**

*the* **FORMAGGIO & HERB**  
CENTRAL'S HERB INFUSED OLIVE OIL, FRESH HERBS AND A MIX OF SMOKED GOUDA, MOZZARELLA, PECORINO ROMANO AND FETA CHEESES **11**

*the* **GREEK'S GREEK** \*  
CENTRAL'S HERB INFUSED OLIVE OIL BASE, TOPPED WITH ARTICHOKE HEARTS, KALAMATA OLIVES, ROASTED RED PEPPERS, RED ONIONS, ROASTED GARLIC AND FETA CHEESE. FINISHED WITH A DRIZZLE OF BALSAMIC VINAIGRETTE **12**

**VARSLITY**  
FIRE ROASTED MARINARA BASE, ITALIAN SAUSAGE, ROASTED RED PEPPERS, RED ONIONS, SAUERKRAUT AND OUR HERB CHEESE BLEND **12**

*the* **BUFFALO CHICKEN**  
SRIRACHA BUFFALO SAUCE BASE, TOPPED WITH OUR HERB CHEESE BLEND, BLEU CHEESE CRUMBLES AND CAJUN CHICKEN. FINISHED WITH A LITTLE BACON FAT RANCH ON TOP **12**

*the* **CHICKEN PESTO**  
KALE PESTO BASE, TOPPED WITH OUR SIGNATURE CHEESE BLEND, ROMA TOMATOES, CHICKEN, AND PARMESAN CHEESE **12**

*the* **JALAPENO POPPER**  
RICOTTA CHEESE BASE, CHEDDAR CHEESE, DICED BACON, SLICED JALAPENOS, AND OUR SIGNATURE CHEESE BLEND WITH BACON FAT RANCH DRIZZLE **12**

*the* **SAUSAGE & HERB**  
RICOTTA CHEESE BASE, FRESH HERBS, ITALIAN SAUSAGE AND OUR SIGNATURE CHEESE BLEND **12.5**

## CFT CHARITY OF CHOICE

WE HAVE A SPECIAL PANINI AND FLAT THAT BENEFITS CFT'S CHARITY OF CHOICE. FOR EVERY ITEM SOLD, WE WILL DONATE \$1 TO THIS MONTH'S CHOSEN CHARITY.

*the* **POMPEII FLAT**  
FIRE ROASTED MARINARA, HERB CHEESE BLEND, PEPPERONI, PEPPERONCINIS, AND A LITTLE SRIRACHA TO TOP IT OFF **12**

## PANINIS

SERVED W/ CHIPS OR PASTA SALAD. \*OR TO SUBSTITUTE SIDE SALAD OR BOWL OF SOUP

**EAST OF CALI**  
ALL NATURAL TURKEY BREAST, SMOKED GOUDA, RED ONIONS, FRESH AVOCADO AND PESTO MAYO **10**

**TUSCANY**  
HAND SLICED SALAMI, BLACK FOREST HAM, PROSCUITTO AND PEPPERONI WITH SMOKED GOUDA, ONIONS, MARINATED PORTOBELLOS AND PESTO MAYO **10**

**VEGINATOR** \*  
FILLED WITH GRILLED ARTICHOKE HEARTS, ROASTED RED PEPPERS, RED ONIONS, MARINATED PORTOBELLO MUSHROOMS, SMOKED GOUDA, ROMA TOMATOES, FIELD GREENS AND PESTO MAYO **10**

**MADITERRANEAN** \*  
MARINATED BAKED CHICKEN BREAST, SMOKED GOUDA CHEESE, RED ONIONS, ARTICHOKE HEARTS, ROASTED RED PEPPERS, MARINATED PORTOBELLO MUSHROOMS AND PESTO MAYO **10**

**BLACK FOREST**  
BLACK FOREST HAM, SALAMI, SMOKED GOUDA, SAUERKRAUT, FIELD GREENS, ROMA TOMATOES AND PESTO MAYO **10**

**SOUTHWEST CHICKEN**  
CHICKEN, ROASTED RED PEPPERS, RED ONIONS, SOUTHWEST SEASONING AND GOUDA CHEESE. TOPPED WITH BACON FAT RANCH **10**

**THE HAMMY DOWN**  
BLACK FOREST HAM, SMOKED GOUDA, SPRING MIX AND SEASONAL AIGLI. (ASK YOUR SERVER ABOUT CURRENT AIGLI) **10**

**PIZZA PANINI**  
HAND SLICED BLACK FOREST HAM, SALAMI, AND PEPPERONI, OUR HERB CHEESE BLEND, AND FIRE ROASTED MARINARA **10**

**TURKEY COWBOY**  
HAND SLICED TURKEY, SMOKED BACON, SMOKED GOUDA CHEESE, FIELD GREENS, ROMA TOMATOES, TOPPED W/ OUR BACON FAT RANCH **10**

## FOR THE LITTLES

**NOT YOUR EVERYDAY CB&J**  
PANINI PRESSED FLATBREAD SPREAD WITH HOUSEMADE CASHEW BUTTER & GRAPE JELLY. SERVED WITH CHIPS **6**

**JUST CHEESE PLEASE**  
STONE FIRED FLATBREAD W/ HOUSE MARINARA & OUR HERB CHEESE BLEND **6**

**GRILLED CHEESE**  
CHEESE BLEND & SMOKED GOUDA ON PANINI PRESSED FLATBREAD. SERVED W/ CHIPS **5**

## DESSERTS

ASK YOUR SERVER FOR TODAY'S DESSERT SELECTION **6**

\* INDICATES CROWD FAVORITES

*the* **FAJITA MUSHROOM PANINI**  
SEASONED PORTOBELLO MUSHROOMS, ONION, GREEN BELL PEPPERS, TOMATOES, GOUDA CHEESE, FIELD GREENS, AND PESTO MAYO **10**