



Refectory Café

Lunch

Monday - Friday 9:00 AM – 3:00 PM

spectacular salads

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| Signature Miso-Ginger Marinated Kale ^{VN GF} | 4 |
| Garden ^{VN GF} | 4/7 |
| Classic Caesar | 7 |
| Add Protein, Grilled or Blackened: | |
| Salmon – 10 All Natural Chicken – 7 Shrimp – 8 | |
| Spicy Shrimp Salad ^{GF} | 12 |
| Shredded lettuce, fresh avocado slices, pico de gallo & lime | |
| *Substitute Salmon ⁺ | 16 |
| Greek Salad ^{V GF} | 12 |
| Romaine lettuce, tomatoes, cucumbers, pepperoncini, red onions, feta, Kalamata olives & balsamic vinaigrette | |
| Fried Chicken Salad | 14 |
| Romaine lettuce, tomatoes, red onions, cucumber, avocado, local, cage-free eggs, roasted corn | |
| Carolina Cobb Salad ^{GF} | 14 |
| Grilled natural chicken, blue cheese, avocado, applewood smoked bacon, tomato, local, cage-free eggs | |
| Grilled Salmon Salad ^{+ GF DF} | 16 |
| Grilled salmon, arugula, fennel & green apple with champagne vinaigrette | |
| Tuna Salad ^{GF DF} | 12 |
| House-made tuna salad over local, organic mixed greens, tomatoes & cucumbers | |
| BLT Salad ^{GF DF} | 10 |
| Chopped applewood smoked bacon, lettuce & tomato, add avocado 3.50 | |

Dressings: Ranch, Blue Cheese, Champagne Vinaigrette, Balsamic Vinaigrette, Caesar & Honey Mustard (All dressings are GF)

soups

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| Signature Tomato Basil ^V – Creamy Potato Leek ^{V GF} |
| Signature Vegan Chili ^{VN GF} – Chicken & Dumplings |
| Spicy Chicken & Sausage Gumbo – Butternut Squash ^{VN GF DF} |

house-made burgers

*served with house-made chips, sweet or white potato fries

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| House Ground Tenderloin Beef Burger ⁺ | 13 |
| lettuce, tomato, red onion | |
| Salmon Burger | 13 |
| Avocado, cilantro, house made pickles, spicy hoisin mayo | |
| Veggie Burger (contains nuts) | 11 |
| A healthy blend of ground veggies, lettuce, tomato, red onion | |
| Black Bean Burger ^{VN} | 11 |
| Spinach, pickled red onion, wheat bun, vegan cashew aioli | |
| Crab Cake Burger | 14 |
| avocado, house-made cole slaw, sriracha aioli, brioche bun | |

specialties of the house

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| Shrimp Linguine | 13 |
| Sauteed shrimp, arugula, grape tomatoes, shallots, garlic, olive oil, white wine, served with crostini | |
| Chili Three-Way | 13 |
| Award-winning vegan chili, linguine with shredded cheddar | |
| Chicken, Shrimp, Veggie or Beef Tacos | 10 |
| Shredded lettuce, avocado slices, pico de gallo, GF corn tortillas, lime wedge | |
| Indian Dal ^{VN GF DF} | 13 |
| Fragrantly spiced, slow-cooked lentil stew, brown rice, naan and a kale or garden salad | |
| *Naan is not vegan, vegan bread: pita, 9 th St Rye or 7-Grain | |
| *Imagine That GF bread \$1 | |

sandwiches

*served with house-made chips, local sweet or white potato fries

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| Grilled Chicken Sandwich | 13 |
| bacon, lettuce, tomato, Swiss, cheddar, avocado spread, sriracha aioli on ciabatta bread | |
| Classic Club Sandwich | 13 |
| Boar's Head turkey, ham, bacon, cheddar, Swiss, lettuce, tomato, on your choice of toasted bread | |
| North Carolina Shrimp Po' Boy | 13 |
| battered shrimp, spicy remoulade, lettuce, tomato, house-made slaw on a toasted roll | |
| Short Rib French Dip Au Jus | 15 |
| Slow-cooked boneless short ribs, Harvarti, toasted roll, au jus <i>Go low-carb with fresh spinach!</i> | |
| NY Turkey Reuben | 12 |
| All Natural turkey, sauerkraut, Swiss, Russian dressing on grilled 9 th St Bakery rye bread | |
| Classic BLT | 10 |
| All Natural applewood smoked bacon, lettuce, tomato, on your choice of toasted bread, add avocado 3.50 | |
| Grilled Cheese (Vegan Grilled Cheese 10) | 9 |
| Cheddar & Monterey Jack on sourdough | |
| Short Rib Sliders | 10 |
| Slow-cooked short ribs, chipotle beer sauce, goat cheese, spinach (Go low-carb with no bun) | |
| Tuna Melt | 12 |
| House-made tuna salad, tomatoes, cheddar, sourdough bread | |

N – Contains Nuts

V – Vegetarian

VN – Vegan

GF – Gluten Friendly

DF – Dairy Free

+ Consuming raw or undercooked meats, poultry, shellfish or eggs may increase your risk of foodborne illness.

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