



Well More

BREAKFAST MENU

GRIDDLE CLASSICS

Served with your choice of toast, danish, or muffin and one breakfast side.

Buttermilk Pancakes

Two light and fluffy pancakes served with maple syrup and butter.

Cinnamon French Toast

Nova's Bakery texas toast soaked in our cinnamon vanilla batter and grilled to order then dusted with powdered sugar.

Belgian Waffle

a large, buttery, vanilla scented waffle dusted with powdered sugar and served with maple syrup.

EGG & OMELET DISHES

Served with your choice of toast, danish, or muffin and one breakfast side.

Eggs any Style

two eggs cooked your way; sunny side up, over easy, over medium, over well, scrambled, poached or hard boiled.

Your signature omelet

A breakfast standard with your choice of ingredients; cheddar, swiss, American, or mozzarella cheese, mushroom, onion, tomato, green pepper, bacon, sausage, or ham.

Lumberjack Omelet

a three-egg omelet with ham, sausage, spinach, mushrooms, cheddar, and home fried potatoes

The Scrambler

a three-egg omelet with roasted red peppers, tomatoes, onions, feta, and home fried potatoes

CEREALS

Oatmeal or Stone Ground Grits

Served with your choice of toppings which include; Raisins, brown sugar, fresh seasonal fruit, butter, and cheese

Cold Cereal Selections

Special K, Corn Flakes, Raisin Bran, Rice Krispies, Honey Nut Cheerios, Cheerios

BAKERY

Homemade Muffin

Danish

Toast

White, Wheat, Raisin, Rye, English Muffin, Bagel

Spreads & Jellies

Cream Cheese, Butter, Peanut Butter, Orange Marmalade, Grape Jelly, Strawberry Jam, Apple jelly

ACCOMPANIMENTS

Bacon

Sausage Links

Breakfast Potatoes

Fresh Fruit Cup

Whole Fruit

Banana, Apple, Orange

Vanilla Yogurt

Cottage Cheese

BEVERAGES

House Blend Coffee & Tea

Available in regular and decaf

Juice Selections

Citrus guava, Orange, Apple, Cranberry, Tomato, Prune

Milk

Whole, 2%, Lactaid, Almond Milk

Hot Cocoa

DINING SERVICES TEAM

Director of Dining- Gary Black

Executive Chef- Alex Feldman

Dining Room Manager- Sarah Pitchford

Sous Chef- Stacey Ahmes

Pricing for guests is \$6.50 for a meal. Beverage only \$1.00

WELLMORE - TEGA CAY

Lunch Menu



- SANDWICHES -

We proudly use fresh baked bread from Nova's Bakery in Charlotte

CRISPY CHICKEN

Southern fried chicken breast on a potato bun with Swiss cheese, honey mustard and dill pickle chips.

CLASSIC BLT

Crisp bacon, lettuce, tomato and mayo on your choice of toasted bread

PULLED PORK

Melt in your mouth pork drizzled with house recipe BBQ and topped with slaw on a warm bun.

TURKEY CLUB

Turkey, bacon, cheddar cheese, lettuce and tomato on your choice of toasted bread

SOUTHERN PRIDE BURGER

1/4 pound of grilled ground beef topped with chili, coleslaw and mustard on a soft bun.

GRILLED PIMIENTO CHEESE

House recipe pimiento cheese grilled on your choice of bread.

HOT HAM & SWISS

Shaved ham with Swiss cheese and honey mustard grilled on your choice of bread

PHILLY CHEESESTEAK

Shaved sirloin steak with sautéed onion and provolone on a hoagie.

STADIUM DOG

Grilled all beef hot dog on a soft bun topped with chili, onion and slaw.

*Available toppings on all sandwiches include:
lettuce, tomato, onion, bacon, your choice of bread and your choice of cheese.*

*Breads - White, Whole Wheat, Marble Rye & Potato Roll
Cheese - Swiss, American, Cheddar & Provolone*

- ENTREES -

all entrees come with your choice of two side items

SHRIMP & GRITS

Creamy Carolina stone ground grits topped with shrimp sautéed in BBQ butter.

BACON & BROCCOLI MAC & CHEESE

Elbow pasta with chopped bacon and fresh broccoli in heartwarming cheddar cheese sauce.

CHICKEN & WAFFLES

Crispy breaded chicken tenders served over vanilla scented waffles with maple syrup

- ENTRÉE SALADS -

Dressings - apple cider vinaigrette, ranch, Caesar, balsamic vinaigrette, bleu cheese, sesame ginger & 1000 island

CAPRESE SALAD

Fresh mozzarella, sliced tomato, shaved red onion over baby spinach with pesto red wine vinaigrette.

SESAME CHICKEN SALAD

Teriyaki grilled chicken over crisp lettuce, cabbage, carrots, green onion, tomato, almonds, mandarin oranges and crispy wontons. Served with sesame ginger dressing.

SOUTHERN FRIED BLT

Crispy fried chicken over iceberg lettuce, bacon, bleu cheese, tomato and green onion.

CLASSIC CAESAR

Crisp romaine lettuce, parmesan cheese, garlic croutons, diced tomato and robust Caesar dressing.

TEGA CAY HOUSE SALAD

Iceberg lettuce, tomato, cucumber, red onion, shredded carrots & garlic croutons

FRUIT PLATE

Fresh seasonal fruit drizzled with honey and served with vanilla yogurt or cottage cheese.

- PIZZA -

Personal size hand tossed crust

CHICKEN BACON RANCH

Ranch base with grilled chicken, bacon and green peppers topped with cheddar & mozzarella cheese.

SHRIMP & PESTO

Pesto base with shrimp, red onion, tomato and mozzarella cheese.

MARGHERITA

Garlic butter base, fresh tomato, fresh mozzarella and fresh basil.

TRADITIONAL

Our hand tossed crust with house recipe pizza sauce, mozzarella cheese and your choice of toppings.

Toppings include: pepperoni, ham, bacon mushroom, onion, sweet peppers

- ACCOMPANIMENTS -

- SIDES -

Fruit Cup, Side Caesar or House Salad
Broccoli, Petit Peas, Baby Carrots, Coleslaw
Baked Potato, Fried Green Beans, Sweet Potato Fries,
Onion Rings, French Fries.

all entrees come with your choice of two side items

WELLMORE - TEGA CAY

Dinner Menu

- ENTREES -

APPLE BBQ GLAZED PORK

Pork tenderloin grilled and glazed with our signature BBQ sauce.

PECAN CRUSTED CATCH

The days fresh catch with a light pecan crust and remoulade.

GRILLED CHICKEN ALFREDO

Grilled Chicken breast served over al dente angel hair pasta tossed in rich parmesan cream sauce with sautéed onion, mushroom & fresh tomato

PETIT FILET

Grilled and topped with burgundy mushrooms.

SOUTHERN FRIED CHICKEN

Boneless light or dark meat (your choice) dredged in seasoned flour and flash fried to crispy perfection.

SHRIMP SCAMPI

Plump sautéed shrimp deglazed with white wine and finished with garlic butter.

CHICKEN PARMESAN

Breaded boneless chicken breast topped with fresh mozzarella served over pasta marinara.

- ENTRÉE SALADS -

Dressings - apple cider vinaigrette, ranch, Caesar, balsamic vinaigrette, bleu cheese, sesame ginger & 1000 island

LIVE WELL

Grilled chicken on a bed of fresh greens with strawberry, almonds, blue cheese, red onion, carrot & tomato

CHILLED SHRIMP

Poached shrimp with cocktail sauce served over mixed greens, cabbage, carrots, mushrooms and green onion.

CLASSIC CAESAR

Crisp romaine lettuce, parmesan cheese, garlic croutons, diced tomato and robust Caesar dressing.

MONGOLIAN BEEF

Tender marinated beef over spinach, cabbage, green onion, carrot and broccoli. Served with sesame ginger dressing.

TEGA CAY HOUSE

Iceberg lettuce, tomato, cucumber, red onion, shredded carrots & garlic croutons

FRUIT PLATE

Fresh seasonal fruit drizzled with honey and served with vanilla yogurt or cottage cheese.

- PIZZA -

Personal size hand tossed crust

MEATY WELLER

Traditional base with ham, pepperoni, bacon and sausage topped with mozzarella cheese.

CAPRESE

Pesto base on our hand tossed crust with red onion, tomato and fresh mozzarella cheese.

THAI CHICKEN

Sweet chili lime base with chicken, pineapple and peppers.

TRADITIONAL

Our hand tossed crust with house recipe pizza sauce, mozzarella cheese and your choice of toppings.

Toppings include: pepperoni, ham, bacon mushroom, onion, sweet peppers

- SANDWICHES -

We proudly use fresh baked bread from Nova's Bakery in Charlotte

ALL AMERICAN BURGER

1/4 pound of grilled ground beef on a soft bun. Available with bacon and/or your choice of cheese.

THE GRILLED CHEESE

Your choice of bread and cheese. Feel free to add bacon or tomato if you like.

PULLED PORK

Melt in your mouth pork drizzled with house recipe BBQ sauce and topped with slaw on a warm bun.

CRISPY CHICKEN

Southern fried chicken breast on a soft bun with swiss cheese, honey mustard and dill pickle chips

Available toppings on all sandwiches include: lettuce, tomato, onion, bacon, your choice of bread and your choice of cheese.

Breads - White, Whole Wheat, Marble Rye & Potato Roll

Cheese - Swiss, American, Cheddar & Provolone

- ACCOMPANIMENTS -

- SIDES -

Fruit Cup, Side Caesar or House Salad

Broccoli, Petit Peas, Baby Carrots, Coleslaw
Mashed Potato, Baked Potato, Sweet Potato

Sweet Potato Fries, Onion Rings,
French Fries, Fried Green Beans

all entrees come with your choice of soup or salad as well as two side items

Consumer Advisory: Raw or undercooked meat, poultry, fish or eggs may increase risk of foodborne illness.

WELLMORE BISTRO

10:00 AM TO 11:30 AM

BREAKFAST

Eggs Your Way

Sunny side up, scrambled, Over Easy, Over medium

Omelette

Toppings include: Cheddar or mozzarella cheese, Tomatoes, onions, peppers, bacon, and sausage

Pancakes

Fluffy and delicious

French Toast

Nova's Bakery texas toast soaked in our cinnamon vanilla batter and grilled to order then dusted with powdered sugar.

Cereal

Special K, Cheerios, Rice Krispies, Raisin Bran, Corn Flakes, Oatmeal Grits

Fruit Plate

Fresh seasonal fruit drizzled with honey and served with vanilla yogurt or Cottage Cheese

SIDES

Toast

Raisin, Rye, White, Wheat, English Muffin

Bacon, Sausage links, Home Fries, Fruit Cup, Banana, Cottage Cheese, Vanilla Yogurt

Beverages

Hot Tea, Iced tea, Sweet tea, Coffee, Apple Juice, Orange Juice, Citrus Guava Cocktail, Cranberry Juice

SPREADS AND JELLIES

Cream Cheese, Butter, Peanut Butter, Apple Jelly, Strawberry Jam, Grape Jelly, Orange Marmalade

Pricing for guests is 5.00 and includes an entrée selection, side, and non-alcoholic beverage. Appetizers are \$2.00

WELLMORE BISTRO

1:30 PM TO 4:30 PM

LUNCH/ DINNER

Entrée Salads

Garden

Mixed Greens, Tomato, Cucumber, Red Onion, and Homemade croutons

Caesar

Crisp Romaine, parmesan, garlic croutons, diced tomato, with robust caesar dressing

Sesame Chicken Salad

Teriyaki grilled chicken over crisp lettuce, red cabbage, carrots, green onions, tomato, almonds, mandarin oranges, and crispy wontons. Served with sesame ginger dressing

ENTREES

Shrimp and Grits

Creamy Carolina stone ground grits topped with shrimp sauteed in BBQ butter

Chicken Tenders

Crispy breaded chicken tenders served with sweet potato fries

Bacon & Broccoli Mac and Cheese

Elbow pasta with bacon and fresh broccoli in a creamy cheddar cheese sauce

SANDWICHES

Crispy Chicken

Southern fried chicken breast topped with swiss cheese, honey mustard, and dill pickle chips on a potato roll

Pulled Pork

Tender pulled pork drizzled with our house recipe BBQ sauce and topped with slaw, served on a warm bun

All American Burger

All beef burger topped with american cheese, lettuce, tomato, and onion

Turkey Club

Turkey, bacon, cheddar cheese, lettuce, and tomato on your choice of toasted bread

SIDES

Fruit cup, Side Caesar or House salad, Broccoli, Petit Peas, Baby Carrots, Mashed Potato, Sweet Potato Fries, French Fries

Pricing for guests is 5.00 and includes an entrée selection, side, and non-alcoholic beverage.

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WELLMORE BISTRO
WINE AND BEER SELECTIONS

WINE

Cabernet Sauvignon

Sycamore Lane California

White Zinfandel

Sycamore Lane California

Riesling

Sycamore Lane California

Pinot Grigio

Sycamore Lane California

Malbec

*Sutter Home
California*

Pinot Noir

Sycamore Lane California

Chardonnay

Sycamore Lane California

Pricing: Wine- \$1.50, Domestic Beer- \$1.50, Imported, craft, and
seasonal beer- \$2.00

WELLMORE BISTRO
WINE AND BEER SELECTIONS

BEER

Domestic

Budweiser

Bud Light

Miller Light

Coors Light

Import

Amstel Light

Heineken

Craft & Seasonal

Blue Moon Summer Ale

Sam Adams Cherry Wheat

*Pricing: Wine- \$1.50, Domestic Beer- \$1.50, Imported, craft, and
seasonal beer- \$2.00*