

PIZZERIA

Your choice of a traditional or thin crust pizza

PIZZA MARGHERITA

This classic pizza was named in honor of Princess Margherita of Savoy after she pronounced it her favorite because it resembled the Italian flag with the red tomatoes, white Mozzarella cheese, and green basil • 7.99

THE GODFATHER PIZZA

A pizza topped with Italian sausage, meatballs, sweet peppers & onions, Mozzarella cheese, and fresh basil • 8.99

PIZZA CREATION

Create your own pizza with choice of any 3: Italian sausage, meatballs, chicken, pepperoni, black olives, mushrooms, sweet peppers & onions fresh basil, fresh cilantro & roma tomatoes • 8.99

BURGERS and SANDWICHES

All sandwiches are served with fries

Add: Cheddar, Pepper Jack, Fontina, or Provolone Cheese 1.00 Add: applewood smoked bacon 1.00

SMOKEY MOUNTAIN STEAK BURGER

Our half pound burgers are prepared with fresh ground chuck hickory grilled and topped with lettuce, tomato, and onion served on your choice of whole wheat or sesame seed bun • 6.99



PULÉO'S CHICKEN BREAST SANDWICH

A marinated grilled double-breasted chicken topped with lettuce, tomato, onion, and honey mustard served on multigrain bread • 7.99

BUFFALO CHICKEN SANDWICH

A half chicken breast golden fried and tossed in a mild Buffalo sauce topped with Gorgonzola bleu cheese, lettuce, tomato, and onion served on your choice of a whole wheat or sesame seed bun • 6.99

DOWNHOME CHICKEN SALAD SANDWICH

Fresh chicken breast, diced and tossed with celery, relish, and mayonnaise served on multigrain bread with sprouts and leaf lettuce. • 6.99

ITALIAN GRINDER

Your choice of Italian Sausage or Meatballs served on a roll with sweet peppers and onions, Nona's tomato sauce, and Provolone cheese • 6.99

HOT SICILIAN SANDWICH

Black forest ham, pepperoni, and Fontina cheese served on a whole wheat bun with an Italian marinated spring mix • 7.99

FRIED GREEN TOMATO BLT

Applewood smoked bacon, leaf lettuce, and our famous fried green tomatoes topped with Fontina cheese and honey mustard served on multigrain bread • 8.49

TURKEY BLT

Slow roasted turkey breast, Applewood smoked bacon, lettuce, tomato, and Fontina cheese served on wheatberry bread with honey mustard sauce • 8.99

PHILLY STEAK SANDWICH

Delicious roast beef served on a roll with caramelized onions and peppers, melted Provolone cheese, and AuJus for dipping • 8.99

CRABCAKE on a BUN

Our delicious Maryland crabcake served on a whole wheat bun with dill caper remoulade, lettuce, tomato, and sprouts • 8.99

18% gratuity added to parties of 8 or more

EXPRESS LUNCH

Express Lunch menu available Monday thru Friday 11:00 am until 5:30 pm

Add a House or Caesar Salad for only 2.99

SOUP and SALAD

Your choice of a House or Caesar salad with a cup of soup...5.99

1/2 CHICKEN SALAD SANDWICH and CUP of SOUP

Enjoy a half of our Homemade Chicken Salad Sandwich on wheatberry bread served with a cup of soup...5.99

CHICKEN POT PIE

A flaky puff pastry filled with tender marinated chicken breast, potatoes, carrots, and peas...6.99

CHICKEN TENDERS

Chicken breast tenderloins fried to a golden brown, served with honey mustard dipping sauce, fries and Napa slaw...7.99

SPAGHETTI and MEATBALLS

Your choice of Nona's sauce or meat sauce served with meatballs or Italian sausage...7.99

NONA'S LASAGNE

A Puléo's family tradition! Nona's Lasagne layered with Ricotta and a blend of three cheeses with your choice of Nona's sauce or meat sauce...7.99

PIZZA OF THE DAY

A freshly baked focaccia pizza, topped with Nona's choice of the day and served with a House or Caesar salad...7.99

CHOPPED STEAK

A half pound of fresh ground chuck, hickory grilled and topped with mushroom gravy, served with mashed potatoes and steamed broccoli & carrots...7.99

FISH and CHIPS

A generous portion of golden fried whitefish served with fries and Napa slaw...7.99

CHICKEN PENNE PASTA

Grilled chicken, Penne pasta, baby spinach, mushrooms, and tomatoes tossed in a Parmesan cream sauce...7.99

ROASTED TURKEY BREAST

Fresh roasted turkey breast and cornbread dressing with gravy and cranberry relish, served with mashed potatoes or sweet potatoes...8.99

CHICKEN PARMESAN

A sautéed chicken breast coated in herb breadcrumb topped with Nona's sauce and melted Mozzarella cheese, served over Penne pasta...8.99

CHICKEN PICCATA

A sautéed breast of chicken topped with artichokes, capers and tomatoes simmered in a lemon wine sauce, served over linguini...8.99

MAPLE GLAZED PORK CHOP

Center cut boneless pork loin, hickory grilled with an apple maple coulis, served with sweet potatoes and kale greens...8.99

PETITE FILET

Hickory grilled 3oz Tenderloin Medallion, served with mashed potatoes and steamed broccoli & carrots...9.99

BAKED SCHROD

Filet of Schrod coated in Ritz crumbs and baked to perfection, served with steamed broccoli & carrots...9.99

LUNCH GRILLED FISH

Your choice of a Grilled Salmon Filet or Ahi Tuna Steak, served with steamed broccoli & carrots...10.99

DESSERTS

TURTLE CHEESECAKE

A creamy vanilla bean cheesecake topped with caramel and chocolate 4.99

CHOCOLATE HAZELNUT MOUSSE CAKE

A light chocolate mousse in an Oreo crust topped with Frangelico whipped cream and hazelnuts 3.99

CHOCOLATE LASAGNA

Triple layer chocolate cake with Mascarpone cheese, honey, butterscotch liqueur, and pure vanilla topped with a caramel and white chocolate sauce 4.99

KEY LIME PIE

A light Key Lime custard served in a graham cracker shell & topped with whipped cream 3.99

TIRAMISU

Ladyfingers dipped in espresso-liqueur layered with sweet Mascarpone cheese 4.99

APPLE PIE

Freshly baked old fashion Apple pie 3.49
A LA MODE add 1.50

CANNOLI

A crisp pastry shell filled with sweetened whipped Ricotta cheese and chocolate chips 2.99

ICE CREAM SUNDAY

Vanilla Ice Cream, caramel, and chocolate syrup topped with whipped cream and a cherry 2.99



Puléo's Grille

Southern Roots • Italian Heritage

I-40 @ Exit 398
Strawberry Plains
Knoxville, Tennessee

Phone: 865.673.9101
Fax: 865.673.9104

I-40 @ Cedar Bluff Road
260 North Peters Road
Knoxville, Tennessee

Phone: 865.691.1960
Fax: 865.691.1969

I-75 @ exit 108
Merchants Drive
Knoxville, Tennessee

Phone: 865.688.2575
Fax: 865.688.2585

www.puleosgrille.com

SIGNATURE DRINKS

SANGRIA

Your choice of House Wine blended with our special recipe of fruit juices and brandy
Glass • 4.95 Pitcher • 20

THE BIG ORANGE BELLINI

A refreshing blend of orange and peach nectar with a hint of Triple Sec and Peach Schnapps
Served Frozen • 5.25
Non-alcoholic • 3.95

PULERO'S PINA COLADA

A delightful blend of coconut milk, tropical fruit juices and Rum
Served Frozen • 5.25
Non-alcoholic • 3.95

STARTERS for SHARING

FRIED GREEN TOMATOES

Golden fried green tomatoes accompanied with tasso and country gravy, served with stone ground cheese grits • 6.99

VEGETABLE SPRING ROLLS

A vegetarian medley of Shiitake mushrooms, Napa cabbage, green beans, carrots, and ginger, served with sweet & sour and hot mustard dipping sauce • 5.99

BUFFALO CHICKEN TENDERS

Chicken tenders, deep fried and tossed in Buffalo hot sauce, served with Bleu cheese and celery • 6.99

MARYLAND CRABCAKE

Homemade Maryland style crabcake, served with a dill caper remoulade • 7.99

CHICKEN FLORENTINE PIZZA

A thin crust pizza topped with a white cheese sauce, grilled chicken, spinach, artichokes, green onions and fresh cilantro • 8.99

ITALIAN SAMPLER

Our sampler offers a taste of meatballs, Italian sausage, and a sweet roasted red pepper topped with fresh melted Mozzarella cheese, served with polenta • 7.99

STUFFED SEAFOOD RAVIOLI

Tender Ravioli, stuffed with lobster, scallops, and baby shrimp served in a tomato basil cream sauce • 6.99

SPINACH & ARTICHOKE CON QUESO

Spinach and artichokes in a thick and creamy cheese sauce, served with corn tortilla chips • 6.99

SOUP and SALAD

PULERO'S ENDLESS SOUP and SALAD

Your choice of a House or Caesar salad, a bowl of Pulero's Award Winning White and Red Bean Chicken Chili or soup of the day, and bread (unlimited Refills) • 8.99

AWARD WINNING WHITE AND RED BEAN CHICKEN CHILI

Cup 2.99 Bowl 4.49

HOUSE SALAD

Romaine hearts, spring mix, carrots, tomatoes, and cucumbers topped with cheese and sliced almonds • 4.99

SOUP OF THE DAY

Cup 2.99 Bowl 4.49

CAESAR SALAD

Romaine hearts tossed in a creamy Caesar dressing and topped with Parmesan cheese and croutons • 4.99

ENTRÉE SALADS

BABY SPINACH SALAD

Tender leaf spinach, Granny Smith apples, carrots, caramelized pecans, and Gorgonzola crumbles tossed in a balsamic vinaigrette and topped with sprouts • 7.99

FIESTA CHICKEN TENDER SALAD

Golden fried chicken tenders glazed with a sweet chili sauce served over mixed greens and tossed with roasted corn, black beans, tortilla strips, vegetables, and creamy ranch dressing • 8.99

HOMEMADE CHICKEN SALAD

Fresh chicken salad served on a bed of greens with tomatoes, cucumbers, sliced almonds, and your choice of dressing • 7.99

CHICKEN OR SALMON CAESAR SALAD

Romaine hearts and croutons tossed in a creamy Caesar dressing and Parmesan cheese with your choice of Chicken or Salmon
Chicken • 8.99 Salmon • 10.99

GREEK CHICKEN SALAD

Marinated grilled chicken, feta cheese, red onions, black olives, cucumbers, tomatoes, sourdough croutons, and romaine hearts tossed with House Italian dressing • 8.99

SPA SALAD

Romaine hearts, spinach, spring mix, carrots, marinated artichokes, sweet roasted red peppers, asparagus, tomatoes, and cucumbers, topped with sprouts, sunflower seeds, and toasted almonds • 7.99
Add Cajun Grilled Salmon • 5.99

GRILLED AHI TUNA SALAD

Grilled Ahi Tuna served on a bed of spring greens with sesame noodles, and marinated artichoke salad. Served with a soy ginger dipping sauce • 11.99

GRILLED TENDERLOIN SALAD

Grilled Tenderloin served over a bed of mixed greens and topped with tomatoes, cucumbers, and Gorgonzola crumbles and your choice of dressing • 11.99

Dressing Choices: House Italian • Raspberry Vinaigrette (fat-free) • Creamy Ranch • Honey Mustard Gorgonzola Bleu cheese • Spicy Avocado Ranch • Thousand Island

PREMIUM CUT STEAKS

Served with a House or Caesar salad and choice of side item

Our steaks are aged Top Choice Midwestern Beef, hickory grilled and brushed with our special seasoning

STEAK TUSCANY

8oz. Sirloin basted in Italian herbs and garlic topped with your choice of sweet peppers & onions and shallot rosemary demiglace or a mushroom Marsala wine sauce • 12.99

FILET MIGNON TIPS

Marinated grilled tenderloin tips served medium over polenta and topped with a mushroom demiglace • 13.99

FILET MIGNON

Lean cut of beef tenderloin grilled to perfection 7oz. • 18.99

FILET OSCAR

Twin medallions of grilled tenderloin, topped with crabmeat, asparagus, and Béarnaise sauce • 19.99

RIBEYE

A hearty 12 ounces of the most flavorful cut of beef • 18.99

NEW YORK STRIP

"The King of Steaks" 14oz. strip sirloin • 19.99
Peppercorn crusted and topped with Béarnaise sauce • Add 1.00

PRIME RIB Au Jus

Available after 4pm Mon-Sat & All day Sunday
Cajun grilled upon request

Slow roasted and tender, served with horseradish cream sauce 8oz. • 15.99 12oz. • 18.99

Add Italian Broiled Shrimp • 5.99 Boursin Cheese • 1.50 Béarnaise Sauce • 1.00

RIBS, CHOPS and CHICKEN

Add a House or Caesar salad for only 2.99

CITRUS CHICKEN

A boneless marinated hickory grilled chicken breast Served with mashed potatoes and steamed broccoli & carrots • 9.99

SMOKEHOUSE CHICKEN

A boneless marinated hickory grilled chicken breast topped with melted Pepper Jack cheese, BBQ sauce, and green onions. Served with mashed potatoes and kale greens • 11.99

SWEET and SOUR CHICKEN

A boneless chicken breast glazed with a sweet and sour sauce served over sesame noodles Accompanied with a spring roll served with an asian sauce and hot mustard • 11.99

CHICKEN and THINGS

A marinated boneless chicken breast, hickory grilled and topped with Black forest ham and Fontina cheese Served with mashed potatoes and steamed broccoli & carrots • 11.99

MAPLE GLAZED PORK CHOP

Center cut boneless pork loin, hickory grilled with an apple maple coulis, served with sweet potatoes and kale greens • 12.99

BABY BACK RIBS

The Granddaddy of lean, succulent pork ribs served with fries and Napa slaw • 13.99

SEAFOOD

Add a House or Caesar salad for only 2.99

GEORGES BANK SCHROD

"A New England Favorite" coated in Ritz crumbs and baked to perfection served with mashed potatoes and steamed broccoli & carrots • 12.99

HICKORY GRILLED SALMON

Topped with Italian herb butter and served with mashed potatoes and steamed broccoli & carrots • 14.99
Cajun grilled upon request

AHI TUNA

Grilled and served with sesame noodles, asparagus, soy ginger dipping sauce, wasabi, and pickled ginger • 16.99

GULF SHRIMP

A generous portion of Gulf Shrimp hand breaded and fried or Italian broiled, choose two of your favorite side items • 14.99

MARYLAND CRABCAKES

Two homemade Maryland style crabcakes served with stone ground cheese grits and Napa slaw • 14.99

PULERO'S SEAFOOD SAMPLER

A generous portion of golden fried whitefish, Gulf Shrimp, crabcake served with fries and Napa slaw • 18.99

ITALIAN SPECIALTIES

Served with a House or Caesar salad

PULERO'S UNLIMITED SPAGHETTI BOWL

Your choice of Nona's sauce or meat sauce served until you say no more! • 9.99
Add meatballs or Italian Sausage for just 1.99

NONA'S LASAGNE

A Pulero family tradition! Nona's Lasagne layered with Ricotta and a blend of three cheeses with your choice of Nona's sauce or meat sauce • 11.99

CHICKEN PARMESAN

A sautéed chicken breast coated in herb breadcrumbs topped with Nona's Sauce and melted Mozzarella cheese, served over Penne pasta • 12.99

CHICKEN PENNE PASTA

Grilled chicken, Penne pasta, baby spinach, mushrooms, and tomatoes tossed in a Parmesan cream sauce • 11.99

CHICKEN PICCATA

A sautéed breast of chicken topped with artichokes, capers, and tomatoes simmered in a lemon wine sauce served over linguini • 14.99

SAUTEED SHRIMP AND SPINACH TORTELLONI

Tortelloni stuffed with spinach and tossed with sautéed shrimp, Tennessee country ham, peas and carrots in a Boursin cheese sauce • 15.99

FILET MIGNON PASTA

Marinated beef tenderloin tips, mushrooms, shallots, garlic, peperonata and Penne pasta tossed in a fresh basil and tomato cream sauce • 14.99

CHICKEN MARSALA

A grilled chicken breast topped with a mushroom Marsala wine sauce and served with linguini Alfredo • 13.99

GULF SHRIMP SCAMPI

Gulf shrimp sautéed in a garlic wine sauce with fresh herbs, baby spinach, and tomatoes served over linguini • 15.99

SOUTHERN COMFORTS

Add a House or Caesar salad for only 2.99

CHICKEN POT PIE

A flaky puff pastry filled with tender marinated chicken breast, potatoes, carrots, and peas • 8.99

CHICKEN TENDER PLATTER

Chicken breast tenderloins fried to a golden brown Served with country gravy, mashed potatoes and Napa slaw • 9.99

ROASTED PORK LOIN

Served with cornbread dressing, gravy, and sweet potatoes • 10.99

ROASTED TURKEY BREAST

Fresh roasted turkey breast and cornbread dressing with gravy and cranberry relish, served with steamed broccoli & carrots and mashed potatoes or sweet potatoes • 11.99

COUNTRY FRIED STEAK OR CHICKEN

A fresh cubed sirloin steak or filet of chicken breast hand breaded and fried then topped with country gravy Served with mashed potatoes and steamed broccoli & carrots • 10.99

CHOPPED STEAK

A half a pound of fresh ground chuck, hickory grilled and topped with mushroom gravy Served with mashed potatoes and steamed broccoli & carrots • 9.99

SHRIMP and GRITS

"A Charleston Favorite" Sautéed shrimp, Italian sausage, peppers, and onions Served over stone ground cheese grits with Tasso gravy • 14.99

FISH and CHIPS

A generous portion of golden fried whitefish Served with fries, Napa slaw and dill caper remoulade • 10.99

VEGETABLE PLATE

Choose any three • 7.49 Choose any four • 9.99

SIDE ITEMS

FRENCH FRIES • 2.69

MASHED POTATOES • 2.69

SWEET WHIPPED POTATOES • 2.69

BAKED POTATO • 2.69

LOADED BAKED POTATO • 3.69

CORNBREAD DRESSING • 2.69

BURGUINDY MUSHROOMS • 2.69

ASPARAGUS • 4.19

NAPA SLAW • 2.69

KALE GREENS • 2.69

BROCCOLI & CARROTS • 2.69

SESAME NOODLES • 2.69

PENNE PASTA ALFREDO • 2.69

STONE GROUND CHEESE GRITS • 2.69

When substituting suggested side items there will be an additional charge for the items listed below
Asparagus 1.50 Loaded Baked Potato 1.00