

★ Living the Dream ★

I have worked in restaurants since I was a teenager bussing tables at Bonanza. My dream always has been to have a beautiful wife, healthy children and my own thriving restaurant. I achieved that goal several years back, but found that the amount of work required to keep that restaurant going meant that I didn't see my wife and children near as much as I wanted. When I expressed this problem to others in the industry, everybody shook their heads in knowing acceptance. Something inside said the dream wasn't here yet. I wasn't having my cake and eating it too! So, here I am. And there are many people I need to thank for pushing me and helping me live this dream. First and foremost, my wife coreen for letting me "sell a very profitable business and open a restaurant in the middle of a recession". To all the craftsmen at Maynard Plumbing, Bolton Painting, Rusty's AC Repair, Mark's Electric, DC Fire and Safety, James Ferguson Enterprises, Debbie Mackall and Terry Flynn, thank you for all your great work. Finally, thank you to my men's group and family for reminding me that I am the decider. Our goal is great food and great service at a cheap price. I need happy customers who will come back again and again (maybe with a friend). If you do not receive great food, great service and after paying the bill you don't feel like you got a great deal, my dream will fail. Please, let me know what I can do to keep living my dream.

—Doug

★
★ 493 Humphrys Street
★ Nashville, TN. 37203
★ call-in orders welcomed!
★ (615) 733-3119
★



Worth Talking About!

★ Hours of Operation ★

Monday 10:30 – 2:30
Tuesday 10:30 – 2:30
Wednesday 10:30 – 2:30
Thursday 10:30 – 2:30
Friday 10:30 – 7:30
Saturday 11:00 – 2:30
closed Sunday

★ Thanks! ★
Police officers
Military

Firefighters
In uniform get 20% off on their order.
Limit one per person per day.
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Burgers

Seamus (SHAY mus) 6.95

Seamus is GaBBY's little Brother and is the Perfect Burger for the Beginner. A single five ounce grass fed Beef Burger.

Winner of the Nashville Scenes "Best Burger" in 2009 (our first year!)

With your Choice of American, Swiss, Pepper Jack or Cheddar Cheeses.

Our most Popular item!

No Cheese just 6.50.

GaBBY Burger 8.50

Two Burger Patties and American Cheese (on Both Patties of Course) unfasten the Belt.

Chili Burger 7.60

Single Patty, Cheddar Cheese and lots of our homemade Chili.

BBQ Burger 7.15

Single Patty with BBQ sauce and Cheddar Cheese. We start on the grill and finish on the Char Broiler to caramelize the BBQ sauce.

Bacon Swiss 7.60

Single Patty with two Big Pieces of Bacon and Swiss Cheese.

Other Things

Chicken Burger 6.95

Marinated Chicken Breast that is Char Broiled. We add American Cheese.

BBQ Chicken 7.15

Chicken Breast with BBQ sauce and Cheddar Cheese.

Coreen Burger (GaBBY's Mom) 6.95

Veggie Burger using Black Beans, Brown rice, BBQ sauce and Swiss Cheese. Of course, we make this ourselves.

Winner of the Nashville Lifestyles magazine 2010 Best Veggie Burger.

We use egg whites.

Tipper Burger (GaBBY's Dog) 6.95

We use a BIG quarter Pound Dog with no weird or yucky filler stuff in it!

Then we CharBroil it and serve it on a toast Bun! This is one of the Best Dogs you will find in Nashville!

Dirty Tipper 7.60

Char Broiled hot Dog with lots of our homemade Chili and Choice of Cheese. This is Big!

Grilled Cheese Sandwich 5.25

Deluxe sandwich three Pieces of Bread and three slices of American Cheese (tomato?) and of course Butter (not margarine).

Chili and Grilled Cheese 6.95

Our Deluxe grilled Cheese sandwich with a Big Bowl of Chili (add onions?)

ODDS AND ENDS

Side of Fries 1.75

CUP of Chili 2.50

Bowl of Chili 3.95

Other Stuff... We will figure it out

Cookie .60

Desserts Bars 1.50

Drinks

All you can Drink 1.60

Sodas

Teas

Lemonade

TOPPINGS

Lettuce Tomato Onion

Pickle Mustard Mayo

Ketchup Kickin' Ketchup Ranch

Ground Mustard Wasabi Mayo

Bacon .60 Cheese .60 Fried Egg .75

Jalapeños .35 Grilled Onions .35

Chili .75 Grilled Green Peppers .35

Banana Peppers .35

JUST TELL US WHAT YOU WANT ADDED!

Kid Fare (7 and under)

Kids Dog 3.95

Char Broiled hot Dog cut up and served without a Bun (they Don't want to eat them any way). Served with fries or applesauce (no sugar added).

Kid CheeseBurger 3.95

A smaller version of our Seamus Burger.

Kids Grilled Cheese 3.95

Grill Cheese sandwich and fries or applesauce (no sugar added).

Kids meal Comes with lemonade or juice Box to drink and a Choice of French fries, sweet Potato fries or applesauce (no sugar added) Children over 7 may get "Kids Fare" for an additional \$1.00 and it Does not include a drink.

All Sandwiches come with a Side:

Fresh cut Fries Sweet Potato Fries Pasta Salad CUP-o-Chili .75

We Cook our Burgers medium well. There might Be a slight Pink to the meat. We Do this so the Burger is still moist. Tell us if you need it well Done, and we'll "Burn" that sucker for you!

Why Grass Fed Beef?

There are many reasons why I switched from Corn fed Beef to grass fed. The first and most important is that it was good Business! Even though the up front cost is anywhere from 10 - 35 % more the long term costs are lower. I have not and will never have my meat recalled because of health concerns. I had my Corn fed Beef recalled twice in three months. Never again! Also, I have heard the jokes about how much fat is in the food.

Maybe some other Burger joint, But not this one. **Our Burger Patties have...**

- * 100 fewer calories!!! Per Patty versus Corn fed Beef.
- * one third the fat grams (about the same fat grams as a Chicken Breast)
- * very high in Omega 3's (higher than farm raised salmon!)
- * four times the vitamin E as regular Beef
- * No hormones or antibiotics

If you ate a Gabby's Burger instead of a regular Burger joint, you consumed about 18,000 less calories a year and decrease your weight change by six pounds if nothing else changes.

Careful, several places are starting to serve "corn finished" Beef. Although they may be organic, many of these health advantages are greatly diminished when the cows are fed corn. Cows like grass!

Finally, I know the farmers who raise the Beef. Kathy, Josh and family are doing it right. That is why restaurants like Margot's, Lowe's Vanderbilt, Baja Burrito, and Tayst are joining the ranks of those who buy their Beef locally. You can find out more or buy your own at www.gourmetpasturebeef.com.



BURGERS & FRIES
Gabby's

Worth Talking About!