ISLAND & STATES

FILIPINO RESTAURANT & BAR



New Restaurant

ISLANDANDSTATES.COM



FILIPINO FLAVORS.
AMERICAN FAVORITES.
GREAT DRINKS.
A PLACE TO GATHER.



DINING AREA

CAFÉ

BAR & COCKTAILS

BUSINESS MEETINGS & EVENTS

HOURS

MONDAY – THURSDAY
9:00 AM – 3:00 PM
FRIDAY – SATURDAY
5:00 PM – 12:00 AM
ADDITIONAL HOURS COMING SOON.

VISIT US AT

114 E COLLEGE ST.
MURFREESBORO, TN 37130

DOWNTOWN MURFREESBORO'S IDEAL SPOT FOR

Business Meetings, Team Lunches & Corporate Events

GREAT FOOD. GREAT DRINKS. A PRODUCTIVE PLACE TO GATHER.

ISLAND & STATES

FILIPINO RESTAURANT & BAR

FOOD, DRINKS & LITTLE ISLAND EXPLORERS

FILIPINO APPETIZERS

Classic Lumpia Shanghai $7.99
5 pork & beef spring rolls

Golden Chicken Lumpia $7.99
5 chicken spring rolls

Shrimp Supreme Lumpia $9.99
5 savory shrimp rolls

Dynamite Jalapeño Lumpia $8.99
Pork & beef, jalapeño, cream cheese

Garden Vegetable Lumpia $7.99
Cabbage, carrots & bean sprouts

Filipino Pork BBQ Skewers $8.99
5 skewers, pineapple BBQ marinade

FROM THE ISLANDS

Pork Adobo $15.99
Soy-vinegar braised pork, rice

Sizzling Tofu Sisig $13.99
Crispy tofu, peppers, sisig sauce, rice

Beef Salpicao $17.99
Garlic-seared beef, savory sauce, rice

Beef Bulalo $22.99
Beef shank & marrow soup, rice

FILIPINO COMFORT CLASSICS

Pancit Bihon $13.99
Rice noodles, chicken & vegetables

Pineapple Chicken Fried Rice $14.99
Chicken, pineapple & scallions

Filipino-Style Spaghetti $15.99
Sweet-savory meat sauce, hot dogs, cheese

RICE UPGRADE

Upgrade to Garlic Rice +$2.99
Available with rice dishes

FROM THE STATES

Creamy Penne Alfredo $15.99
Pork & beef, Alfredo-Parmesan sauce

Pan-Seared Pork Chops $16.99
Mashed potatoes & vegetables

Buttery Herb-Baked Salmon $19.99
Garlic rice & asparagus

Creamy Chicken Brioche $13.99
Chicken, lemon dressing, cheese, fries

Apple-Smoked Baby Back Ribs $18.99
Half rack, apple BBQ glaze, fries

ISLAND SWEETS

Ube Cheesecake $8.99
Cheesecake with ube halaya cream

Island Gold Turon $9.99
4 banana turon, ice cream, caramel

Warm Bibingka À La Mode $9.49
Rice cake, ice cream, coconut caramel

LITTLE ISLAND EXPLORERS · KIDS

Lumpia Classic (3 pcs) $5.99
Pork & beef lumpia with steamed rice

Chicken Adobo $7.99
Tender braised chicken with rice

Filipino Spaghetti $7.99
Savory meat sauce & garlic bread

Penne Alfredo $7.99
Cheesy pasta & garlic bread

Side of Garlic Rice $2.99

Ube Keso Ice Cream $4.99
One scoop; vanilla also available

Gold Turon $5.99
Crispy banana roll, caramel drizzle

SIGNATURE COCKTAILS

Calamansi Margarita $12.50
Tequila, calamansi & agave

Ube Espresso Martini $13.50
Vodka, coffee liqueur, ube, coconut

Pandan Colada $13.00
Rum, pineapple, coconut, pandan

Cebu Sunset $12.50
Rum, mango, pineapple, calamansi

Manila Mule $11.50
Rum, calamansi, ginger beer

Tennessee-Manila Sour $13.00
Whiskey, calamansi, pineapple

Island Old Fashioned $14.50
Aged rum, demerara, bitters

SIGNATURE ISLAND LATTES

Ube Latte H $6.99 / I $7.49
Espresso, purple yam & milk

Pandan Latte H $6.49 / I $6.99
Espresso, pandan & milk

Coconut Latte H $6.49 / I $6.99
Espresso & coconut milk

COFFEE & ESPRESSO

Espresso S $2.99 / D $3.99
Freshly brewed espresso

Americano H $4.25 / I $4.75
Double espresso with water

Cappuccino $4.99
Espresso, steamed milk & foam

Classic Latte H $5.49 / I $5.99
Espresso & creamy milk

Vanilla Latte H $5.99 / I $6.49
Espresso, milk & vanilla

OTHER BEVERAGES

Fountain Sodas $2.99
Coke, Diet Coke, Coke Zero, Dr Pepper, Diet Dr Pepper, Barq's, Sprite

Minute Maid Lemonade $2.99

Regular / Decaf Coffee $2.99
Hot or iced

Iced Tea $2.99
Sweet, unsweet or half & half

Filtered Water Free

Where Two Cultures Meet at the Table.

CARRYOUT & DELIVERY • CALL 615-703-4323

ORDER ONLINE: islandandstates.com

114 E College St. • Murfreesboro, TN 37130 • Menu items subject to availability