

Salt & Vine Slated to Open This Week in Sylvan Heights

POSTED BY CHRIS CHAMBERLAIN ON WED, JUN 29, 2016 AT 8:37 AM



After months of anticipation, **Salt & Vine** is finally ready to launch this Friday, July 1, in the new Hill Center Sylvan Heights development at 4001 Charlotte Ave. The stylish wine bar, restaurant and specialty market should make an immediate impact to the good on the livability of the burgeoning West Nashville neighborhood that is flying up around it and should be quite a welcome amenity to residents of the new housing that is being built as part of the Sylvan Heights center.

Conceived and executed by a talented trio of young women, Salt & Vine aims to be a shopping and dining destination for the neighborhood at just about any time of the day. Nashville native Mattie Jackson is the sommelier and beverage director for the operation, which is pretty much the most important gig in the building, since so much of the experience at Salt & Vine is designed around great wine, beer, cocktails and fine foods to accompany those drinks. There are also plans to open a retail wine and craft beer operation next door in the next couple of months, so the restaurant will be the spot to taste and discover new bottles to buy and take home.

Hannah Schneider is the GM and partner in Salt & Vine, and she has been working to bring the whole concept together, including design elements that are spare and classic while maintaining plenty of charm at the same time. Think interesting light fixtures and lots and lots of subway tiles. The fairly large space is full of flexible areas that will change uses throughout the day.

A grab-and-go cabinet near the front door will offer prepared foods for takeaway, but the focus of the room is a large set of counters stocked with charcuterie, fine cheeses and sandwiches.



Mattie Jackson

Some meats will be presliced and packaged, while others will be available for custom slicing to put together a charcuterie board to enjoy in the restaurant or to take with you. Other prepared foods will include gourmet side dishes and exotic salads. The culinary program has been put together by talented restaurateur and chef Molly Fitzpatrick Martin.

Coffee will also be a big focus, both brewed and to-go, with beans provided by Café Integral out of Brooklyn, plus local options from Steadfast Coffee and Frothy Monkey. Café Integral is known for excellent Nicaraguan coffees and will also be integrally (natch) involved in the training of Salt & Vine's baristas.

During the morning, patrons can grab a pastry from Sam Tucker of Village Bakery and Provisions and some coffee, or feel free to sit a spell at any of the booths, communal picnic table, four-tops or at the high bar near the windows that stream in plenty of natural light. As the day rolls along, the center counter will switch to more sandwiches and salads and seating may expand into the wine room at the back of the main dining room. This comfortable space is designed to be separated off by a curtain for private functions or wine classes, or opened to increase the size of the space.

Between the main counter and the wine tasting room will be a cozy bar with six beers on tap plus a full cocktail menu. There will even be kombucha available, although Jackson claims that it's actually in stock just to feed her addiction to the fermented tea beverage. Aiming to be a proper neighborhood hang, the bar at Salt & Vine will be an excellent gathering spot, and the food menu created by Fitzpatrick will definitely augment the convivial spirit.

Daily market boards may feature meats, cheeses, pickled items and more on classy little boards emblazoned with the Salt & Vine logo. These will also be sold in the market

section of the store along with specialty food products with an emphasis on locally produced items. Other shareable snacks include assortments of nuts, olives, chips and dip and toast points.

Larger plates for sharing revolve around slightly more substantial fare ranging from beets and strawberry salad, burrata and grilled corn to crispy chicken thighs and beef sliders. Imagine pairing several of these items with a few friends and an extremely thoughtful list of affordable wines that lean a bit to a European focus, and you've got a great evening of food and fun without ever having to pick a composed meal from the menu.

Snack and drink. Drink and snack. Really the best way to decide you are done with a meal at Salt & Vine may be when you decide it's Uber time or you start to develop a craving for dessert. Fortunately, there is a short sweet section of the menu with an assortment of artisan chocolates with seasonal accompaniments and a light buttermilk panna cotta as highlights.

They are still planning to tweak the hours of service at Salt & Vine, but the spacious kitchen will always be busy with something, and the bar should open around 4:00 for your wining pleasure. Above all, the three ladies behind Salt & Vine was the bistro/wine bar to develop into a real asset for the neighborhood. With plenty of parking behind the building, it should be a go-to spot to grab a full meal or the accouterments to make your own meal even more special. Or heck, just skip cooking and let them do the work while you sit back and enjoy yourself.

If the much-maligned AMP bus system had actually run down Charlotte as proposed, I think ridership might have justified it strictly from folks looking to visit Salt & Vine. I guess we'll just have to drive ourselves. The restaurant opens Friday, July 1, so go check it out.

Salt & Vine

4001 Charlotte Ave.

615-800-8517

saltandvinenashville.com

[click to enlarge](#)



- PHOTO: SALT & VINE
- Spiced lamb meatballs, cous cous, tzatziki, pomegranate