

September 2018

DAILY SPECIALS

Soup: Small \$3.49 / Large \$4.99
♥ - \$8.99



HOURS
MONDAY – TUESDAY
10 am – 8 pm
Lunch – 11am – 4pm
Dinner – 4pm – 8pm

Saturday, September 1:

Soup: Stuffed Pepper
Lunch: Pulled Pork BBQ on Ciabatta w Slaw \$8.99
Dinner: Aunt Carolyn's BBQ Chicken w/ Mac & Cheese & Broccoli \$10.99

Monday, September 3:

CLOSED FOR LABOR DAY!

Tuesday, September 4:

Soup: Five Onion w/ Fresh Thyme
♥: Farmer's Market Salad Chicken
Lunch: Caesar Wrap w Oven Roasted Tomatoes \$8.99
Dinner: Lasagna Bolognese \$9.99

Wednesday, September 5:

Soup: Chilled Cucumber & Dill
Lunch: Lobster Roll \$13.99
♥: Caesar's Salad w/ Salmon
Dinner: Chicken Parmesan over Angel Hair w/ Marinara \$10.99

Thursday, September 6:

Soup: Fresh Tomato & Basil
Lunch: Fried Green Tomato BLT \$8.99
♥: Autumn Salad w/ Baby Greens, Beets, Toasted Walnuts, Goat Cheese & Sesame Raisin Vinaigrette
Dinner: Chicken & Dumplings, Mashed Potatoes, Gravy \$9.99

Friday, September 7:

Soup: Spicy Black Bean
Lunch: Oliverio Pepper & Pepperoni Calzone w/ Mozzarella & Ricotta Cheese \$8.99
♥: Nicoise Salad
Dinner: Oven Roasted Salmon w/ Angel Hair Pasta & Seasonal Vegetables \$14.99

Saturday, September 8:

Soup: Red Bell Pepper
Lunch: Creamy Buffalo Chicken Mac 'n Cheese \$8.99
Dinner: Chicken Romano w/ Spinach & Mushroom Risotto \$10.99

Monday, September 10:

Soup: Chilled Strawberry
Lunch: Chicken Quesadilla w/ Beans, Rice, Pico & Sour Cream \$9.99
♥: Classic Spinach Salad w/ Bacon, Egg, Mushrooms & Bacon Vinaigrette
Dinner: Yankee Pot Roast w/ Roasted Root Veggie's & Potatoes \$9.99

Tuesday, September 11:

Soup: Cheeseburger
Lunch: Meatball Sub \$8.99
♥: Greek Salad
Dinner: Baked Steak, Mashed Potatoes, Gravy & Green Beans \$9.99

Wednesday, September 12:

Soup: Chicken Enchilada
Lunch: Turkey Bacon Wrap w/ Dill Buttermilk & Fruit \$8.99
♥: Southwest Cobb Salad
Dinner: Fettuccini Alfredo w/ Chicken & Broccoli \$10.99

Thursday, September 13:

Soup: Potato & Leek
Lunch: Shrimp Quesadilla w/ Beans, Rice, Pico & Sour Cream \$11.99
♥: Black Bean Burger Salad
Dinner: Stuffed Pork Chops, Mashed Potatoes, Gravy & Corn \$10.99

Friday, September 14:

Soup: Tuscan White Bean & Roasted Garlic
Lunch: Tuna Melt \$8.99
♥: Cashew Chicken Bowl
Dinner: Herb Roasted Chicken w/ Mashed Potatoes, Gravy, Green Beans \$9.99

Saturday, September 15:

Soup: Corn Chowder
Lunch: Fajita Chicken Cheesesteak Wrap \$9.99
Dinner: Shrimp Scampi over Angel Hair Pasta \$14.99

Monday, September 17:

Soup: Summer Minestrone
Lunch: Open Face Pot Roast Sandwich on Sourdough w/ Mashed Potatoes & Gravy \$8.99
♥: Mediterranean Shrimp Salad
Dinner: Stuffed Pepper w/ Mashed Potatoes \$8.99

Tuesday, September 18:

Soup: Gazpacho
Lunch: Buffalo Chicken Wrap \$8.99
♥: Spinach Salad w/ Strawberries, Mandarin Oranges, Poppseed Dressing
Dinner: Cheese Manicotti w/ Marinara \$8.99 w/ Meat Sauce \$9.99

Wednesday, September 19:

Soup: Taco
Lunch: Monte Cristo w/ Bacon & Maple Syrup \$8.99
♥: Chicken Taco Salad
Dinner: Spaghetti & Meatballs \$8.99

Thursday, September 20:

Soup: Chilled Sweet Corn & Yellow Pepper
Lunch: Chicken Parmesan Sandwich on Ciabatta w/ Marinara & Provolone \$8.99
♥: Antipasti Salad
Dinner: Cabbage Roll w/ Mashed Potatoes \$8.99

Friday, September 21:

Soup: Summer Vegetable
Lunch: Italian Hero Sandwich on Focaccia \$8.99
♥: Gazpacho Salad
Dinner: Lobster Mac 'n Cheese \$14.99

Saturday, September 22:

Soup: Butternut Squash
Lunch: Quiche Lorraine w/ Fresh Fruit \$6.99
Dinner: Braised Short Ribs w/ Whipped Potatoes & Seasonal Vegetables \$14.99

Monday, September 24:

Soup: Sherried Mushroom
Lunch: Bacon & Pepperjack Mac 'n Cheese \$7.99
♥: Chicken Sesame Noodle Salad
Dinner: Meatloaf, Mashed Potatoes, Gravy & Vegetables \$9.99

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Tuesday, September 25:

Soup: Italian Wedding
Lunch: Chicken Burrito w/ Beans, Rice, Pico & Sour Cream \$9.99
♥: Tuscan Salad w/ Heirloom Tomatoes, Fresh Mozzarella, Basil
Roasted Turkey Breast, Garbanzos, Peppercorn Parmesan Dressing
Dinner: Fried Chicken, Mashed Potatoes, Gravy, Vegetable & Biscuit \$9.99

Wednesday, September 26:

Soup: Broccoli & Cheese
Lunch: The Club House Sandwich on Homemade Bread \$8.99
♥: Appalachian Spinach Salad w/ Roasted Sweet Potatoes, Blueberries, Goat Cheese, Pecans & Maple Vinaigrette
Dinner: All American Pork Chop w/ Homemade Apple Sauce, Fried Potatoes & Onions & Teresa's Biscuit \$10.99

Thursday, September 27:

Soup: Loaded Baked Potato
Lunch: Open Face Meatloaf Sandwich w/ Mashed Potatoes, Gravy \$8.99
♥: Parmesan Chicken Salad w/ Tomatoes, Basil, Fresh Mozzarella & Parmesan Peppercorn Dressing
Dinner: Baked Ziti w/ Italian Sausage, Meat Sauce & Mozzarella \$9.99

Friday, September 28:

Soup: Crab Chowder
Lunch: Bacon, Lettuce & Heirloom Tomato on Sour Dough \$8.99
♥: Crab Louis Salad
Dinner: Shrimp & Grits \$14.99

Saturday, September 29:

Soup: Chilled Watermelon
Lunch: Creamy Mac 'n Cheese \$6.99
Dinner: Butternut Squash and Spinach Lasagna \$10.99



JOIN US AT THE FARM!
Now on Wednesday's @ 6:00 pm

September 12th - Last one for the Season!

Menus are posted on Facebook and on our website! Advance payment and reservations necessary! We have lots of room – bring a friend or lots of friends!
MARKET #: 304-473-7741

Totally True!!! Yes, we are officially booking Christmas Parties!
Call our catering office to discuss your holiday details.
CATERING OFFICE: 304-473-7890



EVERYDAY - ALL DAY SANDWICHES

Deli Grilled Reuben \$6.99 Half/ \$10.49 Whole

Grilled Rye stuffed with corned beef, a heap of warm sauerkraut, and gooey layers of melted Gruyere cheese and a generous dose of Russian dressing – pure sacrilege!

Turkey Stack \$5.99 Half/ \$9.99 Whole

The iconic “club” revised! We stack ours with thick fresh roasted turkey, crispy bacon, great local lettuce, tomato and mayonnaise. We ditch the third piece of bread (we don't like to waste the calories!)

Chicken Salad BLT \$6.99 Half/ \$9.99 Whole

A BLT is not a well-dressed bacon sandwich. A BLT is a tomato sandwich seasoned with bacon, and WE season ours with a plump chicken salad, lettuce, tomato and mayonnaise.

Flank Steak Bomb \$7.99 Half/ \$10.99 Whole

The appeal of a steak sandwich lies in the fact that it's a steak, and yet it's all the other components that make it truly special. This one is layered with caramelized onions and Gruyere cheese.

Spinach & Artichoke \$5.99 half/ \$8.99 whole

A hot mess bound together with mayo, mozzarella and Parmesan cheeses. Topped off with fresh mushrooms on sourdough.

Grilled Cheese \$4.99 half/ \$7.99 whole

A Classic sandwich in its ultimate form, grilled inside & out (to add buttery flavor & promote melting)-cooked low & slow!

Hot Ham & Cheese \$6.99 half/ \$9.99 whole

American version of the French Classic “Croque Monsieur.” Some have asked, “how damned good can a ham & cheese sandwich be?” ... You tell us!

FHA Market Burger \$10.99

Classic flavor all juiced up, a little weird in a wonderful way! Juiciness to your elbows and a plate full of run-off that you will want to wipe clean with your tongue.

CRABBY PATTY “Burger” \$12.99

It's a Crab Cake with fancy tartar sauce on Ciabatta with Lettuce & Tomato.

RAMP BURGER \$10.99

Caramelized Onions, WV Ramps, Crispy Bacon, Cheddar Cheese & BBQ Sauce.

BLACK BEAN BURGER \$9.99

Gloves off Carnivores! This meatless wonder has a melty layer of Pepper Jack Cheese, Chipotle Mayo, Red Onions & Pico.

F'HAWKER DOG \$3.49

Fully Loaded All Beef Dog w/ Ketchup, Onions, Mustard, Chili & Slaw

CHEESE SELECTIONS:

Hot Pepper Jack, Gruyere, Cheddar & Provolone

Extra Cheese Add \$1.00 / Add Bacon Add \$1.00 / Avocado Add \$1.00