

# February 2019

## DAILY SPECIALS



HOURS  
**MONDAY – SATURDAY**  
 7 am – 8 pm  
**Lunch – 11am – 4pm**  
**Dinner – 4pm – 8pm**  
**Soup: Small \$3.49 / Large \$4.99**  
 ♥ **Bowls: \$8.99**

### Friday, February 1:

Soup: New England Clam Chowdah (GF)  
 Lunch: Lobster Roll \$13.99  
 ♥Bowl: Bahn Mi Chicken Bowl  
 Dinner: Cheese Manicotti w/Marinara \$8.99 w/Bolognese \$9.99

### Saturday, February 2: Groundhog Day!!

Soup: Bean & Bacon (GF)  
 Lunch: Chicken Provolone on Sourdough w/Honey Mustard  
 Dinner: Beef Stroganoff over Egg Noodles \$9.99

### Monday, February 4:

Soup: Sherried Mushroom (GF)  
 Lunch: Turkey Devonshire \$9.99  
 ♥Bowl: Nicoise Salad w/Fresh Tuna (GF)  
 Dinner: Baked Steak, Mashed Potatoes, Gravy & Green Beans \$9.99

### Tuesday, February 5:

Soup: Minestrone  
 Lunch: Oliverio Pepper Burger w/Provolone \$9.99  
 ♥Bowl: Chopped Chicken Sesame Noodle Bowl  
 Dinner: Spaghetti & Meatballs \$8.99

### Wednesday, February 6:

Soup: Broccoli Cheddar (GF)  
 Lunch: Southern Fried Chicken Club \$8.99  
 ♥Bowl: Vietnamese BBQ Shrimp Bowl (GF)  
 Dinner: Stuffed Pork Chop w/Scalloped Potatoes & Seasonal Vegetables \$9.99 (GF)

### Thursday, February 7:

Soup: Five Onion (GF)  
 Lunch: Loaded Twice Baked Potato \$5.99 (GF)  
 ♥Bowl: Spinach Salad w/Mandarin Oranges, Strawberries, Almonds & Poppy Seed Dressing (GF,V)  
 Dinner: Chicken Shepherd's Pie \$10.99

### Friday, February 8:

Soup: Potato & Kale (GF,V)  
 Lunch: Tuna Salad Croissant \$8.99  
 ♥Bowl: Crunchy Quinoa Ginger Bowl w/Almond Ginger Dressing (GF,V)  
 Dinner: Crab Crusted Striped Bass w/Jasmine Rice & Seasonal Vegetables \$15.99

### Saturday, February 9:

Soup: Black Bean (GF,V)  
 Lunch: Creamy Mac & Cheese \$5.99  
 Dinner: Lasagna Bolognese \$9.99

### Monday, February 11:

Soup: Cream of Tomato (GF,V)  
 Lunch: Bacon, Lettuce & Tomato on Sourdough \$6.99  
 ♥Bowl: Chicken Fajita Bowl (GF)  
 Dinner: Cabbage Rolls w/Mashed Potatoes \$9.99 (GF)

### Tuesday, February 12:

Soup: Chicken Noodle  
 Lunch: Pot Roast Sandwich, Mashed Potatoes & Gravy \$8.99  
 ♥Bowl: Balsamic Chicken Salad w/Lemon Quinoa (GF)  
 Dinner: Meatloaf, Mashed Potatoes, Gravy & Green Beans \$9.99

### Wednesday, February 13:

Soup: Potato & Leek (GF,V)  
 Lunch: Turkey Club Wrap \$8.99  
 ♥Bowl: Cauliflower Cashew Bowl (GF,V)  
 Dinner: Stuffed Shells w/Marinara \$8.99 (V)

### Thursday, February 14:

Soup: Puree of Fresh Asparagus (GF,V)  
 Lunch: Chicken Quesadilla w/Beans, Rice, Pico & Sour Cream \$8.99  
 ♥Bowl: Winter's Bounty Paleo Cobb Salad (GF)  
 Dinner: Beef Bourguignon \$10.99 (Available for Carryout Only)

\*\*\*Market Closing Early For Special Valentine's Dinner\*\*\*

Call Ahead for Reservations 304-473-7741

### Friday, February 15:

Soup: Cheeseburger (GF)  
 Lunch: Bratwurst & Sauerkraut on Rye w/Whole Grain Mustard \$7.99  
 ♥Bowl: Ramen Noodle Salad (V)  
 Dinner: Garlic Parmesan Shrimp over Angel Hair Pasta \$15.99

### Saturday, February 16:

Soup: Split Pea (GF)  
 Lunch: French Dip au Jus \$9.99  
 Dinner: Vegetable Beef Stew with Fresh Cornbread \$9.99

### Monday, February 18:

Soup: Beef Vegetable (GF)  
 Lunch: Chicken Parmesan Sandwich \$8.99  
 ♥Bowl: Caesar Salad w/Salmon (GF)  
 Dinner: Chicken & Dumplings \$9.99

### Tuesday, February 19:

Soup: White Chicken Chili (GF)  
 Lunch: Macaroni & Cheese with Diced Ham \$6.99  
 ♥Bowl: Steakhouse Salad (GF)  
 Dinner: Pot Roast w/Mashed Potatoes, Gravy & Carrots \$9.99

### Wednesday, February 20:

Soup: Butternut Squash (GF)  
 Lunch: Calzone \$7.99  
 ♥Bowl: Southwest Cobb Salad (GF)  
 Dinner: Pasta Carbonara w/Chicken & Broccoli

### Thursday, February 21:

Soup: Stuffed Pepper (GF)  
 Lunch: Miso Ramen Noodle Bowl \$8.99  
 ♥Bowl: Italian Chopped Antipasti Salad (GF)  
 Dinner: Chicken a la King \$9.99

### Friday, February 22:

Soup: Manhattan Clam Chowder (GF)  
 Lunch: Monte Cristo w/Ham, Turkey, Gruyere & Maple Syrup \$9.99  
 ♥Bowl: Tortellini Vegetable Salad (V)  
 Dinner: Smothered Chicken w/Mashed Potatoes, Gravy & Seasonal Vegetables \$9.99

### Saturday, February 23:

Soup: Chili (GF)  
 Lunch: Open Faced Meatloaf Sandwich w/Mashed Potatoes & Gravy \$8.99  
 Dinner: Jambalaya \$10.99 (GF)

### Monday, February 25:

Soup: Loaded Baked Potato (GF)  
 Lunch: Chicken Caesar Wrap \$8.99  
 ♥Bowl: Mediterranean Chicken Salad (GF)  
 Dinner: Baked Steak, Mashed Potatoes, Gravy & Green Beans \$9.99

### Tuesday, February 26:

Soup: Chicken & Andouille Sausage Gumbo  
 Lunch: Cuban Sandwich \$8.99  
 ♥Bowl: Cashew Chicken Salad  
 Dinner: Baked Rigatoni w/Italian Sausage, Peppers, Onions, & Pepperoni \$8.99

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Menu & Prices Subject To Change Without Notice  
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## Wednesday, February 27:

Soup: Italian Wedding  
 Lunch: Patty Melt on Grilled Rye w/1000 Island, Sauerkraut & Gruyere \$9.99  
 ♥ Bowl: Calabrian Shrimp Salad (GF)  
 Dinner: Chicken Pot Pie w/Mashed Potatoes & Gravy \$9.99

## Thursday, February 28:

Soup: Chicken Noodle  
 Lunch: Turkey Club on Teresa's Homemade Bread \$8.99  
 ♥ Bowl: Vegetable Buddha Bowl (GF,V)  
 Dinner: Chicken Parmesan over Linguini \$9.99

Don't forget to make reservations to  
***Dine With Your Valentine***  
 February 14<sup>th</sup> at the Market -  
 Seatings at 5:30pm & 7:30pm  
 \$50 per person

### THE BREAKFAST CLUB WINTER POP-UP MENU

Served Monday-Saturday 7am-10:30am

#### MS. TERESA'S BIG BISCUITS & SAUSAGE GRAVY - \$4.99

Big Fluffy Made from Scratch Biscuit with  
 Gravy full of Country Sausage.

#### THE "RISE & F'HAWKING SHINE"

Eggs, Home Fries and or Grits, Toast or Biscuit, Bacon or  
 Sausage

Single (One Egg/One Slice of Toast) - \$5.49

Double - (Two Eggs/Two Slices of Toast) - \$7.49

#### THREE (3) EGG OMELET - \$7.99

Choice of Mushrooms, Onions, Tomatoes, Spinach,  
 Bacon, Ham & Cheese

#### BREAKFAST SAMMICH - \$5.99

Eggs, Bacon, Sausage & Cheese  
 Choice of Bread - Biscuit or Ciabatta

#### FRENCH TOAST - \$7.99

Created with our own Homemade Bread & WV Maple Syrup

EXTRA BACON - \$1.00

GLEN'S SAUSAGE - \$1.99

GRITS - \$2.29

HOME FRIES - \$2.99

TOAST - \$1.89

OATS - Cup \$3.49 / Bowl \$4.99

\*\*ASK ABOUT OUR GLUTEN FREE BREAKFAST OPTIONS\*\*

## 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 its 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

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