

# September 2019

## DAILY SPECIALS

☑ Bowls - \$8.99



HOURS  
MONDAY - SATURDAY  
7 am - 8 pm  
**Breakfast - 7am-11am**  
**Lunch - 11am - 4pm**  
**Dinner - 4pm - 8pm**

### Monday, September 2:

\*\*\* Closed for Labor Day \*\*\*

### Tuesday, September 3:

♥: Southwestern Chicken Salad w/ Avocado Dressing (GF)  
Lunch: Tangy Veggie Wrap \$8.99  
Dinner: Beef Stew, Cornbread & Homemade Apple Sauce \$9.99

### Wednesday, September 4:

♥: Salmon Nicoise Salad w/ Lemon Dijon Vinaigrette (GF)  
Lunch: Chicken Gyro's w/ Tzatziki Sauce \$8.99  
Dinner: Lasagna Bolognese with Salad & Garlic Bread \$9.99

### Thursday, September 5:

♥: Chicken Caesar Salad w/ Parmesan Caesar Dressing (GF)  
Lunch: Buffalo Chicken Crunch wrap w/ Blue Cheese Dressing  
Dinner: Baked Steak, Mashed Potatoes & Gravy & Country Green Beans \$9.99

### Friday, September 6:

♥: Autumn Pear Salad w/ Candied Walnuts & Balsamic Vinaigrette (GF,V)  
Lunch: Classic Italian Sub with Tortellini Salad \$8.99  
Dinner: Tortellini Primavera \$10.99

### Saturday, September 7:

Lunch: Bacon Cheese Burger w/ Twice Baked Potatoes \$10.99  
Dinner: BBQ Ribs, Baked Potato Casserole, Calico Beans & Corn Muffin \$14.99 ½ Rack / \$18.99 Full Rack

### Monday, September 9:

♥: Apple Salad w/ Maple Vinaigrette (GF,V)  
Lunch: Crispy Chicken & Ranch Wrap \$8.99  
Dinner: Smothered Pork Chops, Mashed Potatoes & Gravy, Buttered Corn \$9.99

### Tuesday, September 10:

♥: Roasted Beet Goat Cheese Salad w/ Balsamic Vinaigrette (GF,V)  
Lunch: Beef Burrito's w/ Pico & Sour Cream \$9.99  
Dinner: Shrimp Fettuccine Alfredo w/ Focaccia \$14.99

### Wednesday, September 11:

♥: Quinoa Salad w/ Roasted Butternut Squash, Feta, Cranberries, Pecans & Red Wine Vinaigrette  
Lunch: Chicken Parmesan Sandwich w/ Side of Marinara \$8.99  
Dinner: Manicotti with Salad & Garlic Bread \$9.99

### Thursday, September 12:

♥: Autumn Chopped Chicken Salad w/ Poppy seed Dressing (GF)  
Lunch: Falafel Sandwich (V) \$8.99  
Dinner: Pot Roast, Parslied Potatoes, Carrots & Biscuit \$9.99

### Friday, September 13:

♥: Autumn Crunch Pasta Salad w/ Apple Cider Vinaigrette (V)  
Lunch: Cheesesteak Grilled Cheese \$9.99  
Dinner: Seared Crab Cakes, Coleslaw & Southern Country Grits (GF) \$14.99

### Saturday, September 14:

Lunch: Italian Sausage Hoagie \$8.99  
Dinner: Dry Rubbed Flank Steak w/ Smashed Potatoes, Roasted Baby Carrots & Mushroom Cream Sauce (GF) \$14.99

### Monday, September 16:

♥: Farmer's Market Salad w/ Dill Buttermilk Dressing  
Lunch: BBQ Beef Brisket on Ciabatta w/ Coleslaw \$9.99  
Dinner: Chicken & Dumplings, Mashed Potatoes, Gravy & Roll \$9.99

### Tuesday, September 17:

♥: Mediterranean Three Bean Quinoa Salad w/ Balsamic Vinaigrette (GF, V)  
Lunch: Burger & French Fries \$9.99  
Dinner: Chicken Piccata w/ Angel Hair Pasta \$10.99

### Wednesday, September 18:

♥: Loaded Greek Salad w/ Red Wine Vinaigrette (GF, V)  
Lunch: Chicken Cordon Bleu Sandwich \$8.99  
Dinner: Baked Rigatoni w/ Italian Sausage & Pepperoni, Smothered in Smothered in Mozzarella Cheese w/ Salad & Garlic Bread \$9.99

### Thursday, September 19:

♥: Kale & Farro Salad w/ Apples & Walnuts served w/ Orange Dijon Vinaigrette (V)  
Lunch: Pot Roast Grilled Cheese w/ Caramelized Onions & Mushrooms \$8.99  
Dinner: Chicken in White Wine Sauce (Coq au Vin) served with Roasted Baby Potatoes \$10.99

### Friday, September 20:

♥: Avocado Cajun Shrimp Salad w/ Creamy Avocado Dressing (GF)  
Lunch: Lobster Roll \$13.99  
Dinner: Oven Roasted Salmon w/ Creamy Risotto (GF) \$14.99

### Saturday, September 21:

Lunch: Classic Club Sandwich w/ Potato Chips \$9.99  
Dinner: Stuffed Chicken Breast, Mashed Potatoes & Gravy, Green Beans \$9.99

### Monday, September 23:

♥: Thai Crunch Salad w/ Peanut Dressing (V)  
Lunch: Croissant Club Sandwich w/ Fresh Fruit \$8.99  
Dinner: Chicken Pot Pie w/ Mashed Potatoes & Gravy \$9.99

### Tuesday, September 24:

♥: Steak Salad w/ Cilantro Lime Vinaigrette (GF)  
Lunch: Buffalo Fried Chicken Sandwich w/ Blue Cheese, Celery & Carrots \$8.99  
Dinner: Shrimp Scampi over Angel Hair Pasta w/ Crusty Bread \$15.99

### Wednesday, September 25:

♥: Chicken Fajita Salad w/ Chili Lime Dressing (GF)  
Lunch: Loaded Italian Sub \$8.99  
Dinner: Pasta Puttanesca w/ Focaccia \$9.99

### Thursday, September 26:

♥: Asian Quinoa Salad w/ Ginger Soy Dressing (GF,V)  
Lunch: Muffuletta on Crusty Baguette \$8.99  
Dinner: Meatloaf with Scalloped Potatoes & Peas & Carrots \$9.99

### Friday, September 27:

♥: Steak House Salad w/ Balsamic Vinaigrette (GF)  
Lunch: Shrimp Salad on Croissant w/ Lettuce, Tomato & Red Onion \$9.99  
Dinner: Seafood Jambalaya w/ Crusty Baguette \$14.99

### Saturday, September 28:

Lunch: Hot Roast Beef Sandwich w/ Mashed Potatoes & Gravy \$8.99  
Dinner: Prime Rib, Baked Potato & Seasonal Veggies \$18.99

### Monday, September 30:

♥: Traditional Cobb Salad w/ Blue Cheese & Red Wine Vinaigrette (GF)  
Lunch: Open Faced Turkey Sandwich w/ Mashed Potatoes & Gravy \$8.99  
Dinner: Swedish Meatballs over Buttered Noodles w/ Coleslaw \$9.99

MARKET 304-473-7741

Menu & Prices Subject To Change Without Notice  
www.fishhawkacreswv.com

September 2019

DAILY SPECIALS

☐ Bowls - \$8.99



HOURS  
MONDAY - SATURDAY  
7 am - 8 pm  
**Breakfast - 7am-11am**  
**Lunch - 11am - 4pm**  
**Dinner - 4pm - 8pm**

(GF) Gluten Free. (V) Vegetarian

## EVERYDAY - ALL DAY SANDWICHES

**Deli Grilled Reuben \$6.99 Half/ \$9.99**

### 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/ \$8.99 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 Ciabattia 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

### CHEESE SELECTIONS:

Hot Pepper Jack, Gruyere, Cheddar & Provolone

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

## THE BREAKFAST CLUB MENU

Served Monday-Saturday 7am-11am

**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\*\*

Got a Craving for  
Fish Hawk?

There's an App for that!  
Online Ordering is now  
Available @

[www.fishhawkacreswv.com](http://www.fishhawkacreswv.com)

& Fish Hawk Acres on FB  
The Best Part?

A Fish Hawk Acres App!

Download it for Free

To avoid the lines

@ the Counter &

Grab It & Go!

MARKET 304-473-7741

Menu & Prices Subject To Change Without Notice

[www.fishhawkacreswv.com](http://www.fishhawkacreswv.com)