

## Starters

### Hummus

Choice of Roasted Garlic or Roasted Red Pepper with pita fries 4.99

### Fresh Baked Flat Bread

Brushed with extra virgin olive oil and served with a side of balsamic vinegar, roasted garlic and extra virgin olive oil for dipping. 4.99

### Black-Eyed Pea Falafel

Delicious fried bean balls served with dipping sauce 4.99

### Bent Mountain Chili

Hearty and Spicy. Made with organic beans and grass-fed beef Seasoned just right! Cup 3.99 / Bowl 4.99 Served with bread

### Pimento Cheese

Extra sharp, Bent Mountain blend, served on sourdough. 4.99

### Bistro Cheese Fries 4.99

Add chili 2.00

## Signature Soups

Our Delicious Blue Crab Bisque Cup 5.99/Bowl 6.99

Ask About Our Soup Du Jour!

## Salads

Small salads are served with one dressing/Large salads served with two dressings Dressings (All Homemade)

Balsamic-Soy Vinaigrette; Sun-Dried Tomato Ginger Vinaigrette, Creamy Walnut & Fig or Ranch Extra dressings .50

### House Salad

Organic mixed field greens, fresh seasonal vegetables, freshly grated asiago cheese Small: 4.99/ Large: 8.99 Add 3 crispy falafel balls to your salad. 2.50

### Bistro Bleu Cheese Chopped Salad

Organic mixed greens, Danish bleu cheese, fresh vegetables and fire roasted red peppers Small 5.99 / Large 9.99

### Roasted Chicken Salad

Brined, roasted, and pulled free range chicken, served over organic mixed greens with local egg and fresh grated asiago cheese 12.99

### Bistro Caesar Salad

Crisp romaine hearts, aged parmesan, house made croutons and Caesar dressing Small 5.99/Large 9.99

## Bistro Smokehouse BBQ

Bent Mountain BBQ is prepared in the Southern tradition in our smokehouse next door, using only heritage breed, pastured pork, dry rubbed in our blend of spices and smoked with a blend of hardwoods until tender. We serve it "dry" with your choice of Traditional Style Smoky Tomato base, Carolina Style Vinegar base, Memphis Style Tomato base, South Carolina Mustard base or "Bent Mountain BBQ Sauce," made by locals Betty & Larry Reed.

### Pulled Pork BBQ Sandwich

Served with coleslaw and one sauce 8.99

### Pulled Pork BBQ Platter

Served with coleslaw, two sauces and one side 10.99

### Extra Sauces

Traditional, Vinegar, Memphis, or Mustard .50 each Bent Mountain BBQ Sauce .68 each

### Heritage Breed Pulled BBQ To Go 15.99/Pound (3 - 4 servings)

24 Hrs. Notice for large orders please

\*\*\*Parties of 6 or more subject to an 18% gratuity\*\*\*

\*\*\*Checks less than \$6 subject to an .50 surcharge for all credit cards\*\*\*



## Specialty Pizza

12" Crust 14.00 / 14" Crust 16.00

Wood Fired at 900°

All of our Vera Pizza Napolitano dough conforms with original Italian specifications, is hand-made daily with only non-processed, on-GMO All-Natural Ingredients

### Quattro Formaggio

A white sauce pizza with a blend of four cheese, mozzarella, provolone, aged white cheddar and parmesan cheese with a white sauce, topped with steamed broccoli

### Margherita

Fresh mozzarella, fresh basil & oregano, fresh tomato and extra virgin olive oil

### Quattro Stagioni

Our beloved margherita with black olive, artichoke hearts, sautéed mushrooms & hot cherry peppers

### Pepperoni-Mushroom

Topped with plenty of sautéed mushrooms and sliced gourmet pepperoni

### Onion-Bacon

Caramelized onions, applewood smoked bacon, thyme, extra virgin olive oil, sea salt & pepper, garnished with fresh arugula

### The Higgins

Ode Magnum P.I., house tomato sauce, pineapple, ham, mozzarella, roasted red peppers and freshly grated parmesan cheese

### Pulled Pork BBQ

Our pit-cooked pork, with bbq sauce, local onions, pickled jalapeno, mozzarella & cheddar cheese

### The Sausage

A mix of country sausage and hot Italian sausage. One of our favorites!

### The Pig

Country sausage, Bistro pit-cooked bbq, applewood smoked bacon, mozzarella parmesan & asiago cheese, mushrooms and fresh basil

### The Top Drawer

Pepperoni, country sausage, mushrooms, onions, green pepper & black olives

### Chicken Buffalo Ranch

Pulled, slow-roasted chicken, Danish bleu cheese, buffalo sauce & our homemade ranch dressing. Awesome!

### The Welsh Cheddar

Our House made fresh mozzarella cheese mixed with imported Welsh cheddar cheese, topped with an awesome balsamic jam

### The Phoenix

Chicken, caramelized onions, roasted red pepper, house made fresh mozzarella & ghost pepper cheese OR make it a screaming Phoenix by adding jalapeños or cherry peppers for more burn!!!

## Create Your Own Pizza

12" Crust 12.00 / 14" Crust 14.00

Additional Toppings .75 each

Fresh Mozzarella, Extra Cheese (we use only Whole Milk-Mozzarella), Feta, Ricotta Cheese, Asiago Cheese, Freshly Grated Parmesan Cheese, Artichoke Hearts, Black olives, Spinach, Fresh Basil, Fresh Arugula (Rocket), Caramelized Onions, Garlic, Sautéed Mushrooms, Green Peppers, Cherry Peppers, Banana Peppers, Pineapple, Pepperoni, Country Sausage, Italian Sausage, Anchovies, Ham

Premium Toppings 3.00 each

Heritage Breed Pulled Pork BBQ, Grass Fed Hamburger, Pulled Chicken, Applewood Smoked Bacon or Alfredo Sauce

## Calzone

Our Napolitano dough stuffed with ricotta & mozzarella cheeses, brushed with garlic butter, lightly dusted with parmesan cheese, served with a side of marinara sauce...Cheese Only 10.99

Add up to three additional toppings .50 Each (except premium toppings)

# Entrees

All entrees served with bread  
Add side garden salad for 2.99

## Bistro Spaghetti

A generous pound portion of spaghetti with your choice of marinara or meat sauce 10.99  
Baked with mozzarella cheese Add 2.00

## Fettuccini

Your choice either pasta marinara or pasta alfredo with freshly shaved parmesan cheese 12.99  
Add roasted chicken 3.00

## Poor Mountain Spaghetti

1/2 pound spaghetti topped with a generous portion of our meaty mountain chili 10.99  
Baked with mozzarella cheese Add 2.00

## Lasagna Classico

A large portion of our house recipe with marinara, ricotta and mozzarella cheese 10.99  
Add meat sauce 2.00

## Chesapeake Bay Crab Cake Dinner

Two jumbo lump crab cakes, hollandaise, coleslaw or rice, homemade tarter sauce (No bread) Choice of side 21.99



# Kids

## Spaghetti

Choice of meat or marinara sauce 5.99

## Cheese Pizza (7") 5.99

## Hot Dog 3.99

Additional hot dog 2.00

## \*Cheeseburger 5.99

## Pulled Pork BBQ 5.99

## Grilled Cheese 4.99

All kids sandwiches served with french fries

# Sandwiches

All sandwiches available on a hoagie, sourdough, pita or wheatberry bread  
Marble rye 1.00 extra

## Italian Combo

Ham, genoa salami, pepperoni, mozzarella, lettuce, tomato, onion, banana peppers, mayo, red wine vinegar and extra virgin olive oil with a touch of salt and pepper 7.99

## Turkey Bacon

Yes.. we couldn't do the turkey without some pig involved! Turkey breast, bacon, lettuce, tomato, mayo with a touch of salt and pepper 7.99

## The Falafel

Our Falafel served on your choice of pita, sourdough or wheat berry bread with lettuce, tomato, onion and choice of our walnut fig or ranch dressing 7.99

## The Mountain Cheesesteak

London Broil, mayo, onions, green pepper, mushrooms  
Choice of provolone or white American cheese with fries  
6" 10.99 12" 14.99

# Bistro Burgers

1/2 Pound Specialty Burgers  
100% Grass-fed, Local Beef

## \*The Bent Mountain BBQ Burger

Pulled pork bbq, cheddar cheese 10.99

## \*Farmer's Special

Local egg, cheddar cheese, bacon 10.99

## \*Bleu Cheese Burger

Premium bleu cheese, bacon 10.99

## \*Chili Cheese Burger

Mountain chili, cheddar cheese, sautéed onion 10.99

## \*The Bistro Burger:

Sautéed onions and garlic 9.99  
Add cheese 1.00

## \*1/2 Pound G.F. Hamburger

Dressed your way 9.99  
Add cheese 1.00

## \* Pound G.F. Hamburger

Dressed your way 7.99  
Add bacon 1.00

## \* Pound G.F. Cheese Burger

Your choice of American, cheddar or mozzarella  
Dressed your way 8.99  
Add bacon 1.00

\*\*\*All of our burgers are made with grass-fed, hormone and antibiotic free beef.\*\*\*

# On the Side

Coleslaw, Farm Fresh Daily Vegetable, Hand-cut French Fries, Pita Fries 2.99

## Chesapeake Bay Crab Cake

Jumbo lump crabmeat, lettuce, tomato and homemade tarter sauce  
Served with seasoned fries 11.99

## Veggie

Romaine hearts, tomato, onion, banana peppers, sprouts, mayo and your choice of melted mozzarella, American or cheddar 6.99  
Add coleslaw 1.00

## Kimchi Grilled Cheese

Known locally as the Kimcheese sandwich  
Grilled sourdough, cheddar, mayo and Kimchi from Gnomestead Hollow Farm & Forage 8.99

## Chicken Salad

Classic southern recipe, served with lettuce, tomato and mayo 7.99  
Add bacon 1.00

## Chef Rueben

Grilled marble rye, nitrate free corned beef, house made Russian dressing  
Gnomestead Hollow sauerkraut and melty swiss cheese 9.99

# Beverages

## The Best Kombucha

Organically and Floyd produced! Ask about our daily flavors 8oz glass 3.50/Pint glass 5.00  
Available to take home: 16oz 4.00/32oz 6.00  
Empty Glass Bottle  
Refills 16oz 5.00/32oz 9.00

Coke, Diet Coke, Sprite, Ginger-Ale, Mellow Yellow, Mr. Pibb

Fresh Brewed Iced Tea, Hot Tea Service  
2.50 (Free Refills)

Horizon Organic Milk Box, Martinelli's Apple Juice 2.50  
Fresh Squeezed Lemonade 3.99

## Mountain Roast & Espresso

French Roast- Regular or Decaf  
Free Refills 2.50  
Espresso Shot 2.50  
Cappuccino, Latte, Café Mocha 5.99

\*\*\*Parties of 6 or more subject to an 18% gratuity\*\*\*  
\*\*\*Checks less than \$6 subject to an .50 surcharge for all credit cards\*\*\*

\*Consuming raw or undercooked meats, poultry, eggs or seafood may increase your risk of food-borne illness