

## Lighter Fare

### Cracklins & Pimento Cheese

Poppin Hot Pork Skins, Bay Season, & our Southern Mountain Blend Pimento. 8.99

### Bent Mountain Chili

Hearty Chili with a little spice. Made with organic beans and grass-fed beef & topped with Shredded cheddar Cheese. Served with a slice of bread.  
Cup 4.99/ Bowl 5.99

### Black-Eyed Pea Falafel

A Southern Twist on a Middle Eastern Classic 5.99

### Pimento Cheese

Extra sharp. Bent Mountain blend, served on sourdough 5.99

### Hummus

Ask your server for today's choices, served with Pita Fries 5.99

## Farm Fresh Salads

All Bent Mountain Bistro Salads Served with the finest local offerings  
Dressings Balsamic-soy Vinaigrette, Sun-Dried Tomato Ginger Vinaigrette,  
Creamy Walnut and Fig, Homemade Ranch,

### House Salad

Organic Mixed Greens, fresh seasonal vegetables, freshly grated Asiago Cheese.  
Small- 5.99 Large 9.99  
Add 3 Crispy Falafel Balls to your salad. 2.99

### Bistro Bleu Cheese Chopped Salad

Organic mixed greens, Cave-Ripened Danish Bleu Cheese, Fresh Vegetables, &  
Fire Roasted red Peppers.  
Small 6.99 Add roasted Chicken 3.00  
Large 10.99 Add roasted Chicken 4.00

### Roasted Chicken Salad

Roasted & Pulled Yardbird, served over Organic mixed greens, farm fresh  
vegetables, local egg, and freshly grated Asiago Cheese. 13.99

### Bistro Caesar Salad

Crisp Romaine Hearts, Aged Parmesan, Crouton, Homemade Caesar Dressing  
Small 5.99 Add roasted Chicken 3.00  
Large 9.99 Add roasted Chicken 4.00

### Bistro Chef's Salad

Organic Mixed Greens, farm fresh local vegetables, Ham, Shredded Sharp  
Cheddar, Local Egg, & crumbled smoky bacon 13.99

## Bistro Smokehouse BBQ

Prepared with primitive methods in our smokehouse. We are Southwest Virginia's only all  
heritage breed BBQ house. We use only Duroc Hogs, dry rubbed 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, South Carolina Mustard  
Base, or "Bent Mountain BBQ Sauce" made by locals Betty and Larry Reed.  
Heritage Breed Pulled Pork Togo \$15.99/Pound (3-4 Servings)  
24 Hours Notice for large orders please

### Pulled Pork Sandwich

Served w/ Coleslaw and one sauce  
8.99

### Pulled Pork BBQ Platter

Served with Coleslaw, two sauces and  
one side. 10.99

Extra Sauces & Dressings .50 each  
Bent Mountain BBQ Sauce .68 each

## Sandwiches

### Kimchi Grilled Cheese

Known locally as the Grilled Kimcheese,  
Grilled Sourdough, Cheddar, mayo, & Kimchi  
from Gnomestead Hollow Farm & Forage  
8.99

### Chicken Salad

Classic Southern Recipe, served with  
lettuce, tomato, & mayo  
7.99  
add bacon 2.00

### Turkey Bacon

Yes..we couldn't do this without some pig  
involved! Turkey Breast, Smokey Bacon,  
lettuce, tomato, mayo. Perfect.  
7.99

### Chesapeake Bay Crab Cake

Jumbo Lump Crabmeat from Blue Crab,  
steamed and shucked right on the boat!  
Lettuce, Tomato & Homemade Tarter  
11.99

## Sides

Coleslaw, hand-cut fries, pita fries, check the board for our daily vegetables!

## Entrees/Pasta

All Pasta served with bread  
Add a Bistro Salad for 3.99

### Bistro Spaghetti

A generous portion of spaghetti with your choice marinara or meat  
sauce 10.99 Baked Mozzarella Cheese add 2.00

### Poor Mountain Spaghetti

1/2 pound of pasta topped with our meaty mountain chili 11.99  
Baked Mozzarella Cheese add 2.00

### Bistro Lasagna

Made in house, a hungry man portion of layered marinara, mozzarella  
& ricotta chesses. 10.99  
Add meat sauce 2.00

### Fettuccini

Your choice of either marinara or alfredo with freshly shaved  
parmesan cheese 12.99  
Add Pulled Chicken 3.00

### Chesapeake Bay Crab Cake Dinner

Two, handmade, fresh lump crab cakes, served over citrus aioli  
with coleslaw, and choice of side 25.99

## Bistro Burgers

1/2 Pound of Grass-fed Beef!

### The Bent Mountain BBQ Burger

Pulled Pork BBQ, Cheddar Cheese 10.99

### The Farmer's Special

Local Egg, Cheddar Cheese, Bacon 10.99

### Bleu Cheese Burger

Premium Cave-Ripened Bleu, Bacon 10.99

### The Bistro Burger

Sautéed Onions and Garlic 9.99  
Add cheese 1.00

### The Bacon, Mushroom, Swiss 10.99

### 1/2 Pound Grass-fed Burger

Dressed your way 9.99  
Add Cheese 1.00



Everything's Better on the Mountain!

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

## Brick Oven 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, non-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)

## Beverages

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, Apple Juice 2.50  
Fresh Squeezed Lemonade 3.99 (No refill)

### The Best Kombucha

Organically and Floyd produced! Ask about our daily flavors  
8oz glass 3.50/Pint glass 5.00  
Price for Take-Home Bottle: 16oz 4.00/32oz 6.00/64oz 8.00  
Take-Home Bottle Refills: 16oz 5.00/32oz 9.00/64oz 18.00

### Mountain Roast & Espresso French Roast

Regular or Decaf 2.50 (Free Refills)  
Espresso Shot 2.50  
Cappuccino, Latte, Café Mocha 5.99

## For our Jr. Mountain Climbers

Hot Dog w/ fries\* 3.99 (additional Hot Dog 2.00)  
Kids Pulled Pork BBQ w/ fries\* 5.99  
Kids Cheese Pizza (7") 5.99  
Kids Chicken Tender w/ fries\* 5.99  
Kids Spaghetti w/garlic bread \*5.99  
\*may substitute any daily vegetable for fries

## Our Farmers

"From the beginning, my vision for Bent Mountain Bistro was to serve as much farm fresh locally grown food as possible. From chicken, lettuces and micro greens to honey & BBQ sauce, we love our local farmers! For these and the many others who have helped make my vision a reality...  
THANK YOU!  
- Chef Ben-

Patchwork Farm, Copper Hill

Fralin's Produce, Bent Mountain

Reynold's Family Farm, Floyd

My Shepherd's Farm, Rural Retreat

The Best Kombucha, Floyd

Sunny Side Up Eggs, Copper Hill

Blacksheep Family Farm, Floyd

Jamison's Orchard, Roanoke

Bent Mountain BBQ Sauce

Sweetwater Farms, Bent Mountain

Amrhein's Vineyards, Floyd

Gnomestead Hollow, Floyd

Twin Falls Farm, Copper Hill

Woltz Family Farm, Bent Mountain

Buddy Grisso, Boones Mill

Ben Long, Bent Mountain

Walter Beck, Floyd

Stump Family, Copper Hill

Eona Farm, Hillsville

Fleshman Family Farm

## Everything's Better on the Mountain!

\*\*\*Parties of 6 or more subject to an 18% gratuity\*\*\*  
\*\*\*Checks under \$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.