



## Starters

### House Special Flat Bread

Fresh Baked Flat Bread- brushed with Extra Virgin Olive Oil, topped with an onion balsamic jam, mushrooms, and our welsch cheddar cheese 7.99

### Hummus

Ask your server for today's choices, served with Pita Fries 6.59

### Falafel

Gluten free, vegan, mashed chickpeas mixed with black-eyed peas, combined with fresh cilantro, shaped into small balls and deep-fired, served with home-made Creamy Walnut and Fig dressing 6.79

### Bent Mountain Pimento Cheese

Extra sharp. Our famous Bent Mountain blend, served on crostini 6.99

### Cracklins & Pimento Cheese

Poppin Hot Pork Skins & our famous Bent Mountain Blend Pimento 9.99

### Spinach and Artichoke Dip

Made fresh and served with crostini 9.99

### Bistro Cheese Fries

Fresh hand-cut, fries, loaded with cheddar & mozzarella cheese, topped with green onions 6.99

Add pulled Chicken, OR pulled pork BBQ for 3.00  
Chopped Bacon, OR Kimchi for 2.00

## Salads

### House Salad

Organic Mixed Greens, fresh seasonal vegetables, freshly grated Asiago Cheese

Small 6.59 / Large 10.59

Add 3 Crispy Falafel Balls to your salad for 3.79

### Roasted Chicken Salad

Roasted & Pulled Yardbird, served over Organic mixed greens, farm fresh vegetables, local egg, and freshly grated Asiago Cheese 14.99

### Classic Wedge Salad

Shocked Iceberg Lettuce wedge, Cave-ripened Green Island Danish Bleu Cheese Dressing, diced red onions, tomato, and chopped Applewood bacon 11.99

### Caesar Salad

Chopped fresh romaine lettuce, with house made croutons and Caesar dressing, topped with shaved Parmesan cheese 8.99

Add pulled chicken for 4.00

Our house made dressings: Balsamic-soy Vinaigrette, Sun-Dried Tomato Ginger Vinaigrette, Creamy Walnut and Fig, Ranch, Blue Cheese, Honey Mustard  
Extra Dressings .50 each

## Entrees/Pasta

All Pasta dish served with a piece of bread

### Bistro Spaghetti

A generous portion of spaghetti with your choice of marinara OR meat sauce 12.99

Add Baked Mozzarella Cheese 2.00

### Bistro Lasagna

Made in house, a hungry man portion of layered marinara, mozzarella & ricotta cheese

Choice of Meat and Marinara 13.99

### Fettuccini Alfredo

Fresh made Fettuccini pasta tossed in our rich Creamy Romano Cheese sauce, it's simple but tasty 14.59

Add pulled Chicken for 4.00

Add Shrimp, OR Crab Cake for 8.99

### Tortellini

Cheese stuffed Tortellini tossed in house made creamy Rosa sauce, yummmm 17.99

### Chesapeake Bay Crab Cake Dinner

Two, handmade, fresh lump crab cakes, served over citrus aioli with coleslaw, and choice of a side 26.99

### Southern Shrimp & Grits

Large, sustainable harvest Pacific Red Shrimp, Lady Edison Farm Extra Fancy Country Ham, White Wine and Garlic rich cream sauce, topped with Tomatoes, Red Onions, Scallions and served over Stone-ground Grits 20.99

\*\*\*Consuming raw and undercooked meat, seafood, and egg products poses health risks\*\*\*

## Heritage Breed BBQ

### Pulled Pork Sandwich

Served with Coleslaw and one sauce 9.99

### Pulled Pork BBQ Platter

Served with Coleslaw, two sauces and one side 12.99

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

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)

## Burgers

All Burgers are 1/2 Pound of Grass-fed Beef, served with chips!  
Upgrade \$2 for Hand Cut Fries

### The Bent Mountain BBQ Burger

Pulled Pork BBQ, with Cheddar Cheese 12.99

### Farmer's Special

Fried Local Egg, Cheddar Cheese, with Bacon 12.99

### The Bacon, Mushroom, Swiss

Sautéed mushroom, Swiss Cheese, with Bacon 12.99

### Bleu Cheese Burger

Premium Cave-Ripened Bleu cheese 11.99

### Bistro Burger

Sautéed Onions and Garlic 10.99

Add on: lettuce, tomato, onions, mayo, mustard, catsup, sliced pickle  
Add on for .50: Sautéed onions, mushrooms, banana peppers, cherry peppers, Jalapeño peppers

Add on for 1.00: American, Cheddar, Provolone, Swiss, Mozzarella cheese  
Add on for 2.00: Applewood Bacon, Homemade Pimento cheese, Blue cheese, Ghost pepper cheese

## Sandwiches

All served with chips! Upgrade \$2 for Hand Cut Fries

### Veggie Lover

Fresh local cucumber, lettuce, tomato, onions, banana peppers, sprouts, with melted mozzarella cheese, finished with a touch of oil & red wine vinegar, served on a house sub roll 7.99

### Falafel Pita

Fired crispy falafel balls, wrapped up with lettuce tomato & onions, served with ranch OR our creamy walnut fig dressing 7.99

### Chesapeake Bay Crab Cake

Jumbo Lump Crabmeat from Blue Crab, lettuce, tomato, homemade Tarter served on a bun 13.99

### Turkey Bacon

Yes.. we couldn't do this without some pig involved! Turkey Breast, Smokey Bacon, lettuce, tomato, mayo served on a house sub roll 8.99

### Chicken Salad

Classic Southern Recipe, served with lettuce, tomato & mayo served on sourdough 7.99  
Add Bacon 2.00

### Italian Combo

Ham, Genoa Salami, pepperoni & provolone cheese, topped with lettuce, tomato, mayo, onions & banana peppers, finished with a touch of oil & red wine vinegar served on a house sub roll 8.99

### Classic Cuban

Our homemade smoked BBQ, added sliced ham and dill pickle, topped with Dijonnaise, served on a house sub roll 10.99

### Our Mountain Club

A Giant sandwich, that everybody likes!!! Ham, Turkey, Bacon, with cheddar cheese, lettuce, tomato, mayo, perfect 11.99

## For our Jr. Mountain Climbers

Kids Pulled Pork BBQ w/ fries\* 6.99

Kids Cheese Pizza (7") 6.99

Kids Chicken Tender w/ fries\* 6.99

Kids Corn puppies w/ fries \* 6.99

Kids Spaghetti with marinara OR meat sauce 6.99