17 E. Main Street
Salem, VA 24153
540-389-7549

BREAKFAST

What To Work With:

breads: white, wheat, rye, croissant, ciabatta, wrap, english muffin, bagel, and biscuit

meats: bacon, sausage, deli ham, deli turkey, grilled chicken (+$2), fried chicken breast (+$2), shredded steak (+$2)

cheeses: american, cheddar, swiss, provolone, parmesan, white cheddar, mozzarella, goat cheese, gouda

veggies: tomato, red onion, green pepper, carrot, cucumber, romaine, field greens

Build Your Own Breakfast Sandwich*
egg $4.50
egg, cheese $5.00
meat & egg $6.25
meat, egg, & cheese $7.25

Build Your Own Omelet (3 egg)*
cheese only $4.75
veggie only $4.50
cheese and veggie $5.50
meat and cheese $7.00
meat, cheese, and veggie $7.75

Breakfast Plate or Bowl*
2 egg only $2.50
2 egg and breakfast meat $4.75
2 egg w/ cheese and breakfast meat $5.25

make it a breakfast bowl with homefries for $1.50 extra

Extras / A La Carte
add cheese $0.50
add veggies $0.75
extra egg $1.25
extra meat (bacon, sausage, turkey, or ham) $2.25
add toast(2), croissant, or english muffin $2.00
bagel $2.25
sub meat for chicken or steak $2.00

• Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of food borne illness.

BREAKFAST

Steak, Egg, & Provolone wrap* $9.50
2 eggs, philly style sirloin steak, provolone, green peppers, red onions, and mayo

BLT $7.00
served on wheat with mayo

Biscuits and Gravy $7.75
2 biscuits w/ sausage gravy
*served until 11am or out

French Toast* $7.75
*served until 11am or out

Oatmeal $4.75
served with brown sugar, craisins, and walnuts
try adding peanut butter and banana!

Home Fries
large $6.50 | small $3.50
add cheese and grilled onion for $0.75

Bagel $2.25
plain, everything, cinnamon raisin, or blueberry **with cream cheese or butter**

Semi - Traditional Benny* $9.00
english muffin, over easy egg, black forest ham, hollandaise, and parsley

American Benny* $9.00
english muffin, over easy egg, bacon, cheddar, tomato, hollandaise, parsley

Southern Benny* $10.00
biscuit, over easy egg, fried chicken breast, tomato, pimento cheese, hollandaise, paprika

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LUNCH

Salads:

Caesar Salad - Large w/o chicken $8.75 | Small w/o chicken $7.75
add chicken for $2.00

Chef Salad – $10.75
bed of romaine with turkey, ham, bacon, cheddar, swiss, parmesan, tomato, red onion, cucumber, and carrots

Papua Salad – w/o chicken $10 | add chicken for $2.00
field greens, craisins, walnuts, tomato, carrot, cucumber, red onion, and goat cheese

Strawberry Pecan Salad – w/o chicken $10 | add chicken for $2.00
field greens, fresh sliced strawberries, pecans, cucumber, and goat cheese

dressing options: balsamic vinaigrette, raspberry vinaigrette, ranch, caesar, honey mustard, italian

Chicken Salads:

Chicken Salad Sandwich $9.25
choose one of our house made chicken salads served on choice of bread with lettuce and tomato

Classic: craisins, walnuts, and red onion
Curry: our classic chicken salad with green curry
Apple Pecan: red apple and pecans

Scoop of chicken on a bed of romaine or field greens $6.50

Soup

Soup of the Day:
Bowl: $6.25
served with toasted ciabatta roll

Bowl of Soup and Half Sandwich: $10.25
Half Sandwich – available only on white, wheat, or rye choose one:

turkish roast, ham & swiss, grilled cheese, chicken salad, or blt

cali club, blt w/guac, or grill cheese w/ twist (+$1)

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Sandwiches:

all lunch sandwiches served with your choice of side
sides: potato chips, tortilla chips w/ guac or salsa, pretzels, caesar salad, field green salad, pasta salad, fries (+$1), sweet potato fries (+$1.50)

BLT $9.50
bacon, lettuce, tomato and mayo.

Turkish Roast $9.25
sliced turkey breast, swiss, lettuce, tomato, and mayo

Ham & Swiss $9.25
honey ham, swiss, lettuce, tomato, mayo and yellow mustard

Mill Mountain Club $10.00
turkey, ham, crispy bacon, swiss and cheddar cheese with lettuce, tomato and mayo

Grilled Cheese $8.25
your choice of cheese and bread grilled to perfection

Chicken Bacon Ranch $10.00
grilled chicken with crispy bacon, swiss, and ranch with lettuce and tomato on a wrap or ciabatta

Chicken Pesto – Caesar – Buffalo $9.25
grilled chicken, parmesan cheese, tomatoes, and lettuce with your choice of pesto sauce, caesar dressing, or buffalo ranch on a wrap or ciabatta

Cali Club $10.00
smoked turkey breast, bacon, swiss cheese, lettuce, tomato, guacamole, and ranch dressing served on rye

BLT with Guacamole $10.00
it"s all in the name!

Grilled Cheese with a Twist $9.25
cheddar, swiss, bacon, guacamole and tomatoes on your choice of bread

Chicken Philly Cheesesteak $9.75
grilled chicken, provolone, green peppers, onion, tomatoes and mayo in a flour tortilla wrap

Antigua $9.50
our vegetarian wrap with hummus, red onion, cucumber, carrot, tomato, field greens, and balsamic vinaigrette

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Harvest Wrap $10.00
smoked turkey, red apple, brie, lettuce, and cranberry mayo served in a flour tortilla wrap

Kalossi $9.75
grilled turkey and ham, melted swiss, sauteed onions, and tomatoes with homemade balsamic garlic mayo on a toasted ciabatta bread

Papua Sandwich $9.75
smoked deli turkey, goat cheese, field greens, tomato, and sauteed onion with vidallia onion vinagrette on a toasted ciabatta roll

Pacino $8.00
melted mozzarella, tomato, pesto, and field greens on a ciabatta roll

Ultimate Grilled Cheese $9.00
cheddar, provolone, swiss, goat cheese, and mozzarella with balsamic garlic mayo on a grilled ciabatta roll

Blueberry Grilled Cheese $9.00
white cheddar, mozzarella, goat cheese, and a blueberry compote on a grilled ciabatta roll

Zen Gouda $9.50
smoked deli turkey, gouda, cole slaw, field greens, and tomato with cranberry mayo on a toasted ciabatta roll

Italian $9.50
pepperoni, salami, black forest ham, lettuce, tomato, onion, banana peppers, mayo, oil, and red wine vinegar on a steamed sub roll

Steak Philly $10.00*
shredded sirloin steak, provolone cheese, grilled onions and peppers with mayo on a steamed sub roll

Half Sandwich – available only on white, wheat, or rye choose one:

turkish roast, ham & swiss, grilled cheese, chicken salad, or blt $6.25

cali club, blt w/guac, or grill cheese w/ twist $7.50

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