

SUPPER

NOSHES

House Salad : select greens, cucumber, tomato, feta, pepperoncini, bell peppers & red onion. 3.75/6.75

Simple Spinach Salad : baby spinach, boiled farm egg, bacon, goat cheese & warm tomato vinaigrette. 4.75/6.75

(Housemade dressings: herbed ranch, buttermilk bleu, strawberry vinaigrette, avocado vinaigrette, and balsamic)

Franks & Beans : cannellini beans cooked in snappy tomato sauce, with organic, vegan, “frank” bites & topped with cheddar. 7.00

Smoked Poblano : stuffed with WV, Spring Gap Creamery cheddar & cream cheese; topped with green tomato chow-chow, crème fraiche & served with corn chips. 9.00

Mountain Mezze : Spring Gap Creamery Feta, fried green tomato, and house-made hummus topped with DiTrapano olive oil, pickled grapes & pita bread. 15.50

Tofu 'Wings': organic tofu, 'Buffalo' style, breaded, fried & served with our house ranch. 6.50

Canadian Pub Fries: house made fries topped with Wisconsin cheese curds & herb-mushroom gravy. 9.75

Mac & Cheese : three cheeses & curly noodles. 4.50/6.75

Beer Cheese Fondue : a blend of cheeses, craft beer & roasted garlic; Served with crusty bread. 9.25

Hand-cut Fries : brined in malt vinegar, served hot with bacon aioli & whiskey ketchup. 7

SANDWICHES

(with choice of malt vinegar-brined hand-cut fries, fresh-made salsa & chips OR add a house or spinach salad for 2\$)

BgK Veggie Burger : house-made with organic quinoa, veggies & organic tofu; topped with lettuce & tomato and, your choice of caramelized onions & smoked Gouda or homemade pimiento cheese, served on a Starlings freshly baked brioche bun. 12.75

½ lb. Hamburger : 1/2 lb of local beef topped with lettuce & tomato and your choice of caramelized onions & smoked Gouda or homemade pimiento cheese, on Starlings brioche. 12.75 ‡

Hot Brown club : roast free-range chicken, bacon, tomato, lettuce, Swiss Mornay sauce. 12.75

BgK Reuben : house-cured corned beef, topped with melted Swiss, Bavarian-style kraut & sputnik sauce. 12.25

Hot Chicken : our fried chicken, house sauced & topped with green tomato chow-chow & buttermilk bleu-mayo. 14.00

Asparagus & Bleu : pencil asparagus, provolone & buttermilk bleu; grilled on rustic white. 11.00

Bacon & Pimento : our house-made white cheddar pimento cheese; grilled with bacon & tomato on rustic white. 11.00

(from 3pm-5pm we serve nosh & sandwich options only)

ENTREES

Stuffed Peppers : bell peppers stuffed with vegan Italian “sausage”, wild rice, tomatoes, & Parmesan; topped with house vodka sauce over goat cheese polenta cake. 18.00

Fried “Chicken” Pot Pie : veggies & gravy in pastry; topped with organic, chicken-fried, tofu OR house fried chicken. 21.00

Pickle-brined Fried Chicken : served with braised kale & whipped cauliflower. 23.00

Cod & Chips : craft beer battered cod with hand-cut fries, homemade tartar & cucumber salad. 21.00

Trout & Grits : pan seared trout, organic grits & braised kale with bourbon mustard-dill sauce. 23.00

Pork Chop : double-cut pork chop, apple brined with a bourbon-mustard glaze; grilled asparagus & mashed sweet-potatoes. 24.75

Meatloaf : house made with local beef & pork; served with mashed potatoes, green-tomato gravy & french green beans. 19.50

Not your average Taco salad : seasoned local beef or organic tofu “wings”, black beans, tomatoes, green onion, red pepper, jack cheese & organic corn chips with our avocado vinaigrette. 10.75

Please ask about **Desserts** from our neighborhood bakery **Starlings Coffee & Provisions**

Split plate fee 3.75\$...All sides 4\$

a la carte Brunch on Saturday & Sunday 10am-3pm

www.bluegrasskitchen.com ~ 304-346-2871

‡ Please be patient, this item takes a while to prepare. ‡



Check out some of our accolades at: WV Gazette-Mail, Wallstreet Journal, Garden & Gun, Food Network & Wv Tourism

THANKS FOR VISITING OUR MOM & POP SHOP, WE AND OUR STAFF APPRECIATE YOUR SUPPORT.

HOW WAS YOUR VISIT? WE'RE AVAILABLE VIA EMAIL CONTACT@BLUEGRASSWV.COM

PLEASE CHECK-IN ON YOUR FAVORITE APP.



MISSION...

It is our mission to measurably reduce our carbon footprint on the environment. We aim to provide high quality food & beverage service with a sustainable, recyclable & local emphasis on all products used in the course of our business. It is our goal to fully establish these practices throughout our restaurants & continually learn about the newest developments in all areas of sustainability & implement changes as an ongoing practice of our businesses.

We strive to make Charleston a great place to visit & even better place to stay.

WHAT WE DO...

#Maintain a dedication to working with smaller local farms & organic suppliers to source pesticide, hormone-free, antibiotic-free & non-genetically-modified food supplies.

#Prepare all of our meals from scratch.

#Strive to eliminate most (if not all) plastic products used in the service of food & beverage items. ALL of our to-go containers are biodegradable, compostable and/or reusable.

#Implemented a recycling program for our used fryer oil & cardboard.

#Converted, where possible, all light bulbs to low wattage, energy efficient LED bulbs.

We strive to one day make Bluegrass Kitchen's home a LEED certified green building.

#Straws & lemons: We are more than happy to give you these items but we only do so upon request.