

DINNER

NOSHES

HOPPIN' J'S – STEWED TOMATOES, LOCAL KALE & ORGANIC BLACK EYED PEAS 3.75/5.25

HOUSE SALAD – SELECT GREENS, TOMATO, FETA, PEPPERONCINI, BELL PEPPERS & RED ONION. 3.75/6.50

SIMPLE SPINACH SALAD – SPINACH, BOILED FARM EGG, BACON, GOAT CHEESE & WARM TOMATO VINAIGRETTE. 4.50/6.75

ADD ROAST FREE-RANGE CHICKEN TO YOUR SALAD 3.00

HOUSEMADE DRESSINGS: BUTTERMILK PEPPERCORN BLEU CHEESE, FRESH HERB RANCH, BALSAMIC OR STRAWBERRY VINAIGRETTE

NOT YOUR AVERAGE TACO SALAD: SEASONED LOCAL BEEF OR ORGANIC TOFU, BLACK BEANS, TOMATOES, GREEN ONION, RED PEPPER, AVOCADO, JACK CHEESE & ORGANIC CORN CHIPS WITH OUR FIESTA DRESSING. 9.75

HOUSE-MADE NAGARI RICOTTA – (WITH HELP FROM OUR LOCAL J Q DICKINSON SALT WORKS BRINE); TOPPED WITH CALIFORNIA OLIVE OIL, ROAST TOMATOES & CRACKED PEPPER; SERVED WITH CRUSTY BREAD. 9.50

MEZZA PLATE – HUMMUS, TZATZIKI, FETA-OLIVE SALAD, FRIED ARTICHOKE IN PARMESAN BATTER & WARM PITA. 13.50

TOFU 'WINGS' – ORGANIC TOFU, 'BUFFALO' STYLE, BREADED, FRIED & SERVED WITH OUR HOUSE RANCH. 5.50

CANADIAN PUB FRIES – HOUSE MADE FRIES TOPPED WITH WISCONSIN CHEESE CURDS & RICH MUSHROOM GRAVY. 9.75

MAC & CHEESE – 3 CHEESES & CAVATAPPI PASTA. 4/6.50

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. 6

CHIPS & SALSA – FRESH FRIED CORN CHIPS WITH OUR HOUSEMADE SALSA. 6

SANDWICHES

(WITH CHOICE OF HOUSE SALAD, SPINACH SALAD, MALT VINEGAR BRINED HAND-CUT FRIES, OR CHIPS & SALSA)

BLUEGRASS VEGGIE BURGER – HOUSE-MADE WITH ORGANIC QUINOA, VEGGIES & TOFU; TOPPED WITH LETTUCE & TOMATO AND YOUR CHOICE OF CARAMELIZED ONIONS & SMOKED GOUDA OR HOMEMADE PIMENTO CHEESE, 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 PIMENTO CHEESE, ON STARLINGS BRIOCHE. 12.75‡

HOT BROWN CLUB – ROAST FREE-RANGE CHICKEN, BACON, TOMATO, LETTUCE, SWISS & MORNAY SAUCE 12.25

BGK RUEBEN – HOUSE CURED CORN BEEF, TOPPED WITH MELTED SWISS, BAVARIAN STYLE KRAUT & SPUTNIK SAUCE. 12.25

BBQ BRISKET – SLOW SMOKED, TOPPED WITH PICKLED ONIONS & SERVED ON STARLINGS BRIOCHE. 12.25

(FROM 3PM-5PM WE SERVE NOSH & SANDWICH OPTIONS ONLY)

ENTREES

MOCK 'CHICKEN & DUMPLINGS' – HOMEMADE HERB DUMPLINGS IN A RICH VEGGIE FILLED 'GRAVY' 16.00

(ADD PICKLE BRINED FRIED CHICKEN 6.00)

PICKLE-BRINED FRIED CHICKEN – SERVED WITH BRAISED KALE & WHIPPED CAULIFLOWER. 22.00

COD & CHIPS – CRAFT BEER BATTERED COD WITH HAND-CUT FRIES, HOMEMADE TARTAR & CUCUMBER SALAD. 19.75

TROUT & GRITS – PAN SEARED TROUT, ORGANIC GRITS & BRAISED KALE WITH BOURBON MUSTARD-DILL SAUCE. 22.00

ORGANIC TOSTADA – TOPPED WITH GUACAMOLE, REFRIED BLACK BEANS, JACK CHEESE & YOUR CHOICE OF ORGANIC TOFU OR ROAST CHICKEN; SERVED ENCHILADA STYLE WITH SEASONED RICE. 14.25

PORK CHOP – DOUBLE CUT LOCAL PORK CHOP, APPLE BRINED & SLOW-COOKED WITH A BOURBON-MUSTARD GLAZE; SERVED WITH GRILLED ASPARAGUS & MASHED SWEET-POTATOES. 23.75

MEATLOAF – HOUSE MADE WITH LOCAL BEEF & PORK; SERVED WITH MASHED POTATOES, GREEN-TOMATO GRAVY & FRENCH GREEN BEANS 17.50

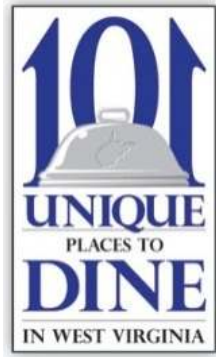
FRESH MADE DESSERTS FROM OUR BAKERY "STARLINGS": ASK ABOUT TODAY'S SELECTIONS

SPLIT PLATE FEE 3.75\$...

‡ PLEASE BE PATIENT, THIS ITEM TAKES A WHILE TO PREPARE. ‡

A LA CARTE BRUNCH ON SATURDAY & SUNDAY 10AM-3PM
WWW.BLUEGRASSKITCHEN.COM ~ 304-346-2871

FAVORABLE MENTIONS...



GARDEN@GUN



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.