DINNER

NOSHES

SOUP OF THE DAY - 3.75 cup or 5.25/bowl

House Salad – select greens, tomato, feta, pepperoncini, bell peppers & red onion 3.50/5.75

Simple Spinach Salad – organic spinach, boiled farm egg, local bacon, goat cheese & warm tomato vinaigrette 4.50/6.75

Housemade dressings: buttermilk peppercorn bleu cheese, fresh herb ranch, balsamic, strawberry vinaigrette or green goddess

***Add free-range chicken to your salad** 3.00*

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

Fried Pickles Ya'll! –dredged in organic corn meal; served with Cajun horseradish remoulade 7

Free-Range Deviled Eggs – local & seasoned with pickles & celery 6.50

Mezza Plate – fresh-made hummus, spinach pies, tzatziki, feta salad & warm pita 12.75

Tofu 'Wings' – Organic tofu, 'Buffalo' style, fried & served with yogurt ranch 4.75

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 with chipotle ketchup 6

Chips & Salsa – Fresh fried corn chips with our housemade salsa 6

SANDWICHES

(choose house <u>or</u> spinach salad, fresh fried chips, malt vinegar brined hand-cut fries or chips & salsa)

Bluegrass Veggie Burger – our own mix of veggies, organic quinoa & tofu, topped with greens, tomato, red onion & Vermont white cheddar on Starlings brioche 11.75

Pulled short Rib Philly – braised short ribs, provolone, pepperoncini, smoked gouda cream & Cracked pepper mayo on ciabatta; served with warm au jus 13.25

The Perfect Chicken – roast, free-range, chicken, local bacon, sun-dried tomato-mayo & Swiss; grilled inside-out on artisan ciabatta; topped with greens & fresh tomato 12.25

½ lb. Hamburger – 1/2 lb beef topped with your choice of caramelized onions & smoked gouda *<u>or</u>* homemade pimento cheese, lettuce & tomato on Starlings brioche 12.75‡

ENTREES

Mock 'Chicken & Dumplings' – fluffy herb dumplings in a rich vegan friendly 'gravy' 16.00

(**add pickle brined fried chicken** for 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 18.75

Trout & Grits – pan seared trout, organic grits & braised kale with bourbon mustard-dill sauce 21.00

Organic Tostada OR Chimi' – filled with refried black beans, jack cheese & choice of roast chicken/short ribs or tofu; 'enchilada' style with avocado salad & crème fraiche; served with chips & salsa 13.25

Pork Chop – double cut local pork chop, apple brined & slow-cooked with a bourbon-mustard glaze; served with grilled asparagus & mashed sweet-potatoes 22.75

Meatloaf – House made with local beef & pork; served with mashed potatoes, green-tomato gravy & french green beans 16.50

Drunken Local Short Ribs – slow braised; served on organic black eyed pea stew & garlic bread 21.25

Hoppin' Jons – Our organic black eyed peas, tomato & kale stew; served with rice, green onion, smoked gouda, crème fraîche & garlic bread 14.75

Thin-crust Pizza - with tomato, onion, pesto, feta, provolone & white balsamic reduction then topped with spring green salad 13.00

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…

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 help establish Charleston as a great place to stop & 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.

Sustainability is a journey which never ends. It requires passion and dedication, initiative and ingenuity, insight and obligation. We will continue to work towards new 'green' projects and will keep you posted.