

Lunch

Salad	Organic spring greens, tomato, feta cheese, alfalfa sprouts, peppers and red onion	3.50/side 5.75/large
	Add Free-Range Chicken Breast for \$2.75, Organic Egg Salad for \$2.50, or Blackened Shrimp for \$7.95 Bluegrass' House Vinaigrette or Buttermilk Peppercorn Bleu Cheese, or Newman's Own – Ranch, or Low-Fat Italian	
Not-Your Average Taco Salad	- Seasoned All-Natural WV Ground Beef, Black Beans, Tomatoes, Green Onions, Jack Cheese and Organic Corn Chips over Organic Greens. Served with creamy house fiesta dressing.	7.75
Soups and Side Dishes		
	Soup Made Fresh Daily and served with crackers. 3.25/4.25, Blue Cheese Cole Slaw 1.99	
	Macaroni & Cheese Farfalle Pasta with Monterey Jack, Cottage Cheese, and Sweet Peas. 3.25/4.75	
Sandwiches Etc.	Served with Kettle Chips, or for \$1.25 extra with our Homemade Salsa and Organic Blue Corn Chips. Proudly serving <i>Charleston Bakery</i> Blue Monday White, Honey Whole Wheat, or Marbled Rye Breads.	
Albacore Tuna Salad	- Chunk White Tuna with Celery, Red Peppers and Mayo topped with Organic Spring Greens.	7.25
B.L.T.	- All-Natural WV Country Cured Bacon (or Veggie Bacon) with Tomato, Organic Spring Greens, and Mayo on Toast.	6.25
Buffalo Chicken	- All-Natural Chicken marinated in Bog sauce and topped with Bleu Cheese, Green Olives, Tomato, and Organic Greens.	7.25
Bluegrass Veggie Burger	- Our House Blend of Organic Grains, Veggies and Tofu topped with Organic Greens, Tomato, Red Onion and Sharp Vermont White Cheddar on a <i>Charleston Bakery</i> Brioche Roll.	8.50
Shaved WV Ham & Brie	- Smoked <i>Sandy Creek Farms</i> Ham with Melted Brie, Organic Fig Compote, Caramelized Onions and Stone Ground Mustard on Ciabatta.	7.50
Portobello Sandwich	- Braised Marinated Mushroom with Tomato, Smoked Gouda, Pesto Mayo, and Organic Greens on a Ciabatta Roll.	7.25
Egg Salad Sandwich	- Made Daily with Local Free-Range Fresh Eggs, Dill, and Celery. Served with Organic Greens on <i>Charleston Bakery</i> Blue Monday White or Honey Whole Wheat.	6.75
Homemade Pimiento Cheese	- Aged Vermont White Cheddar, Spanish Pimientos, and a touch of Jalapeno with Tomato and Organic Greens on <i>Charleston Bakery</i> Toasted Bread.	6.25
Asparagus & Bleu Grilled Cheese	- Roasted Pencil Asparagus with Gorgonzola and Provolone.	6.25
The French Provincial	- Artisan Ciabatta with Artichoke Hearts, Homemade Organic Pumpkin Seed Pesto, Sun-Dried Tomato, Avocado Spread, Organic Greens, Goat Cheese and Provolone. Try it with Free-Range Chicken.	6.50
Grilled Black Bean Burrito	- Seasoned Black Beans, Sour Cream, and Melted Jack Cheese Grilled in a Flour Tortilla. Served with Organic Blue Corn Chips and Homemade Salsa. Try with All-Natural Chicken or Blackened Shrimp.	7.50
Homemade Meatloaf Sandwich	- WV All-Natural Pasture-Raised Beef and Pork with Peppers, Onions and Spicy Sweet Sauce, cut thick and served on Ciabatta Bread with Provolone Cheese.	8.25
The Perfect Chicken	- Lemon & Thyme Roasted All-Natural Chicken Breast layered with Bacon, Sundried Tomato-Mayo, and Swiss Cheese then Panini-Grilled inside-out on Artisan Ciabatta with Organic Greens and Tomato.	8.25
Reuben Kincaid	- All-Natural WV Beef Brisket house-cured and served with Sauerkraut, Melted Swiss Cheese and Spicy Sputnik Dressing on <i>Charleston Bakery</i> Marble Rye Bread.	7.50
WV Steak & Cheese	- WV pasture raised Roast Sirloin sliced thin and served with Sauteed Peppers, Onions & Tomatoes, then topped with Beer-Cheese Sauce on Crusty French Bread.	8.50
Vegetarian Gyro	- Organic Veggie Croquettes with Tomato, Greens, Feta & Organic Hummous, stuffed into a warm Pita with a side of Yogurt Sauce.	6.95

Betwixt Lunch & Dinner Menu

Salad: Organic spring greens, tomato, feta cheese, alfalfa sprouts, peppers and red onion. 3.50/side, 5.75/large
Add All-Natural Chicken Breast for \$2.75, **Organic Egg Salad** for \$2.50, or **Blackened Shrimp** for \$7.95
 Bluegrass' House Vinaigrette, Buttermilk Peppercorn Bleu Cheese, or Ranch, or Newman's Own Low-Fat Italian

Soup of the Day: 3.25/cup, 4.25/bowl
Sandwiches Etc. Mostly served with Chips, or for \$1.25 extra with our Homemade Salsa and Organic Blue Corn Tortilla Chips.
Albacore Tuna Salad - with Celery, Red Peppers and Mayo; topped with Organic Spring Greens. \$7.25
B.L.T. - All-Natural Country Cured Bacon or Vegetarian Bacon with Tomato, Organic Greens and Mayo. \$6.25
Veggie B.L.T - Morningstar Farms Soy Bacon with Tomato, Organic Spring Greens, and Mayo on Toast. \$6.25
Egg Salad Sandwich - Made Daily with Local Free-Range Fresh Eggs, Dill, Celery and Organic Greens. \$6.75
Homemade Pimiento Cheese - Aged Vermont White Cheddar, Spanish Pimientos and a touch of Jalapeno with Tomato and Organic Greens. \$6.25
Grilled Black Bean Burrito - Seasoned Black Beans, Sour Cream and Jack Cheese grilled in a Flour Tortilla; served with Organic Blue Chips and Homemamde Salsa. \$7.50
Bluegrass Veggie Burger - house-made with special blend of organic grains and veggies, perched on a Charleston Bakery brioche roll and topped with white cheddar, lettuce, tomato and onion; served with fresh fries, or a side salad, or chips & salsa. \$8.50
Homemade Meatloaf Sandwich - WV All-Natural Pasture-Raised Beef and Pork with Sautéed Peppers, Onions and Spicy Sweet Sauce, cut thick and served on Ciabatta Bread with Provolone Cheese. \$8.25
The Perfect Chicken - Lemon & Thyme Roasted Chicken Breast layered with Bacon, Sundried Tomato-Mayo and Swiss Cheese grilled inside out with Organic Greens and Tomato; served with Fries, Organic Chips & Salsa, or a Side Salad. \$8.75
1/2 Pound Hamburger - WV pasture-raised beef topped with your choice of carmelized onions & smoked gouda or housemade pimiento cheese; served on a Charleston Bakery Brioche Roll with Fries, Organic Chips & Salsa, or a Side Salad. \$12.50

Modern Comfort Food with Naturally Raised Meats, Free Range Poultry and Delicious Vegetarian Selections. Our food will delight your senses with fresh herbs and the finest local ingredients.
 * split plate fee \$3.75 ~ * limited menu until 5pm
 * 20% gratuity may be added for parties of six or more
 * as your meal is freshly prepared, please allow time
 1600 Washington St East - 304.346.2871
www.bluegrasskitchen.com



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* split plate fee \$1 ~ * use betwixt menu 3pm - 5pm
 * 20% gratuity may be added to split checks for parties of six +
 * as your meal is freshly prepared, please allow time
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