
lunch

Our menu may look a little different this year, but we hope it offers you the same great selections, with "just the right size" portions and prices, combined with our best sourcing for healthier, and whenever possible, local products. Enjoy!

starters, light fare

fried green tomato "blt" with crisp pancetta, two cheese pimento cheese, baby greens and roasted red pepper emulsion	8.5
asparagus "fries" with goat cheese ranch	8
jumbo ricotta cheese-filled ravioli, lightly breaded and fried, with marinara	7
stickboy flatbread of the day, chef's whim	8.5
flash-fried sweet potato sticks with gorgonzola crumbles and a side of buttermilk dressing	8
soup, salad or sandwich combo, your choice of any two -- a bowl of soup, a storie street salad, a small caesar salad, half of a turkey and havarti sandwich, half of a curry chicken salad sandwich, or a slice of today's flatbread	10

salads

storie street salad, mixed greens, red onions, candied pecans, gorgonzola, mandarin oranges and sherry dijon vinaigrette	7
traditional caesar with romaine, herb croutons and asiago	8
insalata misto, baby arugula, ripshin dairy goat cheese, roasted sunflower seeds and blackberry balsamic vinaigrette	8
waldorf salad, baby greens, all natural springer mountain farms chicken breast, red onions, granny smith apples, golden raisins, walnuts, gorgonzola	12.5
cobb salad, mixed greens, all natural springer mountain farms chicken breast, bacon, hard boiled egg, roma tomatoes, slivered almonds, black olives, gorgonzola	13
chopped curry chicken salad with pecans, golden raisins, coconut, granny smith apples, green onions, served over baby greens with sherry dijon vinaigrette	11
spinach salad, pecan-cruste ripshin dairy goat cheese, red onions, roasted red peppers, bacon, seedless cucumbers, served with warm bacon dressing	11
grilled wild sockeye salmon salad, baby greens, seedless cucumbers, roma tomatoes, red onions, yellow corn, carrots and sesame-citrus dressing	13
wild sockeye salmon cake salad with arugula, charred onions, spiced walnuts, roasted red peppers and sherry dijon vinaigrette	12

The following may be added to any of the salads above: for grilled or blackened chicken, fried oysters or salmon cake add \$4; for grilled salmon or grilled tuna add \$6. To substitute grilled salmon, fried oysters or grilled tuna for chicken or salmon cake, add \$4.

meals

quiche of the day, chef's whim, served with a storie street salad, small caesar salad or bowl of soup	10.5
green chile chicken quesadilla, all natural springer mountain farms chicken breast, jack cheese and salsa fresca	8.5
pot roast dinner with southern green beans, mashed potatoes and cinnamon apples	10
fish and chips, cod filets, french fries, coleslaw and malt vinegar	12
honey bbq'd salmon with mashed potatoes, onion straws and coleslaw	12
eggplant napoleon, lightly fried and layered with roasted red pepper goat cheese spread, roma tomatoes, fresh mozzarella, marinated zucchini and fresh basil, finished with tomato aioli and balsamic gastrique	12

sandwiches

**all sandwiches served with your choice of pasta salad, coleslaw or chips.
for seasoned fries or fresh yukon chips add \$1.**

whistle stop blt, fried green tomatoes, applewood smoked bacon, havarti cheese, lettuce and peppercorn mayonnaise on toasted sourdough	9
monte cristo, boar's head turkey and ham, layered with swiss cheese on wheatberry bread, batter-dipped, fried, and dusted with powdered sugar, served with strawberry jam	9
turkey and brie, boar's head turkey, roma tomatoes, baby spinach, banana peppers and bistro sauce, all served warm on a crusty new orleans po'boy roll	10.5
reuben, lean boar's head corned beef, grilled new york rye, swiss cheese, sauerkraut and house made thousand island dressing	9.5
caprese panini, roma tomatoes, fresh mozzarella, baby spinach and basil on ciabatta, finished with balsamic reduction	9.5
applewood smoked bacon, granny smith apples and brie, served panini-style on ciabatta with baby spinach and caramelized onions	9
balsamic marinated portabella mushroom, served panini-style on ciabatta with grilled onions, fontina cheese, baby spinach and sun-dried tomato aioli	10
spicy fried oyster" blt" po'boy, cornmeal dusted oysters, serrano pepper mayonnaise, applewood smoked bacon, lettuce and tomato on a crusty new orleans po'boy roll	10.5
pot roast "philly," with caramelized mushrooms and onions, white american cheese, banana peppers and oil and vinegar, served on a crusty new orleans po'boy roll (also available with chicken)	9

grill

all burgers are made from apple brandy farms all natural, lean, ground chuck.

classic burger, lettuce, tomatoes, red onions, pickles, kaiser roll and seasoned fries for bacon add \$1, for cheese add \$1	8
horseradish cheddar burger with horseradish cream, crispy onion straws, kaiser roll and seasoned fries	9
black and blue cheese burger with caramelized onions, gorgonzola crumbles, banana peppers, kaiser roll and seasoned fries	9
wild mushroom burger with truffled aioli, caramelized onions, fontina cheese, baby spinach, tomatoes and seasoned fries	10
veggie cake with zucchini, squash, carrots and jasmine rice, served open-faced on wheatberry bread with black pepper aioli, fontina cheese, charred onions, baby spinach, tomatoes and sweet potato fries	9
blackened chicken, an all natural springer mountain farms chicken breast, two cheese pimento cheese, applewood smoked bacon, baby spinach, kaiser roll and seasoned fries	10

about some of our sources

SPRINGER MOUNTAIN FARMS is a family owned business in Mt. Airy, GA that has been raising chickens for over 40 years. It is the first company in America to raise poultry on an all vegetable diet without the use of antibiotics or chemical medicines. Visit them at www.springermountainfarms.com

RIPSHIN GOAT DAIRY is another family farm located in the Yadkin River Valley, owned and operated by Liza Plaster and William Early. Their handmade chevre is from their Saanen dairy goats, which are raised on natural pasture and forages. Visit Liza at www.ripshingoatdairy.com or www.southerncheese.com.

THE APPLE BRANDY FARMS are located just down the mountain in North Wilkesboro. Their herds, consisting of hereford and angus, are raised on third generation family farms and are hormone and antibiotic free. Visit them at www.applebrandyfarms.com

BALD GUY BREW, whose international head quarters are located in Boone, NC, uses only organic, shade grown beans, supporting farmers using sustainable practices, and offers certified fair trade coffees. Visit the "Bald Guy" at www.baldguybrew.com.

WILD FOR SALMON, a small commercial Alaskan fishing operation, owned and operated by Steve and Jenn Kurian from Bloomsburg, PA., is our current source for wild sockeye salmon. Committed to the health benefits of "wild" vs "farm-raised," these owners harvest some of the best sockeye we've tasted. Not only is the flavor superior to farm or "ocean-raised" salmon, wild salmon grows free of antibiotics, pesticides, synthetic coloring agents, growth hormones and has the least amount of mercury of almost any fish. Visit them at www.wildforsalmon.com

Consider completing your meal with a cup of our own special "Bald Guy Brew" coffee blend. Roasted in Boone, the "Bald Guy" produces wonderful artisanal coffees that are organic and fair trade.



Enter as Strangers. Leave as friends.

country menu

three vegetables -- 6

four vegetables -- 7.5

one meat one vegetable -- 7.5

one meat and two vegetables -- 9

main course

hamburger steak with onions and brown gravy

meatloaf

grilled, blackened or fried springer mountain farms all natural chicken breast

salmon cake

balsamic-marinated and grilled portabella mushroom

grilled veggie cake

vegetables

mashed potatoes

macaroni and cheese

black-eyed peas

green beans

baby lima beans

fried okra

sweet potato casserole

cinnamon apples

pasta salad

coleslaw

sliced tomatoes

side dishes

basket of seasoned fries 2.5

basket of yukon chips 3

choice of vegetable 2
