

appetizers	<p>Soup of the Day, cup 3, bowl 5</p> <p>Cream of Crab Soup, cup 5, bowl 9</p> <p>Mini Thai-Inspired Crab Cakes (contains peanuts) 6</p> <p>Prosciutto-Wrapped Scallops* 8</p> <p>Baby Greens with Grapes, Blue Cheese, Pecans & Balsamic Vinaigrette 5</p> <p>Crispy Goat Cheese Rounds with Tomato Vinaigrette Dipping Sauce 5</p> <p>Bruschetta Topped with Sun-Dried Tomatoes, Basil, and Feta Cheese 5</p> <p>Insalata Caprese—Fresh Tomatoes, House-Made Mozzarella, Pesto 6</p>
seafood	<p>Steamed Prince Edward Island Mussels, large 10, small 7 your choice of spicy tomato sauce or white wine & herbs</p> <p>Crab Cake with Farmer’s Market Slaw, one 13, two 26</p> <p>Crab-Stuffed Portabella Mushroom with Sautéed Spinach and Tomatoes 14</p> <p>Caramelized Sea Scallops* on Spinach Salad 15</p> <p>Fish Tacos—Grilled Marinated Catfish, Lettuce, Salsa, Cilantro, Onions 11</p> <p>Shrimp & Grits—Anson Mills Grits Cake Topped with Shrimp, Surry Sausage, Shallots, Green Onions, Lemon & Thyme 12</p> <p>Fish Special of the Day—market price</p>
grill	<p>Chicken Breast Topped with Münster, Prosciutto, Spinach w/ Green Salad 9</p> <p>Grilled Smoked Pork Surry Sausage, Local Apple, Celery & Walnut Salad 8</p> <p>Portabella Sandwich with Goat Cheese Spread, Red Pepper, Red Onion 9</p> <p>Greek Salad Topped with: Grilled Herb- and Lemon-Marinated Chicken Breast 10 Grilled Local Virginia Lamb Kebabs* 14 Grilled Shrimp 12</p>
pasta	<p>Ed’s Pasta—Tomatoes, Artichokes, Capers, Basil, Garlic, White Wine 8 with grilled chicken 10, with grilled shrimp 12</p> <p>Candice’s Pasta—Tomatoes, Pancetta, Spinach, Feta, Garlic, Basil, Cream 8 with grilled chicken 10, with grilled shrimp 12</p> <p>Ann’s Pasta—Pancetta, Artichokes, Spicy Tomato Cream Sauce 8 with grilled chicken 10, with grilled shrimp 12</p> <p>Mary’s Pasta—Cheese Tortellini, Tomatoes, Fresh Corn, Basil, Cream 9 with grilled chicken 10, with grilled shrimp 12</p>
large salads	<p>Crispy Goat Cheese Rounds on Arugula with Tomatoes, Cucumbers, Pine Nuts, and Lemon Dressing 10</p> <p>Warm Grilled Chicken Salad with Grapes, Pecans, Celery 9</p> <p>Greek Salad—Romaine, Tomatoes, Cucumbers, Feta, Olives, Pepperoncini with Greek Dressing 10</p>
eggs and cheese plates	<p>Frittata (Baked Omelette) of the Day with Local Brown Eggs—market price</p> <p>White Wine Cheese Plate—Three Artisanal Cheeses for Pairing with White Wine 12</p> <p>Red Wine Cheese Plate—Three Artisanal Cheeses for Pairing with Red Wine 12</p>

**Served raw or undercooked or may be ordered undercooked. The Virginia Department of Health warns you that raw or undercooked meat, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.*

One Block West Restaurant | www.oneblockwest.com | Winchester, VA | 540-662-1455

Announcing Chef’s Table each Thursday at 6pm by advance reservation