

Lunch at One Block West

appetizers	Soup of the Day, cup 3, bowl 5 Cream of Crab Soup, cup 5, bowl 9 Mini Thai-Inspired Crab Cakes (contains peanuts) 6 Baby Green Salad with Blue Cheese, Pecans & Balsamic Vinaigrette 5 Crispy Goat Cheese Rounds with Tomato Vinaigrette Dipping Sauce 5 Bruschetta Topped with Sun-Dried Tomatoes, Basil, and Feta Cheese 5 Insalata Caprese—Local Tomatoes, Fresh Mozzarella, Basil 8
seafood	Crab Cake with Farmer’s Market Slaw, one 13, two 26 Crab-Stuffed Portabella Mushroom with Sautéed Spinach and Tomatoes 14 Caramelized Sea Scallops* on Spinach Salad 15 Fish Tacos—Grilled Marinated Catfish, Lettuce, Salsa, Cilantro, Onions 11 Shrimp & Grits—Anson Mills Grits Cake Topped with Shrimp, Surry Sausage, Shallots, Green Onions, Lemon & Thyme 12 Fish Special of the Day—market price
grill	Chicken Breast Topped with Münster, Prosciutto, Spinach w/ Green Salad 9 Grilled Smoked Pork Surry Sausage, Local Apple, Celery & Walnut Salad 8 Grilled Local Virginia Lamb Kebabs* on Greek Salad with Tzatziki Sauce 14 Grilled Portabella Mushroom Sandwich with Baby Arugula Salad 9
pasta	Ed’s Pasta—Tomatoes, Artichokes, Capers, Basil, Garlic, White Wine 8 with grilled chicken 10, with grilled shrimp 12 Candice’s Pasta—Tomatoes, Pancetta, Spinach, Feta, Garlic, Basil, Cream 8 with grilled chicken 10, with grilled shrimp 12 Cheese Tortellini—Tomatoes, Shaved Local Sweet Corn, Basil, Cream 8 with grilled chicken 10, with grilled shrimp 12
large salads	Crispy Goat Cheese Rounds on Baby Arugula with Tomatoes, Cucumbers, Pine Nuts, and Lemon Dressing 10 Warm Grilled Chicken Salad—Grapes, Pecans, Celery, and Baby Greens 9 Greek Salad—Romaine, Tomatoes, Cucumbers, Feta, Olives, Peppers 10 Spinach Salad—Blue Cheese, Pickled Red Onions, Blueberries, Toasted Almonds, Bacon Dressing 8
eggs	Frittata of the Day with Local Brown Eggs—market price

* Served raw or undercooked or may be ordered undercooked. Consuming raw or undercooked meat, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.