

Lunch at One Block West

specialties	<p>Pumpkin-Sage Ravioli 12 <i>v</i> sauced with wild mushrooms, local butternut squash, spinach, cream</p> <p>Surry Sausage Salad 9 <i>gf</i> smoked Virginia pork sausage, celery, walnuts, roasted local apples, dried cranberries</p> <p>Shrimp & Grits 12 <i>gf</i> golden Anson Mills grits, Surry sausage, shallots, lemon, thyme, green onions</p> <p>Mediterranean Frittata (baked omelette) 9 <i>v, gf</i> local brown eggs, roasted red peppers, spinach, artichoke hearts, and goat cheese</p> <p>Open-Faced, One-Eyed Pork Goodness Sandwich 10 grilled focaccia topped with tangy slaw, house-cured pork belly (bacon on steroids), and a poached local brown egg*, hickory syrup dipping sauce</p> <p>Grilled Cheese Sandwich with Roasted Red Pepper Bisque 9 <i>v</i> melting Valfino cheese on focaccia; silky roasted red pepper soup</p> <p>Grilled Chicken Breast Saltimbocca 9 <i>gf</i> herb-marinated chicken topped with Münster cheese, prosciutto, spinach & sage</p>
soups and appetizers	<p>Soup of the Day 4</p> <p>Our Famous Cream of Crab Soup 7 <i>gf</i></p> <p>Crispy Goat Cheese Rounds with Tomato Vinaigrette Dipping Sauce 5 <i>v</i></p> <p>Bruschetta Topped with Sun-Dried Tomatoes, Basil, and Feta Cheese 5 <i>v</i></p> <p>Fall Salad 5 <i>v, gf</i> roasted butternut squash, Asian pear, Cajun-spiced pecans, apple cider reduction</p> <p>Baby Green Salad 5 <i>v, gf</i> mixed greens with local apples, Mindoro blue cheese, and Cajun-spiced pecans 5</p>
seafood	<p>Crab Cake with Farmers 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 <i>gf</i></p> <p>Fish Special of the Day—market price</p>
pasta	<p>Ed's Pasta 8 <i>v</i> tomatoes, artichokes, capers, basil, garlic, white wine with grilled chicken 10, with grilled shrimp 12</p> <p>Candice's Pasta 8 tomatoes, pancetta, spinach, feta, garlic, basil, cream 8 with grilled chicken 10, with grilled shrimp 12</p>
large salads	<p>Crispy Goat Cheese Salad 10 <i>v</i> crispy goat rounds, baby greens, cucumbers, almonds, tomatoes, tomato vinaigrette</p> <p>Warm Grilled Chicken Salad w/ Grapes, Pecans, Celery 9 <i>gf</i></p> <p>Greek Salad with Grilled Shrimp 12 <i>gf</i></p>

** Served undercooked; v vegetarian; gf gluten free.*