

HARVEST TABLE RESTAURANT

Specializing in Locally Grown Food.



Local Foods Restaurant and General Store

(276) 944-5140 General Store

(276) 944-5142 Harvest Table Restaurant

MEADOWVIEW
FARMERS' GUILD

Appetizers & Casual Menu

Soup of the Day ~ Ask your server about our daily selections. **Cup \$ 4** **Bowl \$ 7**

House Green Salad ~ Lightly dressed with your choice of house-made dressing.

Small \$ 6 **Large \$ 10** *Add goat cheese \$ 2*

Lamb Sausage & Black Bean Burrito ~ Our own sausage recipe using Grandview Farms ground lamb & black beans are rolled in a fresh tortilla & topped with queso. Served with a side of house-made apple salsa. **\$ 8**

Squash & Black Bean Burrito ~ Spiced Winter squash & black beans are rolled in a fresh tortilla & topped with sour cream & pickled onions. **\$ 8**

Roasted Apple & Brie Crostini ~ Served on house-made focaccia bread with pecans & a drizzle of local honey. **\$ 9**

Black Bean & 3 Cheese Quesadilla ~ A fresh tortilla with spiced beans & Kenny's Farmhouse Cheeses & served with a side of house-made apple salsa. **\$ 9**

Creole BBQ Shrimp ~ Mid-Atlantic shrimp are sautéed in a Worcestershire sauce reduction & finished with heavy cream. Served with house-made rosemary biscuits. . . **\$ 9**

3 Egg & Caramelized Onion Frittata ~ An open faced Italian omelet garnished with salad greens, fresh goat cheese, extra virgin olive oil & aged balsamic vinegar. **\$ 9**

Harvest Table Burger Platter ~ Rich Valley Grazers beef is cast iron grilled & served on a fresh focaccia roll served & Route 11 Chips. **\$ 7**

Gourmet Burger of the Day **\$ 9**

Baked Gnocchi & Cheese ~ Italian potato pasta/dumplings & Kenny's Farmhouse Cheeses are baked until bubbly & served with a side salad. . . **\$ 9**

Southern Artisan Cheese Plate ~ Chef's selection of local/regional cheeses garnished with roasted apples & pecans. **\$ 10**

Stone Hearth Pizzas ~ Ask your server about our daily selections. . . . **\$ 10**

Signature Entrees

Meatloaf Platter ~ Rich Valley Grazers beef is topped with mushroom gravy & served with mashed potatoes & seasonal vegetables. **\$ 12**

Gnocchi with Sausage & Spinach ~ Small potato pasta/dumplings are sautéed with Italian sausage, fresh spinach, garlic, herbs & spices. **\$ 15**

Bourbon Red Turkey Pot Pie ~ Moyers bourbon red heritage turkey & seasonal vegetables in a rich gravy & topped with a house-made rosemary biscuit. . . **\$ 15**

Chicken Carbonara ~ All white boneless chicken tenders are lightly breaded, pan-fried & served over penne pasta with a cream sauce & crispy bacon. . . **\$ 17**

Shrimp Scampi ~ mid-Atlantic shrimp are oven roasted in white wine, extra virgin olive oil, butter, garlic, herbs & spices. Served with Carolina rice & seasonal vegetables. **\$ 19**

Individual Duck “Wellington” ~ Our take on a traditional favorite. Tilson Farms roasted duck confit, artisan cheese, seasonal vegetables & greens are wrapped in a pastry & topped with a Coltsfoot Winery Plum sauce. Served with Carolina rice & seasonal vegetables. **\$ 20**

Kids Menu \$ 7

Cheese Pizza, Baked Gnocchi & Cheese or Cheese Quesadilla

Desserts \$ 7

Your server will tantalize your taste buds with our freshly made desserts.

Meet some of our farmers...

Abingdon Organics, Wyndale Rd., Abingdon. Anthony and Laurel Flaccavento use innovative techniques to produce over 20 different fruits and vegetables including heirloom tomatoes, berries, melons and eggplants. They are tireless advocates of sustainable development in our community.

Appalachian Harvest is a network of certified organic family farmers in southwest Virginia and northeast Tennessee who have come together to make organic produce available and affordable in our region. Growing produce is a positive venture for many former tobacco farmers, and each year Appalachian Harvest's growers mentor more farmers in the transition to organic.

Blue Door Garden, Abingdon. Tom and Denise Peterson have been farming organically together for 18 years. Their vegetables, small fruits, flowers, herbs and winter salads are "grown with respect for the diversity and necessity of wild nature."

Dark Hollow Micro-Roasters, Sugar Grove. Personally seeking out 100% organic Arabica coffee in Central America, John Cason makes fair trade arrangements directly with farmers, and roasts the coffee beans to order, to guarantee freshness. "Aging is for wine," he insists, "not coffee!"

Eden Farms, Abingdon. Mark Scott graduated in Horticulture in 2009 and grows all organic produce on his 2 acre lot in Meadowview. He has supplied the Guild with Heirloom Tomato Plants for the past two Springs. He now provides beautiful salad greens, cucumbers and carrots to the restaurant.

Kenny's Farmhouse Cheese is a family dairy farm in Barren County, Kentucky, producing Cheddar, Colby, Jack, Asiago, Swiss, Havarti, and blue cheeses, from cows raised in the pasture without hormones. "It started out as a business decision," says Kenny Mattingly, who worried about the future of dairy farming before studying European methods to become a cheese-maker.

Rich Valley Grazers, Saltville. The Clark family raises their poultry and beef on fresh grass, without harmful additives. "We believe fresh air and sunshine, clean pasture paddocks and an all natural balance in vitamins and minerals give you the best poultry and beef products you'll find anywhere."

River Valley Farm, North Fork, Abingdon. David King has been selling organic produce for 22 years. He grows a wide variety of vegetables, herbs and berries, along with corn and hay to feed the horses with which he tends his fields.

Ziegenwald Farm, Gate City. John and Andrea Woodworth raise an assortment of livestock including Jacob sheep, spotted wool-bearing reed, Alpine dairy goats, for milk/cheese and for show. They supply the restaurant with a variety of goat cheese and it is delicious.