# SWVA Cafe Menu

## Always Available

<table>
<thead>
<tr>
<th>Cold Sammy's</th>
<th>Hot Sammy's</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chicken Salad Sandwich</strong> 7</td>
<td><strong>2 Cheese Grilled Panini</strong> 6.50</td>
</tr>
<tr>
<td>Chicken, Granny Smith apples, fresh basil, celery, pecans, and mayonnaise served on our house made sourdough bread</td>
<td>Swiss and cheddar cheeses sandwiched together on our house made focaccia bread, grilled then pressed into melted yumminess</td>
</tr>
<tr>
<td><strong>Peanut Butter &amp; Jelly</strong> 6</td>
<td><strong>SWVA Patty Melt Panini</strong> 8.50</td>
</tr>
<tr>
<td>House made peanut butter and jelly from various local canneries served on our house made sourdough bread</td>
<td>1/3 lb. hamburger seasoned to perfection and sandwiched between two slices of swiss cheese, Appalachian Harvest Kickles, and herbed mayonnaise on our house made focaccia bread that is grilled then pressed</td>
</tr>
</tbody>
</table>

## Gluten Free Options

<table>
<thead>
<tr>
<th>Veggie Burger 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blend of mushrooms, onions, oats, and cheeses (contains eggs) seasoned and pan seared and served on a bed of lettuce topped with pickled onions</td>
</tr>
</tbody>
</table>

## Frittata

8

<table>
<thead>
<tr>
<th>Frittata 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seasonal showcase of vegetables, meats, and cheeses served with choice of soup or side</td>
</tr>
</tbody>
</table>

Add on: Pulled Turkey or Pulled Chicken - Ask What's Available 2

## Other Flavors

<table>
<thead>
<tr>
<th>Sweet Potato and Spinach Quesadilla 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mashed sweet potatoes, fresh spinach, and feta cheese blend served with our house made chipotle ranch</td>
</tr>
</tbody>
</table>

## Soups - Rotate Daily

3.50/5.50

<table>
<thead>
<tr>
<th>Tomato Basil, Potato Soup, Soup Beans with Ham</th>
</tr>
</thead>
<tbody>
<tr>
<td>Option of Cup or Bowl</td>
</tr>
</tbody>
</table>

## Combo

8.50

1/2 Sammy and 1/2 Soup

## Sunday Brunch

*Varies

Local Business, Chef, & Farmer of the Month Take Overs with Delicious Locally-Sourced Brunch Features

## All Options Include Choice of Chips

### Contact Information

1 Heartwood Circle, Abingdon, VA 24210
276-492-2400
Monday - Wednesday: 11:00 AM - 3:00 PM
Thursday: 11:00 AM - 3:00 PM / 6:00 - 9:00 PM
Friday - Saturday: 11:00 AM - 3:00 PM
Sunday: 11:00 AM - 3:00 PM (Take overs until 2:00 PM)

DRINKS

TUMBLING CREEK MOONSHOT CIDER 6
TUMBLING CREEK HELLBENDER CIDER
REGIONAL WINE  *VARIES*
REGIONAL BEER  *VARIES*

HAPPY HOURS

THURSDAYS  5:00 - 8:00 PM
SATURDAYS  11:00 AM - 3:00 PM

FARMS

OLD RICH VALLEY FARMS  Saltville
HIGHLANDS FARMS  Russell County
RIVER VALLEY FARMS  Abingdon
ZIEGENWALD DAIRY  Gate City
T-N-T FARMS  Meadowview
PICK-N-GRIN FARMS  Bristol
HARVEST TABLE FARM  Meadowview
BRISTOL GARDENS & GRILL  Bristol
ABINGDON OLIVE OIL CO.  Abingdon
LAUREL SPRINGS FARM  Marion
SOUTHERN FORK FARM  Sugar Grove
POP'S VEGGIE BASKET  Rural Retreat
MY SHEPHERDS FARM  Rural Retreat
MOYER FAMILY FARMS  Castlewood
APPALACHIAN HARVEST  Duffield
VA FIELD GOODS  Wythe Co.
SOUTHERN CULTURE  Abingdon
WORSHAM SPRINGS FARM  Bristol
BULLEN FAMILY FARM  Abingdon
FROSTED HAWK FARM  Farmers Market
GOSHEN HOMESTEAD  Abingdon
SUNSHINE ACRES  Farmers Market
KISER FARMS  Elk Garden
ABINGDON AND OTHER  Abingdon
SWVA FARMERS MARKETS  Lebanon

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