

## LUNCH

### STARTERS

**Pimento Cheese & House Pickles** served with Crackers ... 12

**Three Cheese, Charred Corn & Bacon Queso** served with Corn Chips ... 11

**Smoked Salmon & Trout Spread**, Bacon, Red Onions, Caper Ré-moulade and Crackers ... 13

**Blue Ridge Sampler** Cheesy Flatbread, Black-Eyed Pea Hummus, Pickled Tomatoes, Olive Relish, and Corn Salad ... 14

### SOUPS

**Vegetarian Black Bean Chili** (V) topped with Red Onions and Shredded Cheddar (GF) ... 5 | 7

**Three Onion & Apple Soup** (V) topped with Croutons and Smoked Gouda ... 7

**Harvest Kettle** Soup of the Day served with a Side Farm Salad ... 10

### SALADS

**House-Smoked Curry Chicken Salad**, Mixed Greens, Ginger-Apple Cider Vinaigrette, topped with Curry Chicken Salad, Kalamata Olives, and Sliced Almonds, Grilled Pita...14

**Harvest Salad** (GF) Mixed Greens, Spiced Peaches, Pecans, Feta, Ginger-Apple Cider Vinaigrette... 12

**Masseria Farm Salad** (GF) Mixed Greens, Tomatoes, Olive Medley, White Balsamic Dressing ... 7

**Classic Caesar Salad** Chopped Romaine tossed with Parmesan & Creamy Caesar Dressing ... 12

**Baby Spinach Salad**, (GF) Maple Cider Dressing, Charred Corn, Bacon, Blue Cheese, and Pecans ... 13

Add Chicken Breast ... 7

Add Salmon ... 8

Add Shrimp ... 7

### SANDWICHES

*Sandwiches are served with a Pickle Spear, Housemade Slaw, or Kettle Chips*

**Grilled Chicken Breast** Blackened, served with Pimento Cheese and Bacon-Onion Jam ... 15

**8-ounce Angus Beef Hot Dog** Homemade Sauerkraut, House Baked Beans, Apple Mustard ... 14

**Blackened Salmon B.L.T.** with House-Smoked Bacon, American Cheese, Caper Ré-moulade ... 17

**Cuban Duck and Brie** Roasted Duck, Arugula, Fig Jam, Peach Dijon Spread on Toasted Baguette ... 17

**Harvest Meatloaf** Swiss, Caramelized Onions, Special Sauce on Rye...16

Sandwich Additions: Smoked Bacon, Bacon-Onion Jam, Pimento Cheese, Blue Cheese... 3

Udi's Gluten-Free Bread Substitution...3

### PLATES

**Locally Farmed Rainbow Trout** Blackened, served with Black Bean Hummus, Herb Rice, Arugula, and Pickled Tomatoes ... 18

**Pasta Puttanesca Linguini** tossed in Olives, Capers, Tomatoes, Shaved Garlic, Rosemary, and EVOO ...16

**Shrimp & Grits**, Logan Turnpike Grits, House Made Tasso Ham topped with a Shrimp Skewer ... 19

**Catch of the Day**, Today's Fresh Fish served over Rice and a Savory Chickpea Stew ... 19

### SIDES

Udi's Gluten-Free Bread | Garlic Toast | Kettle Potato Chips | Cole Slaw ... 3

Baked Mac & Cheese | Cheesy Flatbread | House Pickles | Sautéed Green Beans ... 5

Side Farm Salad...4 | Side Caesar Salad ...6 | Side Harvest Salad ...6

### KIDS MENU

(AGES 10 AND UNDER) Served with Potato Chips, Side Salad, or Sliced Apples

House-Baked Macaroni & Cheese ... 7 | Pasta with Butter or Red Sauce ... 7

Grilled Chicken Breast ... 7 | All Beef Hot Dog ... 7 | Cheesy Flatbread ... 7

**SWEETS** Ask your server for today's selections ... 9

### BEVERAGES

Coca-Cola Fountain Drinks | Locally Roasted Coffee | Iced Tea (Sweet or Unsweet) ... 4

Gosling's Ginger Beer | New Creation Root Beer | New Creation Cream Soda ... 5

Herbal Tea ... 4 | Perrier (500 ml) ... 4 | San Pellegrino ... 4.50 | 7

# HARVEST

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## O N M A I N

### A Love Story

It was love at first sight. The first time we walked down the streets of Blue Ridge, walking our dogs in the park and sitting on the grass, we knew we loved this town. The Blue Ridge mountains began their romance, flirting with us as we drove up from Florida for the first time.

We were amazed. Honestly, it was as though the mountains were calling us home, and this charming little town sealed the deal, reminding us of the places we'd grown up in.

We knew we had to move here. That's how quickly it happened. That's when our first Appalachia dream here was born - Harvest on Main - we certainly had no idea the restaurant we envisioned would be so well-received.

We were hooked and ready to serve the community great, fresh ingredients regardless of whether the town changed its long-standing prohibition laws. In 2009, the city approved the sale of beer and wine. An intelligent business move for the city leaders that greatly impacted the growth of this once tiny enclave.

Our initial plans were that Michelle would continue to write and lead her Managing Editor position from a little office in the city. Michelle thought Danny would only need her to help with marketing and a few busy lunch and dinner rushes. We thought it would take a little time until a sit-down, more upscale restaurant would find its footing in the region.

We were blessed to have a more extraordinary reception and faster growth than ever imagined.

As our quest for farm-fresh products continued, it was more difficult to find farmers than we initially thought. So, we began to think about more space for our gardens and possibly a teaching garden where Michelle could spend her time passing on her love of creating with kids. We purchased a little property downtown and turned it into The Cook's Farm, where we started our annual Summer Kids Farm-to-Fork Camp. We expanded the camp to a new 27-acre farm just outside of town, hosting summer campers and special events for a decade before 2020 and our decision to scale back toward sanity.

During this decade of growth, we were also blessed to expand with Masseria Kitchen + Bar, The Blue Ridge Grocery, Blue Ridge World Famous BBQ, The Fry Shop, La Pizzeria, and Cucina Rustica. As I type that sentence, I realize why we are tired, but we love our work and our team. And while we now intend to "grow small" - we still have a few tricks up our sleeves and plans for this place we call home.

In 2022, we began our efforts to scale back more and turn our businesses to a new model of employee ownership, we are still at the helm, but we are working hard to pass the reigns to the next generation who will take the mantle. A few restaurants were sold to family-owned entrepreneurs. Still, you'll always find Danny in one kitchen or another. At the same time, Michelle spends a bit more time focused on her original pursuit of writing and crazy new entrepreneurial concepts that support our missions in Blue Ridge and Belize, supporting the needs of local families in the community.

We look forward to many more years of celebrating life, food, and love, both here and abroad, for years to come.

Cheers!

Danny Mellman & Michelle Moran

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GF: 'Gluten Free' | V: 'Vegetarian'

PLEASE NOTIFY YOUR SERVER OF ANY ALLERGIES OR FOOD INTOLERANCE

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illnesses, especially if you have certain medical conditions. Please notify your server of separate checks prior to ordering. For any shared entree, split in the kitchen, there will be an additional \$3 added to the bill. A transaction fee of 2% may apply to your bill.

**Chef Scotty Wanner | Chef/Proprietor Danny Mellman | Chef Rodney Geiger**