

STARTERS

LUNCH SPRING 2023

- Pimento Cheese & House Pickles** served with Crackers ... 12
- Three Cheese Queso**, Charred Corn & Bacon served with Corn Chips ... 11
- Smoked Salmon & Trout Spread** Bacon, Red Onions, Caper Rémoulade and Crackers ... 14
- Blue Ridge Sampler** Cheesy Flatbread, Roasted Red Pepper Hummus, Pickled Tomatoes, Olive Relish, and Corn Salad ... 14

SOUPS

- Vegetarian Black Bean Chili (GF)** topped with Red Onions and Shredded Cheddar ... 5 | 7
- Three Onion & Apple Soup** topped with Croutons and Smoked Gouda ... 7
- Harvest Kettle** Soup of the Day served with a Side Farm Salad... 10

SALADS

*All Salads are served with Crostini, please alert your server for gluten allergies.*  
**Salad Additions: Chicken Breast...7 | Salmon...8 | Shrimp... 7 | Bistro Steak...12**

- House-Smoked Curry Chicken Salad** Mixed Greens, Ginger-Apple Cider Vinaigrette, topped with Kalamata Olives, Sliced Almonds, Grilled Pita...14
- Harvest Salad** Mixed Greens, Spiced Peaches, Pecans, Feta, Ginger-Apple Cider Vinaigrette... 12|6
- Farm Salad** Mixed Greens, Tomatoes, Olive Medley, White Balsamic Dressing ... 8|4
- Harvest Caesar**, Romaine, Caesar Dressing, Fine Romano, Shaved Parmesan, Croutons...12|6
- Greek Salad** Olive Medley, Pickled Tomatoes, Feta, Pickled Onions, Kale, and Garlic-Lemon-Mint Vinaigrette...14

SANDWICHES

*Sandwiches are served with a Pickle Spear, and 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 Smoked Bacon, American Cheese, Caper Rémoulade ... 17
- Blue Ridge Cuban** Smoked Pork Loin, Brie, Raisin Jam, Bread n' Butter Pickles, Dijon on Toasted Baguette...17
- Harvest Meatloaf** Swiss, Bacon-Onion Jam, served on Rye...16
- Georgia Hot Brown** House Smoked Turkey, Crabmeat & Swiss, Oven Roasted,Topped with Mornay, served with Small Farm Salad...18

**Sandwich Additions:** Smoked Bacon, Bacon-Onion Jam, Pimento Cheese, Blue Cheese, Udi's Gluten-Free Bread Substitution...3

PLATES

- Locally Farmed Rainbow Trout (GF)** Blackened, served with Black Bean Hummus, Rice, Arugula, and Pickled Tomatoes ... 18
- Pasta Puttanesca Linguini** tossed in Olives, Capers, Tomatoes, Shaved Garlic, Rosemary, and EV00 ...16
- Add House Fennel Sausage...5
- Shrimp & Logan Turnpike Grits** House Made Tasso Ham topped with Gulf Shrimp ... 19
- Catch of the Day (GF)** Today's Fresh Fish, Blackened, 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 | Sautéed Green Beans ... 5
- Side Farm Salad...4 | Side Caesar Salad ...6 | Side Harvest Salad ...6 | | House Pickles ...6

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 ... 4 | San Pellegrino ...small 5 | large 8

KIDS MENU...7

(AGES 10 AND UNDER) Served with Potato Chips, Side Salad, or Sliced Apples  
**House-Baked Macaroni & Cheese | Pasta with Butter or Red Sauce**  
**Grilled Chicken Breast | All Beef Hot Dog | Cheesy Flatbread**

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

PLEASE NOTIFY YOUR SERVER OF ANY ALLERGIES OR FOOD INTOLERANCE

Our kitchen is very small and we do our best to protect those with allergies. Allergens: Attention customers with food allergies. Please be aware that our food may contain or come into contact with common allergens, such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish or wheat.  
GF: Gluten Free



# HARVEST



# ON MAIN

## 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. In the years since we have opened our Harvest, we've been delighted to bring more talented chefs to the area and attract more restaurateurs to the region.

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 other family-owned entrepreneurs. Still, you'll always find Danny in one kitchen or another.

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

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.