

Lunch. A.M.

Served 9am to 3pm seven days a week

**2 Eggs: any style	\$2
Sausage, Scrapple, Bacon or Jersey Ham	\$3
Texas Toast, Multigrain, or Flatbread	\$1.5
House Buttermilk Biscuit	\$1.5
Local Cheese Grits or Hash browns	\$3
1 Pancake	\$4
French Toast	\$3
Turkey Bacon	\$3

B.Y.O. Lunch. Breakfast Sandwich

\$5.5 with Meat / \$4 Meatless

***2 eggs your way with your choice of:*

Meat: Supper! sausage, bacon, turkey bacon, scrapple or Jersey ham

Cheese: Cheddar, Provolone, Swiss, American, or house pimento

Bread: Texas Toast, Multigrain, House made biscuit, or Flatbread

Signature Breakfast Sandwiches

The Heart Breaker: House smoked pulled pork bbq, bacon, scrambled eggs, topped with American cheese and BBQ sauce on a challah roll \$7

Jersey Shore: **2 eggs your way, Jersey ham, provolone, tomato on a challah roll \$7

The Velocity: **2 eggs your way, double bacon, American cheese, Dukers mayo, hot sauce on Texas Toast \$7

Runners Delight: Scrambled egg whites, sautéed spinach, onions & peppers, Swiss cheese rolled in flatbread \$6

House Omelets



The Greek: feta, onions & peppers, spinach, tomatoes with a touch of Mediterranean allspice \$10

The Summit: Supper! sausage, onions & peppers, tomatoes, cheddar \$10

Veggie: baby spinach, onions & peppers, mushrooms, provolone \$10

The Flying Dutchman: bacon infused Brussel sprouts, roasted red peppers, Swiss cheese \$10

Wild Bill: Supper! sausage, mushrooms, caramelized onions, cheddar cheese \$10

Pork Three Way! Supper! Sausage, House smoked pork BBQ and bacon with shredded cheddar \$10

The Big Creole Connection: Sautéed blackened shrimp and jerk chicken, onions, peppers, black beans, and shredded cheese, topped with creole sauce \$12

House A.M. Specialties

(Served with choice of Hash Browns OR Local Cheese Grits)

- Fried Chicken & Waffles:** Our buttermilk boneless friend chicken over a golden Belgian waffle topped with breakfast gravy \$12
- Train Wreck:** House buttermilk biscuit topped with Supper! Sausage, **eggs, American cheese and smothered in breakfast gravy \$9
- The Last Stand:** House smoked pulled pork, scrambled eggs, onions & peppers, cheddar rolled in a tortilla and topped with salsa and sour cream \$9
- A.M. Quesadilla:** Your choice of Supper! sausage, Jersey ham, or bacon with eggs, avocado, onions & peppers, mixed cheese topped with salsa and sour cream \$9
- The French Canadian:** Our French Toast covered in Nutella, strawberries, and whipped cream
- **Steak and Eggs:**  6oz strip steak with ***2 eggs your way \$16
- Belgian Waffles:** topped with fresh strawberries and whipped cream \$8
- Pancakes or Supper! French Toast (3)** \$7
Add fresh strawberries +\$1 and/or whipped cream +\$.50
- House Buttermilk Biscuit with Sausage & Bacon Breakfast Gravy** \$7.5
- Hillbilly Surf and Turf Quesadilla:** Sautéed shrimp, bacon, black beans, scrambled eggs, and shredded cheese topped with creole sauce and sour cream \$10

Breakfast Bowls

The Double Barrel \$10

House Smoked Pulled Pork BBQ over hash browns, topped with scrambled eggs, bacon, cheddar and sausage gravy

Mexican Sunrise \$10

Green chili black beans over hash browns topped with scrambled eggs, cheddar, jalapenos, salsa, sour cream and avocado

The Dandelion Café \$10

Grilled chicken, scrambled eggs, sautéed spinach, roasted red peppers, red onions, and feta over cheese grits

The Bayou \$11

Sautéed Shrimp, scrambled eggs, onions and peppers over cheese grits; topped with creole sauce and shredded cheddar

APPETIZERS

Served all day

The Ploughman's Lunch \$10

House made charcuterie of sausage du jour, smoked cheese, tasso ham, pickled egg, local pickles and rotating jam served with flat bread

Virginia Dip and Cracklin's \$8

Our pimento cheese stuffed with local pickles and Edwards Country Ham served with our house made cracklin's

Cast Iron Local Fried Oysters \$12

Served with Mojo aioli and Comeback sauce

Supper! Short Ribs \$11

House braised boneless short ribs over our bacon mac and cheese

Simply Southern \$9

Fried green tomatoes topped with pimento cheese and bacon

The Farm table Sampler \$12

House smoked pulled pork BBQ, roast beef, bacon, sausage du jour, pimento cheese, whole grain mustard & local pickles served with warm flatbread

Southern Griddle Cakes \$10

Bacon and corn griddle cakes loaded with house smoked pulled pork BBQ and topped with brussel slaw

Imperial Crab Dip \$11

A creamy, medium spicy dip with artichoke hearts, jalapeno, and Parmesan cheese served with flat bread

Summit Avenue Crab Cakes \$11

Crab Cake medallions served on Southern Griddle Cakes topped with Sriracha aioli

SIGNATURE DISHES

Served after 5pm



Monument Shrimp and Grits \$21



Shrimp blackened & sautéed with bacon served over local cheese grits, onions and peppers, topped with Supper! smoked tomato creole



The Herd \$18



Brisket, Pork, and Buffalo meatloaf house ground and seasoned, wrapped in bacon and topped with a tomato, honey, bourbon glaze, served over mashed potatoes and bacon-parmesan brussel sprouts



Southern Fried Catfish \$18

Over local cheese grits and topped with 4 blackened shrimp and finished with Supper! smoked tomato creole



Mediterranean Stuffed Portabellas \$13



Loaded with sautéed spinach, artichokes hearts, roasted red peppers, red onions, tomatoes, and with feta cheese finished with a balsamic reduction

Add Grilled or Blackened Chicken \$5

Grilled Shrimp \$6

DINNER ENTRES

(Served with choice of 2 Supper! Sides)



Summit Avenue Crab Cakes \$24

Served with Sriracha Aioli

Loaded Chicken \$20



Topped with house smoked pulled pork, bacon, sharp cheddar and BBQ sauce

**** Salmon 366 \$20**



Cast iron seared and lightly seasoned



Boneless, Braised Short Ribs \$22



Topped with Au Jus

FRIED CHICKEN DISTRICT \$20



SUPPER! Boneless Fried Chicken

Topped with a bacon cheese sauce, served with asparagus and bacon mac & cheese

Chicken & Savory Cornbread Waffle

Finished with green tomato gravy, served with deep southern collards and bacon-honey butter

Blue Ribbon Chicken

Piled with house made Tasso ham and melted pimento cheese over country mash and deep southern collards

SUPPER! SIDES \$3

(served after 5pm)

Bacon-Parmesan Brussel Sprouts

Deep Southern Collards

Country Mash Potatoes

Grilled Asparagus

Sautéed Veggies

Supper! Brussel Slaw

Cup of Soup du Jour

Local Cheese Grits

Hot Sizzlin' Bacon

Bacon Mac & Cheese

Side Salad

House OR Special Deviled Eggs

F.G.T. with pimento +\$1

SALADS

The Luncheonette sm. \$5 / full \$7 

Chopped house lettuce blend, tomatoes, cucumbers, red onions, and mushrooms

Loaded Spinach \$8 

Baby spinach, chopped bacon, red onions, hard boiled egg, confit cherry tomatoes, cucumbers, and mushrooms

Full House \$11 

Chopped house lettuce blend, tomatoes, cucumbers, mushrooms, hard boiled egg, red onion, mixed cheeses, SMOKEHOUSE turkey, house smoked pulled pork BBQ, and chopped bacon

The Aviator \$7.5  option

Chopped romaine tossed in Caesar dressing, shaved parmesan cheese and served with warm flatbread Add anchovies \$1.5

The Greco Roman \$10  option

Chopped romaine and spinach tossed in Caesar dressing, feta, black olives, red onion, banana peppers, cucumbers and confit cherry tomatoes served with warm flat bread

Classic Wedge \$10 

Baby chopped iceberg topped with bacon, bleu cheese crumbles, red onion, confit cherry tomatoes; topped with green goddess dressing

The Mountain Spring Pass \$11

Baby wedge iceberg with spinach topped with red onions, strawberries, bleu cheese, pickled eggs, and candied walnuts drizzled with balsamic reduction

Customize Your Salad

Chicken or Albacore Tuna Salad \$4.5

Grilled or Blackened Chicken Breast \$5

Blackened Shrimp, Salmon

Crab Cakes \$8

Anchovies \$1

DRESSINGS: Apple Cider Vinaigrette, Balsamic Vinaigrette, BBQ Vinaigrette, House Vinaigrette, Bleu Cheese, Caesar, Green Goddess, Classic Ranch, Honey Mustard

SANDWICHES

Served with Kettle Chips | Gluten Free bread is available

The Crab Nebula (it's out of this world)	\$13
Pan seared Supper! Crab Cake served with lettuce, tomato, Sriracha aioli	
** Lucky No. 7	\$10
10oz. seasoned burger with L,T,O	
Add Swiss, Provolone, Cheddar, American, pepper jack, or Pimento	+\$1
Scotts Addition	\$12
**Our 10oz burger or grilled chicken breast topped with house smoked pulled pork BBQ, American cheese, brussel slaw and BBQ sauce	
River City Smokehouse	\$9
House smoked pulled pork BBQ topped with brussel slaw	
The Fay	\$9
Chicken Salad topped with bacon, lettuce and tomato on TEXAS Toast	
Parker Field	\$9
Sizzlin' bacon, avocado spread, lettuce, tomato, and Dukes mayo on Multigrain bread.	
** The Lyons Den	\$11
All natural shaved roast beef topped with caramelized onions and swiss cheese on a challah roll and served with an au jus dip	
Sauer's Garden	\$9
Grilled zucchini, squash, roasted red peppers, portabellas, and fresh sautéed spinach topped with provolone and fresh basil pesto rolled in grilled flatbread	
Locomotive 231	\$11
Our house made, bacon wrapped meatloaf served open faced and topped with swiss cheese and a tomato honey bourbon glaze on Texas toast	
The OLD Country Kitchen	\$8
American cheese on buttered & grilled Texas toast served with a cup of soup	
Southern Pride BLT	\$9
Sizzlin' bacon, fried green tomatoes, and house pimento cheese served on flat-ironed Texas toast	
The Ferryman Flatiron	\$12
Supper! boneless short ribs, bacon mac & cheese, and onion rings on Texas toast	

Pickled & Fried **\$9**

Fried chicken breast topped with house smoked pepper jack cheese, bacon, local pickles, and comeback sauce

LOK **\$9**

Grilled chicken breast, sautéed spinach, roasted red peppers, and portabellas topped with provolone cheese and fresh basil pesto on flat bread

Pasture to Pen **\$9.5**

Shaved roast beef and Smokehouse turkey topped with bacon melted American cheese with Dukes mayo, lettuce, and tomato

Freedom Fighter **\$9**

Blackened chicken breast topped with bacon, American cheese, ranch dressing, lettuce, and tomato

The Summit Ave. **\$9**

Grilled chicken breast topped with bacon, cheddar cheese, and house smoked BBQ sauce served with L,T,O

Jimmy K **\$9**

All natural Supper! SMOKEHOUSE turkey breast, bacon, Swiss cheese, avocado spread, Dukes mayo and L,T on multigrain toast

The Ike **\$8.5**

Tuna melt with tomato and cheddar served open faced on Texas Toast

Sides before 5pm \$3

Southern Deviled Eggs or Eggs of the day

Supper! Brussel Slaw

Side Salad

Sautéed Vegetables

Match Stick Fries with smoked salt

Bacon Mac & Cheese

Local Cheese Grits

Cup of the Soup of the Day

Beverages

Iced Tea (Sweetened or Unsweetened)

Mint or Ginger Sweet Tea

Coke, Diet Coke, Orange Soda, Bargs Root Beer, Ginger Ale, Lemonade, Sprite

Orange Juice, Apple Juice, Pineapple Juice, Cranberry Juice

Carytown Coffee

Hot Chocolate

San Pellegrino (750mL)

** Items that can be cooked to order. Consuming raw or partially cook foods may increase your risk of food born illness.

Local Farms and Businesses

Here are some of the local farms and business we work with as often as it is available

Dodds Farm***

Autumn Olive Farm

Buffa Bakery***

Urban Choice Mushrooms and Produce***

Gourmet Greens***

Byrds Mills Grits***

Rudy's Produce***

Texas Beach Bloody Mary Mix***

Belle Isle Moonshine***

Reservoir Distillery***

A. Smith Bowman Distillery

*Refer to the draft and bottle list for local our Local beer selection

(***) Richmond or with in 20 miles of Richmond

COOKING WITH A CONSCIENCE

Food Safety, Allergy, Intolerance and Dietary Restrictions

At Lunch and Supper we care about you and your health. We take great pride in our product and your experience by being dedicated to bringing you the cleanest and healthiest variety of food whenever possible. Much of our menu is prepared daily, with all ingredients listed in our food safety book and coupled with possible cooking alternatives. Our servers have been equipped with the knowledge and tools needed to guide you through each menu item confidently.



GLUTEN FREE

***Denotes delicious menu favorites that everyone can enjoy

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