We source our ingredients first from Tucker County and then throughout the rest of West Virginia, bringing to your table items produced locally and as fresh from the fields or jars as possible.

Please make us aware of any food allergies or dietary needs and we will make every effort to accommodate you.

**BREAKFAST**

**The Early Start Sandwich**
Grilled egg whites, low fat turkey bacon and melted cheddar with a sundried tomato mayo. Served on your choice of toast, English muffin, bagel or croissant. $5.95

**Bacon Lettuce and Tomato**
Start your day with a classic: hickory smoked bacon with fresh lettuce and tomato. Served on your choice of toast, English muffin, bagel or croissant. $5.95

**Spinach and Tomato**
Step up from the traditional BLT with an egg white, spinach and tomato sandwich. Served on your choice of toast, English muffin, bagel or croissant. $5.95

**Breakfast Croissant**
Grilled Tavern ham, fried egg and smoked gouda cheese, served on a croissant. $6.95

**Breakfast Panini**
Fresh grilled eggs, bacon or sausage, cheddar cheese and tomato with a chipotle aioli, served on flat bread or a 6 grain ciabatta. $6.95

**Belgian Waffle** $4.95

**Other Fast Favorites**
- assorted bagels
- muffins
- fresh fruit
- yogurts
- granola

**PANINI GRILL**
All panini can be served on flat bread or a 6 grain ciabatta

**BBQ Pulled Pork**
A simple favorite, fresh BBQ pulled pork and cheddar served with a side of cole slaw. $8.95

**Chicken Chipotle**
Fresh chicken breast with hickory smoked bacon and cheddar cheese served with a chipotle aioli. $8.95

**Oven Roasted Turkey**
Carved turkey breast and Swiss cheese with a cranberry chutney dressing. $8.95

**Tomato Mozzarella**
Freshly sliced tomato and buffalo mozzarella cheese, served with basil infused balsamic dressing. $7.95

**Steak & Cheese**
Shaved sirloin steak with grilled onions and melted provolone. $9.95

**GRILL SPECIALTIES**
Add a side of French Fries for $1.25

**All Beef Frank**
Start with an all beef frank and add your choice of topping: ketchup, mustard, relish, and onions. $3.50
**Add Chili or Cheese** $1.00

**Chicken Tenders** $8.95

**Canaan Angus Burger**
Grilled 8 oz patty on a toasted roll with LTOP and your choice of cheese, potato chips on the side. $9.50

**Junior Cheese Burger** $5.95

**Baskets**
Onion rings, French fries or Sweet Potato fries. $5.95
GARDEN SPECIALTIES

Garden Tossed Salad
Mixed farm greens, cherry tomatoes, cucumbers, shredded carrots and croutons. 5.95

Chef Salad
Mixed greens and garden vegetables topped with white cheddar cheese, smoked gouda, Virginia baked ham, roasted turkey and garnished with hard boiled eggs. 9.75

Greek Salad with Baby Beets
Romaine lettuce, grape tomatoes, pepperoncini peppers, feta cheese, sliced red onion, Kalamata olives and baby beets, served with a herb vinaigrette. 8.95

Caesar Salad
Romaine hearts, grated parmesan, home-style croutons and creamy Caesar dressing. 5.95
Add Chicken 2.95

FRESH PIZZA
We buy only the finest ingredients available for our pizza!

12-INCH
Cheese ........................................ 10.99
Pepperoni ................................... 11.99
Veggie ........................................ 12.99
Supreme ...................................... 14.99
Meat Lovers ................................. 15.99

16-INCH
Cheese ........................................ 13.99
Pepperoni ................................... 16.99
Veggie ......................................... 16.99
Supreme ...................................... 19.99
Available Toppings:
• Extra Cheese
• Pepperoni
• Sausage
• Ham
• Bacon
• Mushrooms
• Black Olives
• Onions
• Green Peppers
• Banana Peppers

pepperoni, sausage, mushrooms, black olives, onions and green peppers
Meat Lovers ................................. 19.99
1.75 each for 12" Pizza
2.50 each for 16" Pizza

DESSERT SPECIALTIES

Ice Cream Scoops
Available in a cup, cake cone or waffle cone. 1.95

Sundae Special
Choose from handmade milkshakes and a variety of sundaes.

Seasons Signature
Fresh Belgian Waffle topped with ice cream and fresh seasonal fruit. 7.95