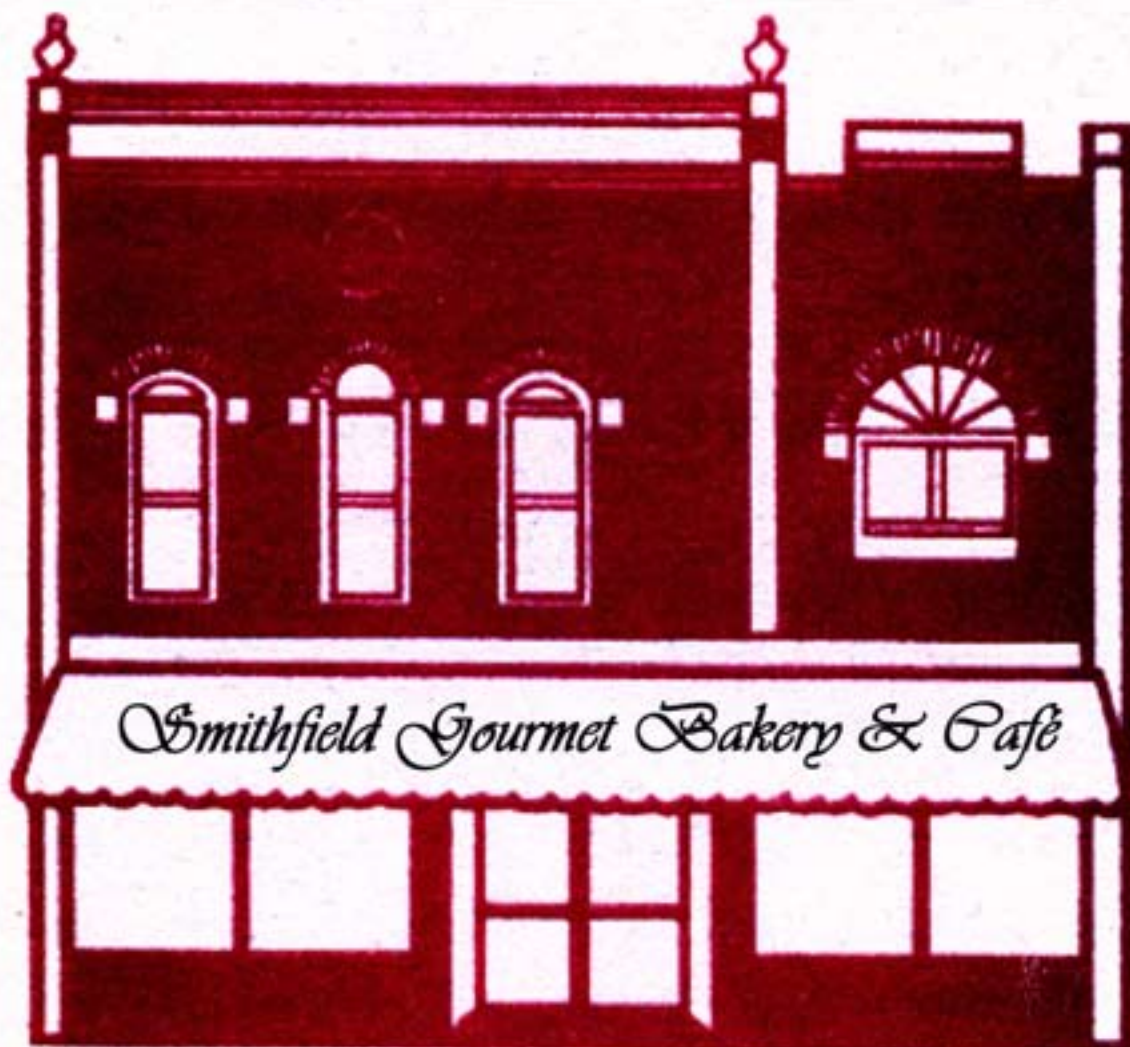


Lunch Menu



*Since the Spring of 1993, **Smithfield Gourmet Bakery & Café** has offered a quaint café with a good atmosphere. We are proud of our commitment to good food and good service. Only fresh ingredients and hand selected seasonal produce are used. Our breads are homemade from our own recipes, and baked fresh daily. We invite you to come in and enjoy our food, our service, and then enjoy our beautiful little historic town.*

*Leon Bnenviaje, Executive Chef
218 Main Street
Smithfield, VA 23430*

757-357-0045

Appetizers

Fried Green Tomato Caprese **\$6.95**

Bread Crumb Encrusted Green Tomatoes, Layered with Fresh Mozzarella, Basil & Red Onion, with Balsamic Syrup & Olive Oil

Piggly Sticks **\$6.95**

Smithfield Ham & Pimento Cheese Stuffed Rice Paper Wrappers with Blueberry Sweet & Sour Sauce.

Southwestern Torte **\$7.99**

Tortilla Rounds Layered with Grilled Chicken, Black Bean Hummus, Peanut Salsa, Melted Cheese & Scallions, Drizzled with Cilantro Lime Sour Cream.

Black & White Chicken **\$7.49**

Black & White Sesame Seed Encrusted Chicken, Glazed with Sweet Soy, Ginger & Chilies.

Foccacia Pizza Athenos **\$7.99**

House Baked Foccacia Layered with Bechamel Sauce, Sweet Onions, Black Olives, Sundried Tomatoes, Baby Spinach & Sweet Peppers, Finished with Crumbled Feta, Herbs, Garlic & Extra Virgin Olive Oil.

Soups

Cup \$3.49 Bowl \$5.49

She Crab Soup served on Wed & Sunday Only

Cup \$3.99 Bowl \$7.69

*Soup & 1/2 Deli Sandwich Special
(See Substitutions)*

(1/2 Deli Sandwich & Cup of Soup - \$7.99)

(1/2 Deli Sandwich & Cup of She Crab - \$8.99)

Salads

Asian Grilled Chicken Salad *\$9.99*

Marinated Grilled Chicken on Bed of Mixed Greens, Marinated Cucumbers, Carrots, Tomatoes, Water Chestnuts, Crispy Rice Noodles, Cabbage, Mandarin Oranges, Scallions & Avocado, Tossed with a Ginger Dressing.

Caesar Salad *\$6.99*

*Romaine Hearts Tossed with Housemade Croutons & Dressing, with Parmesan. ***

House Salad *\$6.99*

*Mixed Greens, Garden Vegetables, Croutons, & Mixed Cheeses. ***

Trio Salad *\$9.99*

Mixed Greens adorned with Chicken Salad, Smithfield Ham Salad, & Pimento Cheese.

****ADD** - Chicken Breast \$3.00 - *Fresh Tuna \$5.00

Substitutions and special dietary needs are chef's discretion only and will be charged accordingly. Please allow extra time for expedition of special needs and special orders in order to maintain the highest standards of quality possible. Thank you and welcome to Smithfield Gourmet Bakery & Café.

Sandwiches (With Chips & Pickle)

*Bread Choices (Sourdough, Tomato Basil, Honey Almond,
Rye, 7-Grain Honey Wheat, Foccacia*

Windsor Castle *\$7.99*

Smoked Turnkey Breast, Cheddar Cheese, Grilled Onions, Honey Mustard, Lettuce & Tomato on our Fresh Grilled Bread.

Piggly Wiggly *\$7.99*

Lightly Salted Country Style Ham with Mustard, Lettuce & Tomato on our Fresh Grilled Bread.

Chicken Salad *\$8.99*

All White Meat made fresh & served with Lettuce & Tomato on our Fresh Grilled Bread.

Rueben *\$8.29*

Chopped Corn Beef grilled with Sauerkraut & topped with Swiss Cheese & Thousand Island Dressing on Grilled Rye Bread.

Smithfield Club *\$8.99*

Smoked Turkey Breast, Swiss Cheese, Smithfield Ham, Cheddar Cheese, Lettuce, Tomato, & Mayo on our Fresh Grilled Bread.

Quattro *\$7.99*

Four Slices of Bacon smothered with Four Cheeses on our Fresh Grilled Bread.

Deli Sandwich *\$7.99*

Choice of One Deli Meat & Cheese with Fresh Tomato & Leaf Lettuce, Mayo or Deli Mustard, on Choice of Grilled Bread

Sandwiches (With Chips & Pickle)

Side Substitutions for Chips

\$1.00/extra

(Substitutions include Pasta Salad, Potato Salad or Fries)

**Wharf Hill Burger*

\$7.49

Fresh Ground Beef topped with your choice of cheese (Cheddar, Swiss or Provolone) Served on House Yeast Roll w/Fries (\$0.75 per topping extra)

Grilled Vegetable Foccacia

\$7.99

Chefs choice of Grilled Vegetables with Mixed Cheeses & Balsamic Syrup

Chicken BLT Wrap

\$8.99

Chicken Breast battered to order and rolled with Applewood Bacon and Buttermilk Ranch Dressing

Smoked Pork Wrap

\$8.99

With Blueberry Gastrique, Candied Walnuts, Provolone Cheese, Baby Spinach, Grilled Onions and Tomatoes.

**California Tuna Wrap*

\$9.50

Grilled Ahi rolled with Wasabe Aioli, Lemon-Ginger Soy, Carrots, Cucumbers, Daikons, Scallions, Avocado, Jasmine Rice and Mixed Lettuce.

Entrées

Black & White Chicken With a Sweet Soy Glaze with Chilled Sesame Noodles & Marinated Cucumber Salad \$9.99

**Grilled Flat Iron Steak With Sun dried Tomato Vinaigrette & Balsamic Syrup, Served with Baby Spinach and an Olive Tomato Relish. \$13.99*

**Grilled Salmon Filet rubbed with Asian Spices, Finished with a Raspberry-Miso Reduction. Served with an Asian Slaw & Marinated Cucumber Salad. \$12.99*

Desserts

Ask your Server about our wonderful homemade desserts made fresh here daily!
Local Favorites: CHEESECAKE - CARROT CAKE - CUSTARD BREAD PUDDING
with Rum Sauce, ECLAIRS

Beverages (\$1.99)

Iced Tea (Sweet or Unsweetened)
Flavored Coffees

TEA - Flavor of the Day (During Summer)
Coke Products

Catering

We offer full service catering. Please ask your hostess for more details and to schedule an afternoon appointment with the owner or chef.

History

Smithfield Gourmet Bakery & Café was built in the early 1800's by a local businessman by the name of Jack Blair. The building was built upon one of the ten original land grants from England in 1734. It operated as a brick storehouse for over 20 years and then it became a pharmacy and operated as such from 1834 until the late 1970's.

Since that time it has served the community by housing various types of businesses. Since 1993 we have had the honor of operating a bakery and café. We have devoted a great deal of time and money to preserve this historic landmark for the future of our town. Currently, the third floor of our building which is fully restored, contains original pine floors, exposed brick walls, and original windows. It currently serves as a wonderful dining room for dinner as well as special catered events.

Hours of Operation:

Breakfast Hours Monday - Saturday 7:00 - 10:30 a.m., Sunday 9:00-10:30 a.m.

Lunch Hours Monday - Sunday 11:00 - 4:30 p.m.

Dinner Hours (Coming Soon)

Consumer Warning: Consuming raw or undercooked Meats, Poultry, Seafood, Shellfish, or Eggs may increase your risk of foodborne illness. *Indicates foods that are served raw or undercooked, or may contain raw or undercooked ingredients.

\$2.00 Split/Sharing Charge, 20% Gratuity Charged on Parties of 6 or more
(We accept all major credit cards except Discover)