

DINNER

APPETIZERS

EGG ROLLS (3) <i>handmade egg rolls and sauce</i>	\$6
BRUSCHETTA <i>fresh tomatoes, red onion, garlic, basil and lemon with grilled baguette</i>	\$6
HUMMUS <i>our hummus served with carrots, celery, cucumber, radish and grilled pita</i>	\$6
PIMENTO CHEESE AND CRACKERS <i>homemade pimento cheese served with carrots, celery, cucumber, radish and crackers</i>	\$6
SHRIMP AND GRITS <i>eastern shore style, cooked in beer and bay spice served over cheese grits</i>	\$8
MUSSELS <i>1# cold water PEI mussels cooked with tomato, garlic, wine, feta and basil served with grilled baguette</i>	\$10

SALADS

HOUSE <i>mixed greens, cucumber, grapes, blue cheese & pecans balsamic, ranch, 1000 island, blue cheese, caesar, honey mustard</i>	SM \$5 LG \$7
CAESAR <i>romaine hearts, house made croutons, parmesan and our creamy dressing</i>	SM \$5 LG \$7
SEASONAL <i>the CHEF's creation inspired by seasonal flavors and ingredients</i>	\$8
<i>ADD: shrimp \$8, sirloin steak \$8, tilapia \$6, chicken breast \$4</i>	

HAND HELDS AND SNACKS

TACOS <i>CHICKEN</i> <i>CARNITAS</i> <i>FISH</i>	2/\$8 OR 3/\$10
SLIDERS <i>BEEF</i> <i>FRIED CHICKEN</i> <i>CRAB CAKE</i> <i>MINI FRANKS (caramelized onion, sauerkraut or chili & cheese)</i>	2/\$8 OR 3/\$10
LOADED POTATO SKINS <i>bacon, cheese and sour cream</i>	\$7
TLW TAVERN GRILLED CHEESE <i>sourdough bread and cheddar cheese</i>	\$5 <i>ADD bacon \$2</i>
CHIPS AND DIP/SALSA <i>potato or corn chips, house made onion dip or ranch, red or green salsa</i>	\$5
CRUDITÉ <i>fresh carrots, celery, cucumber and radish with ranch or onion dip</i>	\$5
TAVERN SNACK MIX	\$3

SOUP served with baguette SM \$5 / LG \$7

TLW ONION SOUP <i>sweet yellow onions slow cooked with butter and chicken stock</i>
SEASONAL SOUP <i>inspired by seasonal flavors and ingredients</i>

THE LIGHT WELL'S HAND CUT USDA CHOICE STEAKS

RIB EYE-10oz \$25 SIRLOIN-8oz \$18

with choice of side

dress up your steak with blue cheese, caramelized onion, mushrooms \$1 ea

THE CHEF'S FEATURES

ROASTED HALF CHICKEN \$16	PORK LOIN CHOP \$16	SEAFOOD \$ MKT
<i>CHEF's creation inspired by seasonal flavors, ingredients and food trends</i>		
VEGETARIAN ENTRÉE \$12		
<i>choose any three (3), regular or featured side items</i>		
<i>ADD: shrimp \$8, sirloin steak \$8, tilapia \$6, chicken breast \$4</i>		

HOMEMADE FETTUCINI PASTA \$11

CHOOSE: alfredo, tomato, herb butter or basil pesto

ADD ON OPTIONS: shrimp \$8, sirloin steak \$8, tilapia \$6, chicken breast \$4 or seasonal vegetable \$3

THE LIGHT WELL CHIMICHANGAS \$10

lightly griddled burritos or salad bowl- served with sour cream, choice of red salsa or green salsa and a side

CHICKEN

cumin spiced pulled chicken, tomatoes, onions, monterey jack cheese, bean and corn salsa

CARNITAS

orange scented shredded pork sautéed with onions, serrano peppers, monterey jack cheese, bean and corn salsa

VEGETABLE

seasonal vegetables, monterey jack cheese, bean and corn salsa

TLW TAVERN SANDWICHES \$12

All sandwiches served with choice of a side

CUBAN *shredded pork, gouda cheese, bacon, caramelized red onions, plum aioli and bistro sauce on grilled sourdough bread*

REUBEN *corned beef, swiss cheese, sauerkraut, 1000 island on grilled marbled rye*

CHICKEN CLUB *grilled chicken breast, bacon, romaine, tomato, ranch on grilled sourdough*

BRUSCHETTA CHICKEN *grilled chicken breast, provolone cheese, mixed greens, topped with homemade bruschetta served on focaccia bread*

BBQ CHICKEN *grilled chicken breast, our sweet smokey BBQ sauce, homemade slaw on a challah bun*

FIREBIRD *turkey, tomato, red onion, gouda cheese, bacon on grilled sourdough*

TLWBLT *1/4 # of bacon, romaine lettuce, tomato choice of rye, sourdough, whole grain wheat.*

CHICKEN SALAD *featured chicken salad, romaine lettuce and tomato, choice of rye, sourdough, whole grain wheat or tortilla wrap*

SIDES \$3

LOADED POTATO SALAD

bacon, onions, gouda, chives

SAUTED SPINACH

garlic, olive oil, salt

ROASTED POTATOES

russet, red & sweet, rosemary sea salt

GARLIC MASHED POTATOES

Garlic and olive oil

CHEESE GRITS

milk, butter, parmesan cheese

BAKED POTATO

with butter and sour cream

SEASONAL VEG

local and seasonal

TLW BURGER BAR

all burgers served on challah bun with choice of cheese blue cheese, cheddar, gouda, pepper jack, provolone, swiss or white American, and a side

LOCAL \$12
herb mayo, tomato, arugula

TURKEY \$11
bistro sauce, mixed greens, tomato

BLACK BEAN \$11
mayo, romaine lettuce, tomato, sprouts

PORTOBELLO \$11
herb mayo, mixed greens, balsamic tomato, carrots

BLACK AND BLUE ADD \$1
blackened and blue cheese

MUSHROOM SWISS ADD \$1
sautéed mushroom with swiss cheese

PIZZA BURGER ADD \$1
homemade tomato sauce and fresh mozzarella

EXTRAS: bacon \$2, avocado \$2, mushrooms \$1, pesto \$1, pimento cheese \$1, fresh mozzarella \$1, jalapenos \$.50, extra cheese \$.50

KIDS ONLY

MAC AND CHEESE \$4
elbow pasta and creamy cheese sauce

MINI QUESADILLAS \$4
2 cheese quesadilla w/fruit or chips

GRILLED CHEESE \$5
cheddar w/fruit or chips

CHICKEN TENDERS \$5
w/ sauce and fruit or chips

BURGERS \$6
2 2oz burgers w/fruit or chips

MINI FRANKS \$6
2 3" all beef franks w/fruit or chips

THINGS TO NOTE

*for parties of six(6) or more **NO** separate checks, an 18% gratuity will be applied*

We cook/prepare all menu items to order.

Consuming undercooked meats or raw eggs may increase your risk of food-borne illness

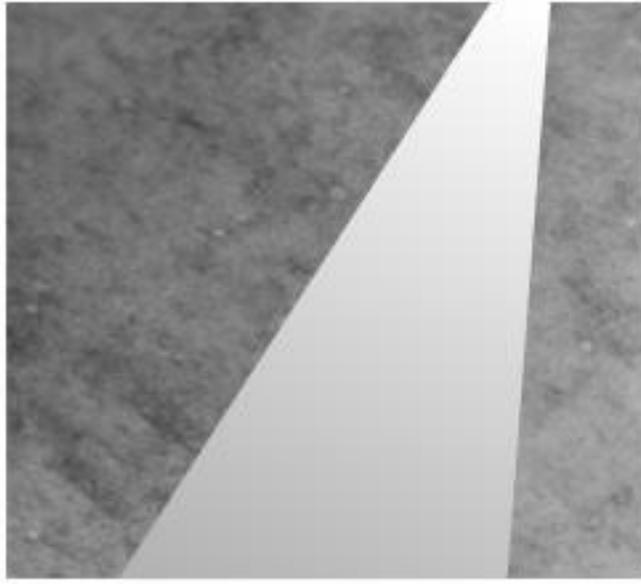
Substitutions are politely declined

The
**LIGHT
WELL**

COFFEE • KITCHEN • TAVERN

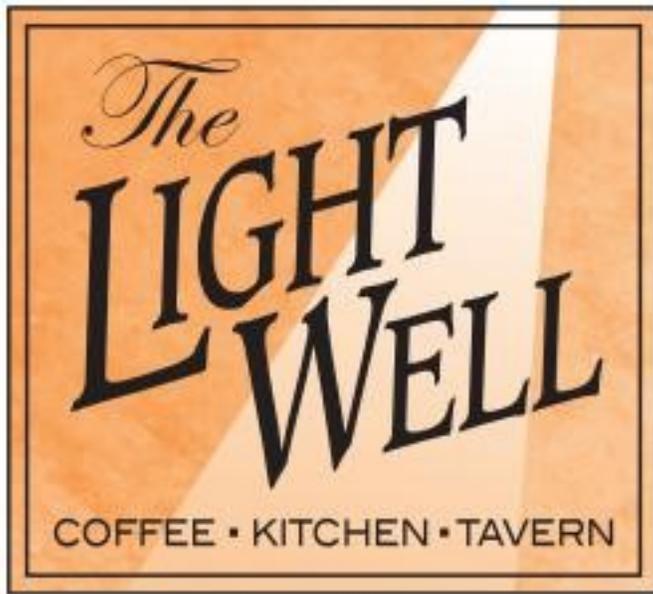
Black

110 E MAIN STREET
ORANGE, VIRGINIA 22960
540-661-0004
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Orange





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