



Sammy T's

Appetizers

Fried Tofu & Broccoli GF/V/VG with Sweet Chili Sauce & Toasted Sesame	11.0	Grilled Cornbread V Served with Honey Butter	7.0
Spinach-Artichoke Dip with Cream Cheese, Parmesan and Grilled Pita	11.0	Hummus V with Tomato, Cucumber, Red Onions, Greens & Grilled Pita	10.0
Deep Fried Artichoke Hearts GF with Lemon Caper Aioli	11.0	Tzatziki Dip V Cucumber Yogurt Dip with Cucumber, Tomato, Red Onions, Feta on Greens with Grilled Pita	11.0
Mediterranean Platter V Hummus and Tzatziki Dips with Cucumbers, Tomato, Red Onions, Feta, Black Olives, Pepperoncini & Grilled Pita	16.0	Nachos GF, V with Chopped Onions, Peppers, Jalapenos, Tomatoes, Cheddar & Mozzarella Cheese	12.0
Quesadilla V with Chopped Onions, Peppers, Jalapeños, Tomatoes and Cheddar & Mozzarella Cheese Add: Chicken 6. Ground Beef* 6. Black Beans 3. Shrimp 7. Steak* 8	11.0	Add: Chicken 6. Ground Beef* 6. Black Beans 3. Shrimp 7. Steak* 8	

Salads

Add: Tofu 6. Steak* 8. Chicken 6. Shrimp 7

House-Made Dressings: Lemon Tahini, Herb Balsamic, Blue Cheese, Red Wine Vinaigrette, Ranch & Honey Mustard Vinaigrette

Simpleton Salad GF/V/VG with Red Cabbage, Carrots, Cucumbers, Cherry Tomato and Mixed Greens	9.0	Couscous Salad V with Feta Cheese, Olives, Pickled Red Onions, Tomatoes, Baby Arugula, Avocado & Red Wine Vinaigrette	12.0
Sammy Salad GF/V with Crumbled Blue Cheese, Dried Cranberries, Toasted Walnuts, Granny Smith Apple & Spinach, Served with Herb Balsamic Dressing	12.0	Avocado Salad V/GF with Goat Cheese, Cherry Tomato, Pickled Red Onion, Sunflower Seeds & Red Wine Vinaigrette	13.0
Ellen Salad V/VG with Falafel, Tabouli, Cucumbers, Cherry Tomato, Red Onion & Spinach, Served with Lemon Tahini	13.0	Flat Iron Steak Salad GF with Pickled Red Onion, Cherry Tomato, Feta, Sunflower Seeds, Served with Red Wine Vinaigrette	17.0

Burgers & Handhelds

Serving Premium Pastured Angus from Seven Hills Farm in Lynchburg, VA

Sandwiches do not include a side.

Gourmet Burger* 7oz. Fresh Angus Ground Beef with Greens, Tomato, Onion & Sweet Chili Mustard Add: Bacon 2. Cheese 1.5. Fried Egg 1. Avocado 2	13.0	Cajun Grilled Chicken Breast with Bacon, Avocado, Baby Arugula & Shallot Jam	14.0
Black Bean Burger V with Avocado, Tomato, Greens & Southwest Aioli	12.0	French Dip Au Jus with House Cooked Roast Beef*, Grilled Onions, Swiss, Horseradish Aioli on French Bread with Au Jus	15.0
Bean & Grain Burger V/VG with Mixed Greens, Tomato, Pickled Red Onion and Sweet Chili Mustard	12.0	Shrimp Po' Boy Fried Shrimp, Coleslaw, Onion, Lettuce, Tomato and Lemon Caper Aioli on French Bread	15.0

GF: Gluten Free V: Vegetarian VG: Vegan

Feel good food since 1981

If you don't see your old Sammy T's favorites or have any dietary restrictions, let us know and we will do our best to accommodate you!

Sandwiches, Pitas & Wraps

Avocado Melt V with Mozzarella, Tomato, Spinach, Shallot Jam and Horseradish Aioli on Sourdough	12.0	Black Bean Pita V/ VG with Grilled Pita, Mixed Greens, Tomato, Onion, Cucumber with Side of Salsa	13.0
Apple Cheddar Melt V with Dijon, Mayo and Sunflower Seeds	10.0	Falafel Pita V/VG with Grilled Pita, Mixed Greens, Tomato, Onion, Cucumber with Side of Lemon Tahini	13.0
Grilled Cheese V with Cheddar, Mozzarella & Swiss	8.5	Spinach Fold Over V/VG with Onion, Tomato, Mushroom, Spinach & Hummus in a Grilled Flour Tortilla with Side of Lemon Tahini	13.0
Veggie Club V/VG with Avocado, Spinach, Tomato, Cucumber, Pickled Red Onion & Hummus	11.0	Reuben or Rachael Roast Beef, Turkey or Tofu with Sauerkraut, Swiss Cheese, Thousand Island, Grilled on Rye	14.0
Curried Chicken Salad with Tomato, Greens & Pickled Red Onions, Walnuts and Dried Cranberries	12.0	Club Sandwich Turkey, Ham, Swiss, Bacon, Tomato & Greens on 3 Slices of Toasted Bread of Choice	13.0
Turkey Panini Grilled Panini with Turkey Breast, Melted Swiss, Tomato, House made Pickles, Sweet Chili Mustard and Mayonnaise	13.0	Choice of Bread: Wheat, Rye, Pumpernickel, Sourdough, Tortilla Wrap, Pita, Gluten-Free Bread (\$2)	
"Camper Special" V Bean & Grain Burger Grilled with Sautéed Mushrooms, Onions, Green Peppers, Tomato & Hummus in a Flour Tortilla Wrap topped with Melted Cheese & Side of Lemon Tahini	14.0	Add Cheese: Cheddar, Swiss, Mozzarella, Bleu Crumbles, Feta	1.5

Sandwiches do not include a side.

Entrees

Mediterranean Shrimp Cous-Cous Sautéed Shrimp, Sun-dried Tomatoes, Onions, Black Olives, Feta in a Lemon Butter White Wine Reduction	18.0	Flat Iron Steak* Grilled with Sautéed Mushrooms & Blue Cheese Cous Cous, Broccoli & Shallot Jam	26.0
Stir Fry V/VG/GF Broccoli, Mushrooms, Onions, Peppers & Carrots in a Peanut Teriyaki Sauce with Rice or Pasta Add: Steak 8. Chicken 6. Shrimp 7. Tofu 6	15.0	Sammy's Catch GF Seasoned Vegetables, Cous Cous, Rice	23.0
		Vegetarian Grain Bowl Seasonal Vegetables, Farro, with House Vinaigrette	14.0

Sides

French Fries / Side or Basket	5/7
Sweet Potato Fries / Side or Basket	5/7
Cole Slaw / Side	4
House Salad / Side	6
Garlic Buttered Broccoli / Side	6

Kid's Corner 12 or Under

Pasta with Butter & Parmesan Cheese V	8
Burger with Fries Basket	8
Chicken Fingers with Fries Basket	8
Cheese Quesadilla V	8
PB & J with Fries Basket V/VG	8

Beverages

Soft Drinks Pepsi/Diet Pepsi, Ginger Ale, Dr. Pepper, Lemonade, Club Soda	3
Tea / Sweet or Unsweet	3
Coffee / Regular or Decaf	3
Pellegrino Bottled Seltzer	6

Sammy's Special Teas

Individual Teas with all-Natural Herbs and Flavors Blended Exclusively for Sammy T's. CF: Caffeine Free	
Breakfast at Sammy T's Irish Breakfast Blend Malty & Bold	4
Mint Nouveau Herbal Mint with Chamomile & Lemongrass CF	4
Tropical Passion Herbal Blend with Passionfruit, Mango & Orange CF	4
Citrus Mate Yerba Mate Blend with Orange & Lemon	4
Sunny Day Turmeric Herbal Blend with Apple, Turmeric, Cinnamon & Orange CF	4
Spiced Apple Chai Black Tea with Cinnamon, Ginger, Cardamon & Apple	4
Apricot Green Tea with Apricot, Green Apple & Floral Aromas	4
Lemongrass & Ginger Herbal Blend with Creamy Lemon & Ginger CF	4

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We are proud to serve Seven Hills Farm organic/grass fed beef (Lynchburg, Virginia)

* Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.

** Some products may be modified to accommodate food allergies or preferences, ask your server for details. Please inform your server of any allergies or intolerances.

Plan your next get together in Sammy's Private Room. Sits up to 20, perfect for birthdays, wine pairing dinners and that special event. Looking for a nice place to host your business lunch or dinner? Our private room has WiFi and TV/Monitor. For information and reservations, call 540.372.2008.

Join us every Sunday for the best brunch in the Burg! New brunch specials every week. Want a guaranteed table? Call for reservations 540.371.2008.