



Sammy T's

Appetizers

Fried Tofu & Broccoli GF/V/VG

with Sweet Chili Sauce & Toasted Sesame

Spinach-Artichoke Dip

with Cream Cheese, Parmesan and Grilled Pita

Deep Fried Artichoke Hearts GF

with Lemon Caper Aioli

Mediterranean Platter V

Hummus and Tzatziki Dips with Cucumbers, Tomato, Red Onions, Feta, Black Olives, Pepperoncini & Grilled Pita

Quesadilla V

with Chopped Onions, Peppers, Jalapeños, Tomatoes and Cheddar & Mozzarella Cheese

Add: Chicken / Ground Beef*/ Black Beans / Shrimp / Steak*

Grilled Cornbread V

Served with Honey Butter

Hummus V

with Tomato, Cucumber, Red Onions, Greens & Grilled Pita

Tzatziki Dip V

Cucumber Yogurt Dip with Cucumber, Tomato, Red Onions, Feta on Greens with Grilled Pita

Nachos GF, V

with Chopped Onions, Peppers, Jalapenos, Tomatoes, Cheddar & Mozzarella Cheese

Add: Chicken / Ground Beef*/ Black Beans / Shrimp / Steak*

Chicken Wings

Old Bay, Lemon Pepper, Cajun. Buffalo, BBQ & Sweet Chili

Salads

Add: Tofu / Steak*/ Chicken / Shrimp.

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

Sammy Salad GF/V

with Crumbled Blue Cheese, Dried Cranberries, Toasted Walnuts, Granny Smith Apple & Spinach, Served with Herb Balsamic Dressing

Ellen Salad V/VG

with Falafel, Tabouli, Cucumbers, Cherry Tomato, Red Onion & Spinach, Served with Lemon Tahini

Couscous Salad V

with Feta Cheese, Olives, Pickled Red Onions, Tomatoes, Baby Arugula, Avocado & Red Wine Vinaigrette

Avocado Salad V/GF

with Goat Cheese, Cherry Tomato, Pickled Red Onion, Sunflower Seeds & Red Wine Vinaigrette

Flat Iron Steak Salad GF

with Pickled Red Onion, Cherry Tomato, Feta, Sunflower Seeds, Served with Red Wine Vinaigrette

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 / Cheese / Fried Egg / Avocado

Black Bean Burger V

with Avocado, Tomato, Greens & Southwest Aioli

Bean & Grain Burger V/VG

with Mixed Greens, Tomato, Pickled Red Onion and Sweet Chili Mustard

Cajun Grilled Chicken Breast

with Bacon, Avocado, Baby Arugula & Shallot Jam

French Dip Au Jus

with House Cooked Roast Beef*, Grilled Onions, Swiss, Horseradish Aioli on French Bread with Au Jus

Shrimp Po' Boy

Fried Shrimp, Coleslaw, Onion, Lettuce, Tomato and Lemon Caper Aioli on French Bread

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
- Apple Cheddar Melt** V
with Dijon, Mayo and Sunflower Seeds
- Grilled Cheese** V
with Cheddar, Mozzarella & Swiss
- Veggie Club** V/VG
with Avocado, Spinach, Tomato, Cucumber, Pickled Red Onion & Hummus
- Curried Chicken Salad**
with Tomato, Greens & Pickled Red Onions, Walnuts and Dried Cranberries
- Turkey Panini**
Grilled Panini with Turkey Breast, Melted Swiss, Tomato, House made Pickles, Sweet Chili Mustard and Mayonnaise
- “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

- Black Bean Pita** V/ VG
with Grilled Pita, Mixed Greens, Tomato, Onion, Cucumber with Side of Salsa
- Falafel Pita** V/VG
with Grilled Pita, Mixed Greens, Tomato, Onion, Cucumber with Side of Lemon Tahini
- Spinach Fold Over** V/VG
with Onion, Tomato, Mushroom, Spinach & Hummus in a Grilled Flour Tortilla with Side of Lemon Tahini
- Reuben or Rachael**
Roast Beef, Turkey or Tofu with Sauerkraut, Swiss Cheese, Thousand Island, Grilled on Rye
- Club Sandwich**
Turkey, Ham, Swiss, Bacon, Tomato & Greens on 3 Slices of Toasted Bread of Choice
- Choice of Bread:** Wheat / Rye / Pumpernickel / Sourdough Tortilla Wrap / Pita / Gluten-Free Bread
- Add Cheese:** Cheddar / Swiss / Mozzarella / Bleu Crumbles / Feta
- Sandwiches do not include a side.*

Entrees

- Mediterranean Shrimp Cous-Cous**
Sauteed Shrimp, Sun-dried Tomatoes, Onions, Black Olives, Feta in a Lemon Butter White Wine Reduction
- Stir Fry** V/VG/GF
Broccoli, Mushrooms, Onions, Peppers & Carrots in a Peanut Teriyaki Sauce with Rice or Pasta
Add: Steak / Chicken / Shrimp / Tofu

- Flat Iron Steak***
Grilled with Sautéed Mushrooms & Blue Cheese Cous Cous, Broccoli & Shallot Jam
- Sammy's Catch** GF
Seasoned Vegetables, Cous Cous, Rice
- Vegetarian Grain Bowl**
Seasonal Vegetables, Farro, with House Vinaigrette

Sides

- French Fries** / Basket
- Sweet Potato Fries** / Basket
- Cole Slaw** / Side
- House Salad** / Side
- Garlic Buttered Broccoli** / Side

Kid’s Corner 12 or Under

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

Beverages

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

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
- Mint Nouveau**
Herbal Mint with Chamomile & Lemongrass CF
- Mango Passion Fruit**
Herbal Blend with Passionfruit, Mango & Orange CF
- Citrus Mate**
Yerba Mate Blend with Orange & Lemon
- Honey Chai**
Herbal Blend with with Cinnamon, Ginger, Cardamon & Apple
- Apricot Green Tea**
with Apricot, Green Apple & Floral Aromas
- Lemongrass & Ginger**
Herbal Blend with Creamy Lemon & Ginger CF

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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.