

WEST FIRST

wood-fired



STARTERS

We source local, organic and sustainable products whenever possible to ensure the best quality and value. Our meats are sustainably raised and hormone/antibiotic free.

- fresh bread** – a basket of our warm organic brick oven bread with garlic infused olive oil – 3
add a bowl of scratch chunky marinara or roasted garlic for an extra – 2
- hummus plate** – our house-made roasted garlic hummus with crostini and raw vegetables – 8
- steamed blue mussels** – in a red wine marinara, or dill cream sauce- served with fresh bread – 10
- artichoke, goat cheese, and spinach dip** served with fresh brick oven bread – 7
- lentil bowl** – north african spiced organic lentils served with fresh bread, all proceeds donated to provide safe drinking water in east africa – 5
- soup from scratch** – made daily and served with fresh baked bread – cup 3.5 – bowl – 5
- caprese** – fresh mozzarella and sun-ripened tomatoes with fresh basil, olive oil, and topped with a balsamic reduction drizzle – 8

SALADS

- west 1st house salad** – roasted pistachios, sundried cherries, goat cheese, and house balsamic vinaigrette on organic mixed greens – 10/5.50
- caesar** – crispy romaine, herbed croutons, kalamata olives, and romano generously dressed in our zesty ceasar – 8/4.5
- kale salad** – baby kale with roasted pepitas, dried cranberries and pecorino romano in a lemon olive oil vinaigrette – 8/4.5
- wedge salad** – heart of romaine with chunky house blue cheese dressing, bacon, scallions, and fresh tomato – 9/4.75
- greek salad** – tomato, cucumber, feta, dolmas, kalamata olives, peppers, red onion, and egg on organic greens with “ziki” dressing – 10/5.50
- Local apple and roasted beets** – with feta and walnuts on spinach and mixed greens with orange vinaigrette – 9.50/5
- bronzed salmon filet or sautéed shrimp** – add to any salad – 6 add chicken – 3

We are committed to quality, freshness, & wholesome food at West First & the Flat Rock Village Bakery. We bake all of our organic breads in our wood-fired brick oven. Our 30% whole-wheat pizza doughs & organic pastas are all made by hand. We make our own fennel sausage, use only organic field greens and loads of fresh herbs & produce. Everything is made fresh from scratch daily.

PIZZA

lunch pizzas – 9" personal or 13" regular

We source local, organic and sustainable products whenever possible to ensure the best quality and value. Our meats are sustainably raised and hormone/antibiotic free. All pizzas are topped with freshly grated Romano cheese

- personal-sized gluten free crust available for 1.50 •
- cheese** – crushed plum tomato sauce & mozzarella
• add **sausage** or **pepperoni** for – 3 – 6/10.50
- margherita** – fresh mozzarella & sweet basil on crushed plum tomato sauce – 7/12
- goat cheese** – fresh basil pesto with mozzarella, spinach, marinated artichoke hearts, sundried tomatoes and goat cheese – 10/16
- prosciutto** – aged parma ham, fresh mozzarella, & fresh arugula on crushed tomato sauce – 9/15
- campari** – roasted garlic olive-oil base, tomato slices, garlic and fresh mozzarella-with balsamic vinegar reduction and fresh basil – 7/12
- bbq chicken** – house-made zesty bbq, mozzarella, cheddar, roasted chicken, red onion & cilantro
• add applewood bacon for – 1.5 – 9/15
- roasted salmon pizza** – virgin olive-oil brushed crust, roasted salmon, mozzarella, spinach, marinated artichoke hearts, red onion and local goat cheese with a balsamic reduction – 11/17
- greek chicken** – olive oil brushed crust, pulled chicken, kalamata olives, fresh tomato, feta, arugula and finished with a “ziki” drizzle – 11/17
- potato** – thinly sliced Yukon gold potatoes, mozzarella, walnuts, sweet onion marmalade, gorgonzola and arugula – 9/15
- mushroom** – a medley of crimini, oyster and shiitake mushrooms on a tomato base with mozzarella and asiago – 9/15
- veggie** – fresh garden vegetables with mozzarella, smoked gouda and fresh basil on a combination tomato and pesto base – 10/16
- calzone** – either roasted chicken spinach garlic feta and mozzarella - or - Italian sausage, herbed ricotta, sweet onion marmalade, balsamic vinaigrette drizzle, mozzarella & artichoke hearts – 10

[B.Y.O.Pizza – please see ingredient options on the backside of the dessert menu on your table.]

*additional charge for “half-n-half” pizzas – 1 (9") – 2 (13")

note: consuming raw and undercooked meats, poultry, seafood and eggs may increase you're risk of food borne illness, especially if you have a medical condition

PASTA & ENTREES

Our pasta is hand made daily with organic eggs. **Gluten free or whole wheat pasta available on request.** We source local, organic and sustainable products whenever possible to ensure the best quality and value. Our meats are sustainably raised and hormone/antibiotic free.

- west first meatballs** – in red wine marinara on tagliolini topped with fresh basil & romano – 14
- vegetable pesto fettucini** – sautéed vegetables tossed with fresh arugula-walnut pesto and topped with basil and goat cheese – 15 (veg)
- chicken marsala** – pan seared chicken breast sautéed with shallots, garlic and mushrooms tossed in a marsala wine and butter sauce over fresh fettucini – 16
- bronzed salmon** – fresh sustainably farmed scottish salmon dry rubbed, seared and served with root mash and sautéed vegetables – 18 (gf)
- vegan paella** – fresh sautéed vegetables and basmati rice seasoned with saffron – 15 (gf,vegan)
- lamb shawarma** – served with sautéed vegetables and cilantro lime basmati rice – 18 (gf)
- moroccan style pork chops** – olive oil and spice marinated bone-in pork chop, seared and served with root vegetable mash and an apricot honey marrakesh sauce – 17 (gf)
- seafood pasta kokkinisto** – shrimp, salmon and mussels sautéed with tomato, shallot, garlic and kale, tossed in a light olive oil and white wine sauce over fresh tagliolini – 19
- mushroom risotto** – a rich risotto, slow cooked with cream, aged cheese and a medley of crimini, oyster and shiitake mushrooms – 14 (gf) (veg)
- add a mixed greens side salad to your meal** – 3
- *add to the above – sausage – 3 chicken – 3 or shrimp or salmon – 6

gf = gluten free | veg = vegetarian
Most entrée dishes can be made gluten free by request

DRINKS

- izze** – clementine, pomegranate, or grapefruit 3
- reed's ginger brew, blue sky cola** 3
- virgil's root beer, cream soda, or diet root beer** 3
- coke, diet coke, sprite or lemonade** 2
- san pellegrino mineral water, panna spring water** . . . 3.5
- local organic dark roast coffee, hot or iced tea** 2
- espresso** 2
- cappucino, latte, or hot chai** 4

also be sure to check out our beer, mixed drinks & wine menu