

# WEST FIRST

wood-fired

## SOUP & SALADS

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.

**soup du jour** – hand-made soup from scratch, served with our fresh-baked bread – cup 3.5 / bowl 5

**hummus plate** – our house-made roasted garlic hummus with crostini and raw vegetables – 8

**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 spiced pepitas, dried cranberries and pecorino 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

**chicken strip salad** – walnut-encrusted chicken strips flash fried over crispy romaine with fresh tomato, cucumber, & spicy sweet honey mustard dressing – 9

**caprese** – fresh mozzarella and sun-ripened tomatoes with fresh basil, olive oil, and topped with a balsamic reduction drizzle – 8

**greek salad** – tomato, cucumber, feta, dolmas, kalamata olives, peppers, red onion, and egg on organic field 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

## DRINKS

**izee** – 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

## SANDWICHES

sandwiches served on our own fresh-baked bread with fresh fruit, side salad or chips  
 ~ ask for gluten free bread options ~

### – hot –

**lamb shawarma pita** – shredded braised spiced lamb, feta, mixed greens, tomato, kalamata olive, red onion with tahini dressing on fresh baked pita – 10

**grilled cheese and prosciutto** – wood-fired ciabatta with melted havarti cheese and thin strips of prosciutto ham – 8

**max club** – roasted breast of chicken, applewood smoked bacon, prosciutto ham, havarti cheese, organic greens, & basil pesto mayo on toasted focaccia – 9

**grilled veggie sandwich** – roasted portobella mushroom stacked with grilled zucchini, red onion and roasted red peppers with organic field greens, provolone and fresh basil pesto mayonnaise on focaccia – 9

**west first reuben** – our own corned beef and house made sauerkraut with swiss cheese and Russian dressing on wood fire-toasted flat rock village bakery rye – 10

**salmon po' boy** – pan-seared salmon with romaine, fresh tomato and remoulade sauce served on fresh ciabatta – 12

### – cold –

**avocado blt** – applewood bacon, tomato, organic greens and sriracha mayo on sourdough – 9

**chicken salad sandwich** – with celery, red onion, walnuts, dried cranberries and dill served on fresh 9 grain bread – also available as a salad (gf) – 8

**hummus pita** – wood fired pita with house made roasted garlic hummus, cucumber, red onion, fresh tomato, organic greens, kalamata olives and “ziki” dressing – 9

### – combo –

**choice of 2** – soup, side salad, or 1/2 cold sandwich. – 8

• substitute a 1/2 ceasar, 1/2 house, 1/2 Greek, 1/2 Kale, 1/2 apple beet.  
 1/2 wedge for an additional – 1

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

**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