



## **The Blue Ridge Parkway**

As a public works project begun during the Great Depression, the Blue Ridge Parkway is the first and longest rural parkway in America. Administered by the National Park Service, the 469-mile long Parkway extends through the southern Appalachians of Virginia and North Carolina, linking Shenandoah National Park and Great Smoky Mountains National Park.

### **Mabry Mill**

Mabry Mill is one of the most photographed sites on the Blue Ridge Parkway. Several hundred thousand travelers visit the Mill each year, a turn of events Ed Mabry probably could not have predicted when he built the Mill more than a century ago!

The Mabry family first settled the area in 1782, when Ed's great-great-grandfather received a land grant in nearby Patrick County. Ed was born in Patrick County in 1867. He returned to the area with his wife Lizzy, in 1903.

Ed built the Mill to provide wheelwright and blacksmithing services to the community, and in short order was operating a saw mill here as well. By 1905 gristmill services were also available, where farmers brought their corn for Ed to grind into meal.

It is in that custom of a local gristmill that we proudly serve and sell unique products like our stone ground cornmeal, buckwheat and grits. You will find them on our menu in pancakes, grits, our cornbread dressing and in our famous spoon bread. We think that Ed and Lizzie would like that we are carrying on a piece of their legacy here at the Mill.

[www.mabrymillrestaurant.com](http://www.mabrymillrestaurant.com)

# BREAKFAST

Served Until Noon

## Pancakes

Choose between Buckwheat, Cornmeal, Sweet Potato or Traditional Pancakes  
Two pancakes 6.95    Three pancakes 7.95

### The Blue Ridge

Three blueberry pancakes topped with whipped cream and more berries.  
8.95

### The Harvest

Three pecan pancakes topped with warm apple compote.  
8.95

### # Oatmeal Pancakes

Our own recipe combines rolled oats, wheat flour, egg whites and a blend of spices.  
8.95

### The Hunt

Two pancakes, bacon or sausage and your choice of home fries or grits.  
9.25, *Substitute ham for bacon or sausage 10.25*

### \*\*The Long Haul

Two pancakes, two eggs, bacon or sausage and your choice of home fries or grits.  
10.50, *Substitute ham for bacon or sausage 11.50*

### \*\*The Sampler Breakfast

Two eggs, biscuits, choice of bacon or, sausage, and choice of home fries or grits.  
8.95 *Substitute ham for bacon or sausage 9.95*

### \*\*The Quick Breakfast

Two eggs, hot biscuits and your choice of home fries or buttered grits.  
7.25

### # The Fresh Start

Greek yogurt topped with blueberries and granola.  
6.50

### \*\*The Sawmill

Two biscuits smothered with sausage gravy, two eggs, and your choice of home fries or grits.  
9.75

### # Bowl of Oatmeal

Topped with apples, pecans and cinnamon.  
5.95

### Breakfast Additions and A La Carte

Side of Bacon or Sausage 2.95    Side of Country Ham 4.95    #Toast 1.95    \*\*One Egg 1.50    \*\*Two Eggs 2.95  
Biscuits 2.25    Country Ham Biscuits 5.95    Home Fries or #Grits 2.95    Gravy 2.95  
#Bowl of Fresh Fruit 3.95    Baked Apples 2.95

# - Indicates a healthier choice

\*\* - *Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness*

# LUNCH & DINNER

## SALADS

### # House Salad

Fresh organic spring mix garnished with cucumber, tomato, onion and your choice of dressing.  
Small – 4.25 / Large – 6.75

### The Mabry

Fresh mixed greens topped with our roast turkey, candied pecans, cucumber, red onion, cheddar cheese, bell pepper, bacon and our house made croutons.  
9.95

## ENTREES

*All entrees served with a side of southern cornbread*

### Chicken Pot Pie

Succulent white meat chicken and braised vegetables in a creamy chicken veloute', layered between fresh puffed pastry.  
10.95

### Pot Roast

Our fork tender pot roast paired with baby carrots, mashed potatoes, and a rich au jus.  
11.95

### Roast Turkey Platter

Herb and butter basted turkey breast, slow roasted and served with our own cranberry relish, cornbread dressing and your choice of one side.  
10.95

### # Eat Your Veggies

Choose your three favorite sides.  
7.95

### Sides

Mashed Potatoes, Macaroni & Cheese, French Fries, #Green Beans,  
#Pinto Beans, Baked Apples, Glazed Carrots, #Fresh Fruit  
2.95

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# SANDWICHES

*Served with your choice of fries, fresh fruit, or chips. Sub a side salad for \$1.00*

## **Mabry Chicken Salad Wrap**

Sundried cranberries, celery, bell peppers, toasted pecans, sweet pickles, crisp lettuce, and chicken inside a flour tortilla.  
8.95

## **# Veggie Wrap**

English cucumber, roasted red pepper, tomato, red onion, organic mixed greens, and our feta spread wrapped in a flour tortilla.

Served with balsamic vinaigrette.  
8.95

## **\*\*Mill Burger/Cheeseburger**

Angus ground beef patty grilled to perfection and topped with your choice of lettuce, tomato, onion and mayonnaise.  
Burger 8.95 Cheeseburger 9.95

## **# Turkey Caprese Wrap**

House roasted turkey with lettuce, bacon, basil mayonnaise, tomato relish, and provolone cheese in a flour tortilla.  
8.95

## **B.L.T.**

Applewood smoked bacon with crisp lettuce, tomato and mayonnaise.  
8.95

## DESSERTS

### **Fresh Hot Cobbler**

Our traditional Blackberry cobbler served warm.  
5.95 / with ice cream 6.95

### **Strawberry Short Cake**

Fresh sliced sugar glazed biscuits layered with juicy strawberries and whipped cream.  
4.95

## **Drinks 2.50 each**

Pepsi, Diet Pepsi, Sierra Mist, Dr Pepper, Diet Dr Pepper, Mountain Dew, Diet Mt. Dew  
Sweet Tea, Unsweetened Tea

Coffee, Tea, Hot Chocolate, Whole Milk

Orange, Apple, or Cranberry Juice

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