

Friends

food with a flair



Welcome to Friends at the Cove!

With all the choices for dining these days, we are honored that you have chosen us. Thank you! With 3 years under our belt here at the Cove, and approaching 20 years in the business, we have come a long way.

When we first began, it was all about "fusion". The buzz words these days are "fresh and local", two things that have been a staple in our business since we began. We have had a garden for years, and have supplied the restaurant with the freshest, vine ripened veggies, fruits and herbs possible. Our "garden" over the past few years has evolved into more of a "Farm". We now produce a 25 member CSA, sell at a couple of markets, and still supply the restaurant with what is fresh and in season. Last year we earned the South Carolina Fresh on the Menu designation from the Department of Agriculture, and we are currently working on our Certified South Carolina Grown designation.

What all this means to you is that we not only try, but ARE serving you the freshest local products South Carolina has to offer. Our menu reflects our efforts particularly in the Chef Inspired Specials, and the Starting Block. It is a tremendous task to run a farm and a restaurant; it is a task none of us take lightly. What makes it all worthwhile is when we put a plate in front of you, and watch your reaction when you savor your first bite.

We take great pride in our "performance" and are truly grateful for the opportunity to share it with you.

Val Katie

Serving Dinner Thursday – Saturday 5-10pm

available for catering anytime

call us at 231-0663

www.friendsfoodwithaflair.com



Wait... Don't forget dessert!

Ask your server for todays yummy selections

"One cannot think well, love well, sleep well, if one has not dined well."

Virginia Woolf — A Room of One's own

••• Early Bird Special •••

available 5-6pm
includes a cup of soup or small green salad and a lighter portion
of your choice of a Chef Inspired Special — \$12.95
add the Starting Block \$4

••• Appetizers & Lighter Fare •••

NEW! Hummus*

Katie's famous garlicky hummus served with tortilla chips and accoutrements — \$6.95

NEW! Chips and Salsa*

tortilla chips served with our homemade salsa — \$4.95

Your Burger

a delicious hand pattied 8oz burger or chicken breast cooked to perfection,
served with lettuce, tomato and choice of two add-ons
with choice of chips or vegetables — \$8.95
with starting block \$12.95

Choice of add-ons: salsa, sauteed mushrooms, provolone, cheddar, swiss, or bleu cheese

The Starting Block Stands Alone!

help yourself to an array of soup and salads made from the freshest
seasonal ingredients picked from our own garden and other
local farms and gardens whenever possible — \$8.95

Black Bean Burrito*

beans wrapped in a flour tortilla, topped with
cheese, lettuce, salsa, sour cream — \$10.95
add chicken \$13.95 add steak \$14.95

Black Beans over Rice*

topped with sour cream, tomato and green onion — Cup \$2.95 Bowl \$6.95

Fish Sandwich

grilled or blackened, served with lettuce, tomato, onion
and homemade tarter sauce - with chips or vegetable — \$9.95
with starting block \$13.95

••• Signature Entrees •••

Southern Style Shrimp and Grits

slightly spicy (more if you like) shrimp, peppers and onions, tossed in cream
and served over the best grits ever — \$18.95 ½ Portion \$12.95

Sesame Stir Fry Veggies*

fresh local veggies, julienned, lightly sautéed, seasoned to perfection
and served over basmati rice or creamy grits — \$13.95 ½ Portion \$10.95
add shrimp \$4 add chicken \$3

Katie's Crab Cakes

fresh lump crab combined with only enough filler to hold them together, sautéed until
golden brown and topped with a light lemon caper sauce — \$22.95 ½ Portion \$16.95

Cajun Duck Breast

the best you have ever had! Served medium rare,
topped with bleu cheese and mango chutney — \$24.95

Seared Ahi Tuna

tuna steak coated with sesame seeds, seared, served rare on a bed of seaweed
salad and finished with soy ginger sauce — \$19.95 ½ Portion \$12.95

Black and Bleu Ribeye

12oz hand cut steak, seasoned and grilled to perfection, topped
with bleu cheese butter and finished under the broiler — \$23.95

••• Chef Inspired Specials •••

In order to provide you with a variety of imaginative menu selections,
we feature nightly specials showcasing the bounty from our garden as well as
other local farms and gardens when available.

**All entrees begin with a trip to the "starting block". Most entrees are
served with you choice of potato, rice or grits, and a fresh veggie.**

***Vegetarian**