



# ASBURY'S

— AT THE CAVERNS —

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# Lunch & Dinner Menu

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**Friday - Monday**

**Lunch: 11 AM - 4:30 PM**

**Dinner: 4:30 PM - 7 PM**

**Sunday Hours: 12 PM - 5 PM**



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## APPETIZERS

**Mozzarella Sticks**  **\$8**

Breaded mozzarella cheese sticks fried golden brown with marinara sauce. (360 Calories)

**Jalapeño Poppers**  **\$7**


Cheddar cheese stuffed jalapeño peppers fried golden brown. Served with sour cream. (450 Calories)

**Fried Dill Pickles**   **\$8**

Breaded and deep-fried dill pickle spears with ranch dressing. (470 Calories)

**The Greer Grazer**   **\$8**

Assortment of fresh vegetables and cheeses with ranch and hummus for dipping. (650 Calories)

**Wings (Buffalo, BBQ, or Garlic Parmesan)**  **\$7**

Served with celery sticks and ranch or bleu cheese. (630 Calories)

**Spinach Artichoke Dip**  **\$8**

Panko crusted blend of cream cheese, sour cream, spinach, and artichoke hearts. Served with pita chips. (480 Calories)

**Baked Potato Skins**  **\$6**

Crisp fried with cheddar cheese, bacon bits, green onions, and sour cream. (Without bacon option available) (595 Calories)


**Parmesan Fries**   **\$7**

Crispy steak fries tossed in a parmesan/herb blend. (440 Calories)

## SOUPS

**Soup of the Day** **\$6**

Always changing.

**Chili**  **\$8**


Thick and hearty, topped with cheddar cheese. Served with tortilla chips. (390 Calories)

**Vegetarian Vegetable**    **\$6**

A meatless option for our vegetarian friends. (180 Calories)

**French Onion**  **\$7**

Topped with Swiss cheese (without croutons available). (260 Calories)

**Senate Bean**  **\$6**

As served in the U.S. Capitol: navy beans with ham and onion in a rich ham stock. (150 Calories)

## SALADS

Add grilled or blackened chicken breast, shrimp, salmon, or steak to any salad for \$6.

**Harvest Salad**    **\$10**

Mixed greens with tomatoes, cucumbers, apples, red onions, dried cranberries, toasted almonds, and pecans. (205 Calories)

**Seneca Salad**  **\$11**

Mixed greens with tomatoes, cucumbers, grilled or fried chicken breast, bacon bits, and dried cranberries. (235 Calories)

**Taco Salad** **\$10**

A fried tortilla with mixed greens, refried beans, taco meat, and shredded cheddar. Includes sour cream, salsa, and guacamole. (840 Calories)

**Caesar Salad**  **\$9**

Chopped romaine lettuce with buttery seasoned croutons, parmesan cheese, and creamy Caesar dressing. (Without croutons option available) (505 Calories)



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## SANDWICHES

Includes your choice of fries, sweet potato fries, or house-made potato chips. Ask for our gluten free bread options.

**Fried, Grilled, or Buffalo** \$10

### Chicken Sandwich

Chicken breast with lettuce, tomato, and dill pickles. (520 Calories)

**Cavern Burger** \$11

Handmade 6 oz patty with lettuce, tomato, red onion, and pickle. (Add cheese for \$1.00) (710 Calories)

**Mushroom Swiss Burger** \$12

Topped with sautéed mushrooms and Swiss cheese. (730 Calories)

**Reuben** \$12

Corned beef, sauerkraut, Swiss cheese, and Thousand Island dressing on grilled rye. (585 Cal)

**Black and Bleu Burger** \$12

Cajun seasoned and topped with melted bleu cheese and crumbles. (750 Calories)

**Pork BBQ** \$11



Slow smoked pork BBQ with classic or Carolina BBQ sauce. Served with coleslaw. (600 Calories)

**Philly Steak Sandwich** \$11

Thin-sliced ribeye, with peppers, onions, and mushrooms. Topped with provolone or American cheese. (640 Calories)

**Catfish Po Boy** \$13

Breaded catfish filet with tartar sauce, lettuce, tomato, and pickle. (490 Calories)

**Southwest Black Bean Burger**   \$11

Double-stacked, spicy patties with lettuce, tomato, and guacamole. (Add cheese for \$1) (790 Calories)

**Honey Mustard Chicken Club** \$12

Grilled honey mustard dipped breast with bacon, lettuce, tomato, onion, and pickle. (630 Calories)

**French Dip** \$12

Thin-sliced prime rib and Swiss cheese with au jus for dipping. (795 Calories)

**Caprese Sandwich**  \$10

Sliced tomato and fresh mozzarella with pesto and balsamic vinaigrette on a ciabatta roll. (545 Calories)

## NACHOS

**Tex-Mex** \$11

Tortilla chips topped with seasoned ground beef, cheddar cheese, lettuce, tomato, red onion, and pickled jalapeños. Served with sour cream, salsa, and guacamole. (730 Calories)

**Vegetarian**  \$10

Tortilla chips topped with shredded cheddar cheese, roasted red and green peppers, black beans, red onions, and pickled jalapeños. Served with sour cream, salsa, and guacamole. (550 Calories)

**South of the Border Chicken** \$11

Tortilla chips topped with southwest seasoning and lime-marinated shredded chicken, cheddar cheese, lettuce, tomato, red onions, and pickled jalapeños. Served with sour cream, salsa, and guacamole. (730 Calories)

## WRAPS

All wraps come with your choice of steak fries, sweet potato fries, or house-made potato chips. Add bacon to any wrap for \$2.

**Steak Wrap** \$11

Thin-sliced beef, mushrooms, onions, and banana peppers with A-1 Steak Sauce. (810 Calories)

**Grilled, Fried, or Buffalo** \$10

### Chicken Wrap

Grilled or fried chicken breast with lettuce, tomato, onions, and Dijon mayonnaise. (720 Calories)

**Chicken Caesar Wrap** \$10

Grilled chicken breast, chopped romaine lettuce, and Caesar dressing. (940 Calories)

**Turkey Bacon Ranch Wrap** \$9

Roasted turkey breast with bacon, lettuce, tomato, and ranch dressing. (610 Calories)



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## LITTLE CAVERS

**Hamburger** \$6

Quarter-pound patty served with lettuce and tomato. (760 Calories)



**Cheeseburger** \$7

Quarter-pound patty with a choice of cheese. Served with lettuce and tomato. (960 Calories)

**The Stalagmite** \$5

Chargrilled quarter-pound hot dog. For \$1 more, add your choice of chili, cheese, coleslaw, sauerkraut, or jalapeños. (810 Calories)

**Peanut Butter & Jelly or Nutella®** \$5

For a warm, unique twist on this classic, let us grill it for you. (830 Calories)  

**Chicken Tenders** \$7

Breaded chicken strips fried golden with a choice of sauces. (665 Calories)

**Grilled Cheese**  \$5

Choice of cheese, grilled golden brown. (830 Calories)

## BEVERAGES ALL \$3

Fountain drinks

Iced tea

Lemonade

Coffee (regular or decaf)

## DESSERTS

**Cheesecake** \$6

Baked in-house, ever-changing.

**Cake** \$5

Baked in-house, ever-changing.

**Pie** \$5

Ever-changing.

**Flourless Chocolate Cake**  \$6

In-house baked rich dark chocolate bliss.

**Hot Fudge Brownie Sundae** \$7

Brownie and vanilla ice cream topped with hot fudge, whipped cream, and a cherry.

## BUFFET INFORMATION

**Sunday Buffet** \$25

12:00 PM - 3:00 PM

**First Friday Seafood Buffet** \$35

4:30 PM - 7:00 PM

## DIETARY INFORMATION

All items are sautéed in extra virgin olive oil or clarified butter.

Ask about our diet-friendly choices!

Vegetarian | Gluten-Free | Vegan







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## ENTREES

*Served after 4:30 PM.*


*All entrées include rolls, mixed green salad, vegetable of the day, and your choice of baked potato, rice, steak fries, or sweet potato fries.*


### BEEF

**Ribeye Steak**  **\$19**  
8 oz. choice ribeye steak. (620 Calories)


**Prime Rib**  **\$25**  
10 oz. cut; roasted and served with au jus. (580 Calories)

### POULTRY

**BBQ Chicken**  **\$13**  
Slow smoked chicken half, smothered in our BBQ sauce. (670 Calories)

**Grilled Chicken Bella Vista**  **\$12**  
Chargrilled to juicy perfection, topped with bell peppers and red onions, sautéed with white wine. (400 Calories)

### PORK

**BBQ Ribs**  **Half: \$14 | Whole: \$20**  
Slow smoked St. Louis-style pork ribs smothered in our BBQ sauce. (850 Calories)

### COMBINATION


**Ribs and Chicken**  **\$22**  
Slow smoked chicken and a half rack of ribs. (1350 Calories)

## SEAFOOD

**Shrimp Scampi**  **\$19**  
Shrimp sautéed in garlic butter over angel hair pasta. (480 Calories)

**Pan Fried Trout** **\$17**  
Mountain State rainbow trout served with toasted almonds and herb butter. (490 Calories)

**Crab Cakes** **\$21**  
House-made crab cakes, pan seared and served with remoulade. (930 Calories)

**Grilled or Poached Salmon**  **\$21**  
6 oz. skinless salmon filet prepared your way. Served with sauce vert. (410 Calories)

## PASTA

*Add chicken, shrimp, or steak to any pasta for an extra \$6.*

**Fettuccine Alfredo**  **\$15**  
Fettuccine noodles cooked al dente with a creamy parmesan cheese sauce. (1160 Calories)

**Fettuccine Marinara**   **\$13**  
Fettuccine noodles cooked al dente with rich marinara sauce. (520 Calories)



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## History of Asbury's

In the late 1700s, Bishop Francis Asbury, a Methodist minister and one of the first bishops of the Methodist Episcopal Church in the U.S., traveled through what would become Pendleton County, WV.

During his journey, he met a descendant of the first person to discover the caverns. The property owner, honored by Asbury's visit, named one of the caves after him. For over 150 years, it was called "Asbury's Cave" before being renamed "The Stratosphere Cave" when opened to the public.

Asbury explored both the "Big" cave and the "Little" cave, but the Little Cave fascinated him the most. His detailed journal entries about its formations became the first written records of caves in West Virginia. Years later, the accuracy of his descriptions helped identify the cave he wrote about.

Today, we honor Bishop Asbury's legacy here at Asbury's. Enjoy your meal and a taste of local history!

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