



Freemason Abbey

RESTAURANT & TAVERN

FREEMASON ABBEY Restaurant & Tavern

SAMPLE MENU

Great Beginnings

- Freemason Abbey Onion Soup**.....Crock - 6 Cup - 5
Topped with crostini and Swiss cheese
- She-Crab Soup**.....Bowl - 8 Cup - 7
Our award-winning specialty: Seasoned blend of lump crab meat and cream with sherry
- Soup of the Day**.....Bowl - 5 Cup - 4
Prepared daily by our chef
- Fried Calamari**9
Fried calamari rings served with marinara sauce and sprinkled with Parmesan cheese
- Fried Green Tomatoes**.....8
Beer battered and fried, topped with a bacon goat cheese crumble and balsamic drizzle
- Steak Caprese**.....12
Beef tenderloin tips, fresh Mozzarella, grape tomatoes, pesto and balsamic drizzle
- Chesapeake Crab Dip**10
A creamy lump crab meat blend served with homemade crostini
- Salmon Croquettes**.....8
Fried, served with a Green Goddess sauce
- ✓ **Artichoke Dip**9
Artichokes and Parmesan cheese with spinach and diced tomatoes served with homemade crostini

Starter Salads

- ✓ **Abbey Garden Salad**4
Romaine lettuce, garden vegetables, Cheddar cheese and New York flatbread
- ✓ **Seasonal Greens**5
Field greens topped with fresh strawberries, red onions, candied walnuts and goat cheese, with our raspberry champagne vinaigrette
- ✓ **Spinach Salad**5
Spinach topped with Asiago cheese, toasted almonds, red grapes, grape tomatoes and red onions, served with a sweet and tangy balsamic vinaigrette
- ✓ **Freemason Caesar**4
Romaine lettuce, Parmesan cheese and homemade croutons tossed in a traditional creamy Caesar dressing

Seafood

- Broiled Seafood Platter**27
Shrimp, scallops, flounder and lump crab cake seasoned and broiled, served with rice and asparagus
- Fan Tailed Shrimp**16
Fried butterflied shrimp served with coleslaw and fries
- Abbey Crab Cakes**24
Two lump crab cakes broiled and served over rice, drizzled with roasted red pepper aioli, accompanied by vegetable medley
- Riverside Salmon**18
Grilled and brushed with an Asian barbecue glaze, served over rice and vegetable medley
- Land & Sea**.....32
A 8 oz. filet mignon with a lump crab cake and sautéed shrimp, served with smashed potatoes and grilled asparagus

- Cilantro Lime Seared Scallops**.....24
Seared scallops and blistered grape tomatoes served over rice & asparagus with cilantro lime cream sauce
- Seafood Fantasia**.....20
Shrimp and sea scallops sautéed with peppers and onions, tossed with linguini a white wine Old Bay cream sauce and topped with lump crab meat

Hand Cut Steaks

- Grilled Filet Mignon**25
8 oz. beef tenderloin served with smashed potatoes and asparagus
- Ribeye 16 oz.**.....32
A 16 oz. cut grilled and served with smashed potatoes and vegetable medley
- Roast Prime Rib Au Jus**
..... Queen cut 10 oz. - 22
..... King cut 14 oz. - 29
Our prime rib is available only after 5:00 p.m. Choice prime rib slow roasted and served with au jus, smashed potatoes and vegetable medley

- Enhance your entrée**..... 2
*Shot of She -Crab Soup • Citrus herb butter
Red onion marmalade • Sautéed mushrooms
Blue cheese crumbles • Sautéed onions*

Add any of the following to your entrée

- Crab Cake**.....14
- Fried Shrimp (7)**.....7
- Crab Oscar**5
- Broiled Shrimp (7)**.....7

Pork, Pastas & More

- Roasted Baby Back Ribs**16
A full pound of pork ribs, slow roasted and served with smashed potatoes and vegetable medley
- Grilled Stuffed Pork Chop**19
Stuffed with spinach, apples, candied walnuts and goat cheese, served over smashed potatoes and asparagus with a maple honey Dijon drizzle
- Stuffed Quail**.....26
Two Quail stuffed with tomatoes, Cheddar and spinach, topped with a hot honey glaze. Served with wild rice and vegetable medley
- Smoked Gouda Tenderloin Penne** 18
Beef tenderloin tips sautéed with mushrooms and broccoli, tossed in a smoked Gouda cream sauce
- Pesto Crab and Shrimp Pasta**.....21
Lump crab and shrimp sautéed with mushrooms, grape tomatoes and spinach, tossed linguini
- Herb Butter Steak Pasta**17
Tenderloin beef tips sautéed with grape tomatoes, mushrooms and spinach, tossed with Penne pasta in an herb butter and white wine sauce topped with Asiago cheese and fresh parsley
- Chicken Asiago**.....16
Two pan seared chicken breasts topped with ham and Asiago cream sauce, served with smashed potatoes and asparagus

Vegetarian

- Quinoa Garden Burger**9
Served on a brioche bun with chimichurri aioli and your choice of cheese, sautéed onions or mushrooms, served with fries
- Curry Vegetable Bowl**9
Peppers, onions, broccoli, mushrooms and spinach sautéed in a sweet coconut curry sauce over rice
- Fried Green Tomato Sandwich**.....10
Beer battered green tomatoes, red onion marmalade, arugula, goat cheese crumbles and roasted red pepper aioli served on a brioche bun with chips
- Vegetable Penne**.....11
Peppers, onions, broccoli, mushrooms and spinach sautéed in a smoked Gouda cream sauce, tossed with penne
- Three Cheese Ravioli Marinara**.....14
Sautéed peppers, onions and spinach tossed with ravioli and simmered in marinara topped with Parmesan

Exciting Specials at the Abbey

Consider joining us for the following weekly specials:

Monday

Prix Fixe Dinner Menu (\$21 or \$27)
Select Half Price Bottles of Wine!

Tuesday

"Local's Night"
A comfort food menu and Southern Comfort drink specials Select Draft Beer - 5, House wine by the glass - 5

Wednesday

\$16 Lobster Pairings
Featured bottles of wine - 20

Thursday

\$17 (10 oz.) Prime Rib Special
*Available after 5PM
Select Local Draft Beer - 5*

Friday

Wild Game Night
Weekend Wine-red or white blends - 23

Sunday

Brunch 9:30 a.m.-2 p.m.
\$4 Bloody Marys, Screwdrivers, Mimosas and Champagne available all day

Executive Chef - Robby Norfleet

✓ - Denotes item is vegetarian

Gluten Free Menu Available Upon Request

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions

Freemason Abbey
209 West Freemason
Street, Norfolk, VA
(757) 622-3966
www.freemasonabbey.com

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CELEBRATING
30 YEARS
IN 2019!

Freemason Abbey Restaurant proudly celebrates 30 years of serving American fare to our local community and visiting guests. We take great pleasure operating from our beautifully renovated 146 year old church. Our staff works very hard to ensure your meal at Freemason Abbey is a memorable one. We think that is one of the many reasons for our longevity in the heart of downtown Norfolk.

Hours

Mon - Thur | 11am - 9:30pm
Fri & Sat | 11am - 10:30pm
Sun 9:30am - 9:30pm

Lunch menu served
Mon - Sat from 11am - 4pm
Sunday Brunch 9:30am - 2pm
Dinner served every day
Sun -Thurs 4pm - 9:30pm Fri
and Sat 4pm - 10:30pm
View all of our menus at
freemasonabbey.com

All Items and Prices are
Subject to Change.

SEE OUR AD IN THE
VIRGINIA BEACH
VISITORS GUIDES

VIRIGINABEACH.GUIDE