

The Bank

food and drink

Dear friends, we are really serious about using as many local product as we can, in fact, at the moment there is Nick, Jonathan, Bert and Gwynn that are growing organic gardens with the heirloom varieties that we need. Jonathan is growing Chicken and Squab for us and is supplying wonderful Eggs from his free-range hens. Plus, Joe from Taylor Hollow Farm is supplying gorgeous all-natural Beef; Jimbo from Big Pine Trout Farm brings us his amazing Trout raised in pure spring water and with sustainable practices. As always, be assured that none of our dishes contain any artificial ingredients. These goodies have a much lighter impact on the environment and are immensely more nutritious and tasty than industrial food, especially because they are cooked to order – so please relax and enjoy a “Slow Food” experience. Also, these ingredients are not available with the same consistency of industrial ones, so some of the dishes may not be available today.

Cheers, Giovanni and Nancy

Real Food is Love!

Vegan Soup

A velvety vegan soup, made fresh with organic veggies, 🍅 spices, and extra virgin olive oil

Cup 6,00 Bowl 9,00

Organic Garden Salad 🍅

Created with what is available today and dressed with our balsamic vinaigrette

Side/Appetizer 7,50 Entrée 10,50

Carrot and Lovage Salad

Simply organic carrots, lovage and mint 🌿 from our garden, dressed with balsamic vinegar; a surprisingly refreshing alchemy

Appetizer 7,50

Smoked Trout and Strawberry Salad

Locally raised trout 🐟 and strawberries 🍓 on a bed of greens 🌿 - dressed with goat cheese and lemon 🍅 vinaigrette

Appetizer 14,50 Entrée 18,50

🌿 Fava Bean Puree with Seasonal Veggies 🍅

This recipe comes from Gio's Nonna Sina, an old way of eating what the garden was offering that day

Appetizer 9,50 Entrée 14,50

Veggie Lasagne

Homemade lasagne pasta 🍅 layered with organic veggies, 🍅 our ricotta cheese, 🍅 fresh mozzarella and tomato 🍅

Entrée 19,50

Risotto with Shiitake Mushrooms and Wild Scallops

A made-to-order real Italian risotto. 🍅 Available only when prime quality scallops 🌿 can be found.

Entrée 24,50 per 1 person 21,50 per 2 persons or more

Local Trout Picatta

Fresh trout 🐟 from Big Pine Trout Farm cooked with capers, lemon 🍅 and garlic 🍅

Entrée 32,50

Pappardelle alla Bolognese

Homemade wide pasta 🍅 with a traditional Italian meat sauce, made with local beef 🌿

Entrée 22,50

 = Organic, Certified  = Natural or Organic, non-certified



Chicken and Bell Peppers en Croute

Chicken,  fire roasted peppers  and basil  rolled in thin layers of crisp dough 
Entrée 26,50



Chicken Tarragon

Chicken breast  marinated with fresh local tarragon,  cooked in a cast iron pan at low temperature with butter 
Entrée 26,50

Pork filet with Parmigiano Cheese Sauce

Tender, marinated pork filet  seared and served with parmigiano cheese and cream  sauce
Entrée 26,50

Beef "Tagliata"

This meat  comes from Blacksburg; crusted in black pepper, seared up to medium rare and sliced, served on a bed of greens  (usually spinach or arugula) and finished with Fromage d’Affinoise cream or balsamic reduction.
Entrée 35,00

*The law request us to inform you that consumption of raw or undercooked food can lead to food born illness
**The science informs us that grass-fed beef has a natural bacteria flora that is much less likely to cause illness,. For example, a study by Cornell University has determined that grass-fed animals have as much as 80% less of this strain of E. coli in their guts than their grain-fed counterparts. Also, the amount of E. coli they do have is much less likely to survive our stomach acids.

Gourmet Cheeses Plateau

The best national and international ones, great as Appetizer, Entrée or Dessert
4 cheeses 14,50 6 cheeses 18,50

Tasting Menu Available




(whole table only) 55,00 / 70,00 paired with wine

Dolci!

Ask our server about our daily desserts, always homemade with organic and all-natural ingredients. 8,50



Beverages

Sparkling Juice: mandarin orange, pomegranate	3,00
Reed's Ginger Brew	3,00
Virgil's Root Beer	3,00
Mexican Coca-Cola (no hfcs, no preservatives)	3,00
Sparkling water (large bottle)	4,50
Iced tea (1 refill) 	2,50
Hot tea 	2,50
Gourmet Organic, Free Trade Coffee  (1 refill)	2,50

Please be aware that consumption of good food can lead to unusual state of wellness, and increase your risk of being euphoric.