

WINTER 2024 EDITION

PANHANDLE EATS

YOUR LOCAL
GUIDE TO
GREAT FOOD

A SPECIAL PUBLICATION OF
The Journal

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Journal photo by Tom Markland

Mountaineer Mug & Cafe serves a wide variety of sweet treats, in addition to coffee and breakfast items.

The Garage on King has something for all

BY TOM MARKLAND
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MARTINSBURG - The Garage on King has cemented itself as the newest addition to Martinsburg's food scene, bringing a smorgasbord of new options to the city's downtown district. Located on 419 West King Street, the new food hall held its grand opening on Saturday, Jan. 24.

Inside the food hall is a diverse cast of eight local restaurants, with menus featuring everything from Texas brisket to sweet cereal-infused treats.

Each of their restaurants utilizes Toast, an online ordering system, to cut down on lines while still getting visitors their food fresh.

Full menus of each restaurant, in addition to the online order website, is located at thegarageonking.com.

MOUNTAINEER MUG & CAFE

Mountaineer Mug & Cafe is the first thing you see when you walk into The Garage on King. They offer an expansive menu, featuring everything from bagels and baked goods to 14 different varieties of pickles.

MOUNTAINEER MEAT SMOKERS

A long-time staple of Martinsburg's cuisine scene, Mountaineer Meat Smokers' newest venture is joining the Garage on King's roster. Their primary location has been serving handcrafted Texan BBQ since 2018.

Popular items on their menu include



Journal photo by Tom Markland

An O.G. Italian Sandwich from New School Cafe.

Texas Cheesesteaks, smoked mac & cheese, nachos and wings. Each of their sandwiches comes with kettle chips and a pickle, while their wings are served with celery, ranch or blue cheese.

GRINGO GORDO

First launched in Old-Town Winchester, Gringo Gordo specializes in empanadas. On their menu, they have differ-

ent six meat-filled empanadas, alongside six vegetarian options.

They also serve desert empanadas, with fillings like apple, guava and caramel.

LUNA CEREAL BAR

Luna Cereal Bar has had a presence in Martinsburg for some time now, holding occasional pop-up shops and serving creative and innovative cereal-infused items.

Their menu features cupcakes, cookies, cake-pops and a wide variety of other sweet treats.

NEW SCHOOL CAFE

The New School Cafe prides themselves on making familiar classics in a "new school" way. Their menu features soups, salads and sandwiches.

THE GREEN PINEAPPLE

The Green Pineapple started in Shepherdstown in 2016, but has since expanded to Martinsburg with their new location in The Garage. Their Asian-fusion cuisine is like nothing else in Martinsburg, with menu items tacos, ramen and "sushiritos." They also serve multiple flavors of boba or bubble tea, a treat that's skyrocketed in popularity over the past few years.

BAYOUNOLA

BayouNOLA brings the vibrant and soulful flavors of New Orleans Creole cuisine to downtown Martinsburg, offering a one-of-a-kind experience for visitors to The Garage. Their menu features Creole classics like seafood gumbo, jambalaya, crawfish and shrimp.

OG KITCHEN

"Ouu!! She cook just like nana!" it says on the sign above OG Kitchen, one of the newest additions to Martinsburg's cuisine scene.

OG Kitchen serves soul food, including favorites like fried catfish, Philly cheese subs and baked mac & cheese.

Everything Cheesecake offers fun and unique desserts

BY AINSLEY HALL
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MARTINSBURG — Everything Cheesecake is an internet cafe located in downtown Martinsburg known for its fun and unique cheesecake flavors. This gourmet cheesecake shop offers over 60 different kinds of cheesecakes as the shop features five freshly baked flavors each day. This year, Everything Cheesecake celebrates its 10th anniversary of serving delicious desserts to people in the community.

Teresa Gibbons started Everything Cheesecake with help from her husband and kids. Gibbons and her husband were both active police officers in Martinsburg when Gibbons decided to start her business. After work she would spend hours making cheesecake and trying different kinds. It became one of her passions, so she decided to share her creations with others.

Since then, her business continued to grow. Last year, they moved from Steven Street to a new location along Winchester Avenue. They continue to serve both new and old customers.

Mikaela Gillingham, general manager at Everything Cheesecake, started working there last June. For a long time, she

has been passionate about both small businesses and baking, so when the opportunity opened up, Gillingham was happy to get involved.

"There are so many things that make Everything Cheesecake special," Gillingham said. "If I had to pick one thing it would be the community. The people who work here, the people we serve and the people we give back to all make this place special. They give us the opportunity to create things that people have never seen before."

Every cheesecake starts out with a basic New York style cheesecake recipe. From there many different flavors and toppings evolved. Some of their most popular flavors include Salted Caramel, which has won awards for being the best cheesecake in the state. Gibbons also created a Loaded Cookie Dough flavor and a WV Honey cheesecake that makes use of local honey on cornbread. With many different flavors such as white chocolate raspberry and chocolate chip cannoli, Everything Cheesecake has a delicious dessert for just about everyone.

"Everyone should definitely keep an eye on us," Gillingham said. "We are constantly coming up with new ideas, so come try some once you get the chance."



Journal photo by Ainsley Hall

From the left, Mikaela Gillingham and Kylie DeJulis from Everything Cheesecake in Martinsburg.



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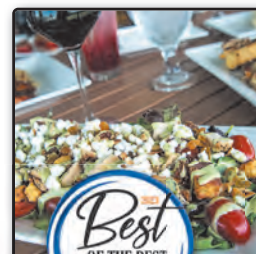
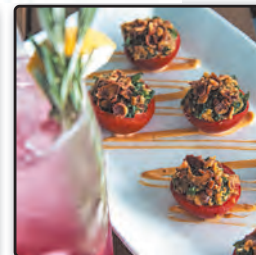


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BY TONI MILBOURNE

tmilbourne@journal-news.net

CHARLES TOWN — Stepping into TJ's Pitstop is like stepping back in time to diners of old. The eatery, located at 3511 Berryville Pike in Charles Town has quickly become a favorite of those looking for good old-fashioned home-cooked meals, as well as friendly, treat-you-like-family service.

Tamara Jeffries opened the diner just over five years ago and has been going strong since. Serving breakfast, lunch and dinner, the diner is a busy place at mealtime where folks can order everything from country fried steak to homemade chicken and dumplings. For those seeking a lighter fare, there are salads and wraps, sandwiches of all types and more. A favorite of many are the fresh-cut loaded fries, which make a meal in themselves when ordered with buffalo chicken cheese or pulled pork.

"The diner gives a bit of nostalgia to those who come in," Jeffries said as she pointed out all of the signs that adorn walls and ceiling. "We take pride in giving good food and good service," she went on as she shared that she has nine employees, all of whom interact with the public at some point during their day.

"It's not every day when someone stops just to talk to you," Jeffries smiled.

This year, Jeffries is embarking on an addition to the diner fare as she has begun to offer full-service catering for all types of events.



Journal photo by Toni Milbourne

Tamara Jeffries, right, and server Dylan McCarthy welcome folks into TJ's Pit Stop on Berryville Pike in Charles Town. The diner was the recipient of several Best of the Best nods.

See **COOKIN'**, Page 5

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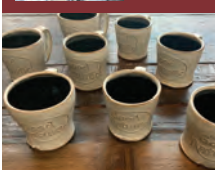
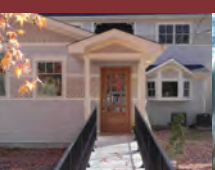
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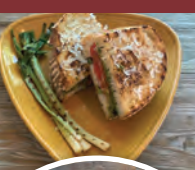




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Cookin' FROM PAGE 4

"We offer everything from platters to full-service meals," she said, adding that appetizer and desserts are also available. "I'm excited to expand into catering because it gives us an opportunity to showcase our food and to take that service to those who need it outside of a meal at the diner," she said.

Whether it be at the counter in the front of the diner, around the table in the side room or at a venue miles away, the delicious food and the smiling faces offering it are what continue to bring people back to this place and to encourage others to enjoy it as well. It should be noted, that along with that personal service for customers, TJ's Pit Stop is also a strong supporter of local organizations — hosting fundraisers such as Spirit Nights and special gatherings. Truly a community member, Tamara Jeffries and her staff at TJ's Pit Stop have won the hearts of many and are on their way to more.

You can find the menu offerings on TJ's Facebook page. Daily specials are posted there along with the full listing of offerings. Stop in and give them a try — and remember, they don't take reservations — they just open the door and say "Come on in."



Journal photo by Toni Milbourne

Homemade chicken and dumplings with a grilled cheese is a tasty meal on a winter evening.

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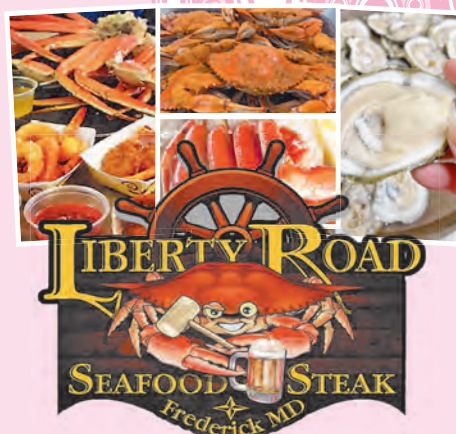
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Kitzie's wins big with Best of the Best voters

BY ANGELA F. DURKIN
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MARTINSBURG — When it comes to dining out in the Eastern Panhandle, Kitzie's Restaurant & Lounge has wowed guests time and time again at its original location on Rock Cliff Drive as well as in its Spring Mills locations. In 2023, the restaurant qualified as a finalist in an impressive 12 categories in The Journal's Best of the Best Readers Choice contest. In total, the business secured six of the top prizes, including best overall restaurant at its multiple locations.

Owned by Christi Walls and her brother, Larry Cottle, the Kitzie's brand is known for being a family-style restaurant that specializes in from-scratch food. Critics agreed, placing them in the top spot for best family/casual dining at Kitzie's of Spring Mills.

In addition to Kitzie's of Rock Cliff Drive and Kitzie's of Spring Mills, Walls and Cottle own and operate additional establishments in north Berkeley County, including Riverbend Bar & Grill in Falling Waters and Kitzie's Tavern in Spring Mills. They also own the Spring Mills Diner, which also secured the Best of the Best top prize in the value category.

When dining at Kitzie's, it is often hard to make a decision on what to order. Their from-scratch meal selections earned the business the designation of best menu.



Journal photo by Angela F. Durkin

The Maryland-style Crab Cake from Kitzie's Restaurant & Lounge was voted to be the Best of the Best for 2023 by readers of The Journal.

See **KITZIE'S**, Page 7



Bonnie's at The Red Byrd



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Kitzie's

FROM PAGE 6

Their offerings include a variety of appetizers, salads, burgers, sandwiches, baskets, chicken and pasta, steaks and seafood options.

The votes were counted, and Kitzie's was selected as the restaurant with the best appetizers. Seafood is the star of the Kitzie's appetizer list. Currently, guests can choose from their crab fries, a Chesapeake pretzel, Chesapeake stuffed mushrooms, black n' blue scallops, their signature crab dip, pan-seared ahi tuna and bbq bacon wrapped shrimp. They also offer a parmesan crusted spinach dip and tempura asparagus.

Another great way to start a meal is with a cup or a bowl of Kitzie's signature cream of crab soup, which is made fresh daily and topped with lump crabmeat. Their cream of crab won best soup from voters who frequent the Spring Mills location, but they also offer this rich and creamy soup at Kitzie's of Rock Cliff Drive.

Whether you are dining in Martinsburg or Spring Mills, the critics have decided that Kitzie's serves the best crab cake in the area. This broiled Maryland jumbo lump crab cake is served with their house-made tar-

tar sauce and two sides for an entree. They also offer a crab cake sandwich option or guests can add a crab cake to a steak for \$14.99.

Kitzie's has gained a social media following, which highlights a variety of specials featured at each of its locations. Recently, the Spring Mills location created some enticing weekend specials, including French onion soup, a 10 oz parmesan-crusted steak and a Chesapeake Feast, featuring jumbo stuffed shrimp with Chesapeake Haddock and two sides.

On the same weekend at Rock Cliff Drive, they served fried calamari as the featured appetizer. Entrees included a surf and turf, featuring an 8 oz filet and Chesapeake scallops. Their chef also offered seafood grits, with fried flounder, grilled shrimp, bacon bits and crab meat over cheddar grits with a house cajun gravy.

To keep up with their rotation of specials, follow Kitzie's on Facebook at <https://www.facebook.com/profile.php?id=100066660093669>.

Kitzie's of Rock Cliff is located at 1545 Rock Cliff Drive, Martinsburg. Kitzie's of Spring Mills is located at 5623 Williamsport Pike, Martinsburg.



Journal photo by Angela F. Durkin

Seafood appetizers, such as this pan-seared ahi tuna, helped Kitzie's Restaurant & Lounge earn the designation of best appetizers for The Journal's Best of the Best Readers Choice contest for 2023.



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www.duckdonuts.com/winchester

FRENCH FRIES

★ **Five Guys - Multiple Locations**
www.fiveguys.com

• **Firebox Fifty Five**
(304) 262-5555
www.firebox55.com

• **McDonald's - Multiple Locations**
www.mcdonalds.com

HAMBURGERS

★ **Five Guys - Multiple Locations**
www.fiveguys.com

• **Food By Fire**
www.foodbyfirewv.com

• **The Copper Still Pub & Grill**
(304) 260-5566
www.copperstillpub.com

OMELETTE

★ **TJ's Pit Stop**
(304) 724-1111
www.facebook.com/tjs.pitstop

• **Olde Country Diner**
(304) 596-2550
www.oldecountrydiner.com

• **Spring Mills Diner**
(681) 353-2583
www.facebook.com/WarmSpringsDiner

PANCAKES

★ **Cracker Barrel - Multiple Locations**
www.crackerbarrel.com

• **Betty's Restaurant**
(304) 876-6080
bettys.four-food.com

• **IHOP - Multiple Locations**
www.ihop.com

PIES

★ **Orr's Farm Market**
(304) 263-1168
orrsfarmmarket.com

• **Olde Country Diner**
(304) 596-2550
www.oldecountrydiner.com

• **Spring Valley Farm Market**
(304) 350-8613

PIZZA

★ **Angelo's Brick Oven Pizza**
(304) 263-2201
angelosbrickovenpizza.com

• **King's New York Pizza Multiple Locations**
kingsnewyorkpizza.com

• **Mythical Pizza**
(304) 402-6984
www.mythicalpizza.com

RIBS

★ **Mountaineer Meat Smokers**
(304) 901-5296
mountaineerb主bbq.com

• **Tee Dawg's BBQ**
(304) 725-2271
www.teedawgsbbq.com

• **Titan BBQ**
(304) 279-2810
www.facebook.com/titanbbq

SALAD

★ **King's New York Pizza - Multiple Locations**
kingsnewyorkpizza.com

• **Blue Moon Cafe**
(304) 876-1920
bluemooncafeshepherdstown.com

• **The Cider Press**
(304) 400-6178
www.ciderpressdeliandgrill.com

SANDWICHES

★ **Jersey Mike's Subs - Multiple Locations**
www.jerseymikes.com

• **Food By Fire**
www.foodbyfirewv.com

• **Royalicious**
(304) 728-4663
royalicious.business.site

SOUP

★Kitzie's Restaurant & Lounge - Spring Mills

www.kitziesofspringmills.com

•Olde Country Diner

(304) 596-2550

www.oldecountrydiner.com

•The Cider Press

(304) 400-6178

www.ciderpressdeliandgrill.com

STEAKS

★D&D Meats

(304) 229-5164

www.facebook.com/dandmeats

•Final Cut Steakhouse

(800) 795-7001

[www.hollywoodcasinocharlestown.com/
dining/final-cut-steakhouse](http://www.hollywoodcasinocharlestown.com/dining/final-cut-steakhouse)

•Kitzie's - Multiple Locations

www.kitziesofspringmills.com

SUBS

★Jersey Mike's Subs - Multiple Locations

www.jerseymikes.com

•Bob's Carry Out

(304) 263-1191

bobs-carry-out.business.site

•King's New York Pizza - Multiple Locations

kingsnewyorkpizza.com

WINGS

★Buffalo Wild Wings - Multiple Locations

www.buffalowildwings.com

•Tee Dawg's BBQ

(304) 725-2271

www.teedawgsbbq.com

•TJ's Pit Stop

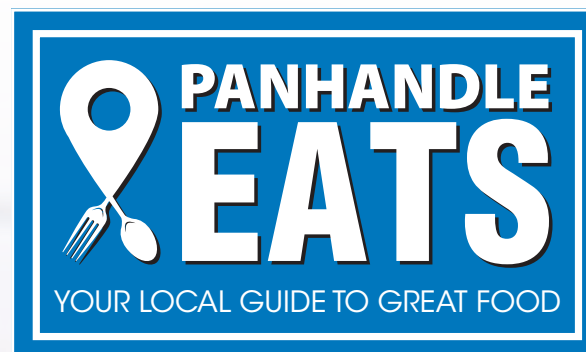
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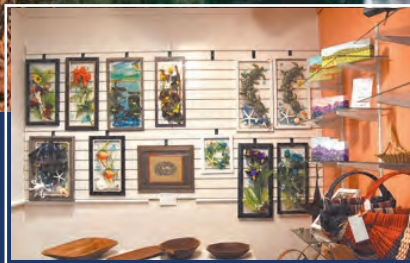


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