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## Fredericksburg Area: Historically Tasty

For diners in the Fredericksburg area, the local restaurants not only offer modern and creative cuisine; they're housed and founded upon centuries of American history. There's a unique feeling, or flavor, in Fredericksburg's dining experience that takes visitors on a journey to different cultures and time periods. What began as a small colonial town with early American fare has evolved into a region that is in touch with flavors from around the world, while continuing to honor its roots, steeped in our nation's history.

### **Downtown Fredericksburg**

When traveling through downtown Fredericksburg, visitors might find themselves ditching the map and using their nose to navigate through the many styles of cuisine offered on every corner. Whether it's flavors from Germany, France or the Southwest that most please their palate, visitors will find an endless variety to explore.

- **Kybecca** is any [modern foodie's mecca](#). Well known for its menu of creative craft cocktails, Virginia oysters and a transcendent list of entrees, Kybecca goes above and beyond, thinking well outside the plate with every dish.
- **Soup & Taco** brings a [Tex-Mex twist](#) to the Fred food scene, while still maintaining the distinctly local charm of downtown Fredericksburg. Famous for their soup and tacos (of course), the restaurant also specializes in authentic burritos, enchiladas and handmade *pupusas*.
- **Mercantile** delivers a taste of history that can be seen, tasted and even felt when entering Joy Crump and Beth Black's second restaurant (their first being the famed Foode). With its [exposed brick and a breakfast and lunch menu](#) of rich and decadent entrees, the restaurant brings to life the cultural that has taken place in the Fredericksburg area.
- **La Petite Auberge** brings a [little taste of France](#) to downtown Fredericksburg. With house-made paté, soups and Croque Monsieur, visitors will find their taste buds transported to Paris.
- **Spencer Devon Brewing** is [a brewery committed to using local ingredients](#). With a menu that can compete with any restaurant in the area, many people decide to stop here for more than just beer. Lunch and dinner options are served alongside unique craft beers made on site.
- **Olde Towne Butcher** is working to bring back the traditional services of a [neighborhood-style butcher](#) shop to the historic streets of Fredericksburg. With fresh, local grass-fed beef, fresh pork, lamb and chicken, the quality of products is unsurpassed. For the freshest of all, try their house made sausages!
- **The Alpine Chef**, located in the historic train station and run by Chef Jannec Hornig and his wife, Katherine. The Alpine Chef serves up seasonal and [authentic flavors of Germany](#) in the heart of downtown Fredericksburg.
- **Dark Star Saloon & Café** serves up fresh, creative meals in a [classic rock-themed eatery](#). Inspired by his love of classic rock, Chef Kris Scott decorated the restaurant with his collection of rock-n-roll memorabilia, including album covers and guitars. Dark Star Saloon's relaxed atmosphere is paired with locally sourced ingredients from the region's best farmers and bakers.

### **Banking on the FoodE Experience**

Located in what was once the historic National Bank building, downtown Fredericksburg iconic [FoodE restaurant](#) is now serving up flavorful entrees in lieu of cashier's checks and paystubs. With an interior that's as eclectic as it is historic, diners can enjoy creative, locally inspired dishes alongside the traditional architecture that was evident in Fredericksburg's early days. For an even more unique experience, seating is available within the building's original vault, complete with the solid steel lock door and deposit box walls! Co-owners Joy Crump and Beth Black, both pioneers for the Fredericksburg area's culinary movement, decided to move from Atlanta in 2011 to open their dream restaurant in Fredericksburg, where local farmers are close to their backyard and provide 85-90 percent of the food served at FoodE. The restaurant's menu changes on a weekly basis that consists of dishes that are fresh and eclectic with a touch of home-cooked Southern flare. Fredericksburg locals and visitors alike have drooled over

Joy's ability to elevate classic Southern entrees with the same techniques she used as a contestant on **Bravo's "Top Chef"** and at the **James Beard House**, where she has been invited to cook twice.

### **A Toast to Bourbon**

Nestled under the trees near the Rappahannock River, the [A. Smith Bowman](#) distillery continues to bottle a humbly rooted brand of bourbon for the greater D.C. and Virginia areas. With only a few employees, a couple stills and an unassuming warehouse-styled workspace, the operation resembles your average craft-distillery with all but one detail: awards. Over the past five years, A. Smith Bowman has won more than 100 awards, including "Best American Bourbon" at the **2017 World Whiskies Awards**. Despite this prestigious award, the team at A. Smith Bowman continues to practice their no-frill "pioneer spirit," as they say, making spirits in the same style as during the company's prohibition roots. With a modest history and humble reputation, A. Smith Bowman's bourbon has been knocking out competition across the top shelf. For the Fredericksburg area community, the distillery is an integral local business that sources much of its ingredients from local farms and participates in community programs, such as the "Grapes & Grains Trail." Staying true to its no-frill roots, visitors are welcomed almost any day of the week for tastings, live music and tours of the facility, as well as to purchase one of the award-winning bottles – and other bourbon-infused treats – in their on-site shop.

### **Retro Fredericksburg Area Restaurants Withstand the Test (and Taste) of Time**

- **Allman's Bar-B-Que** is a place for those who can appreciate an authentic, [down-home barbecue joint](#). If BBQ isn't your thing, the restaurant's burgers have quite the reputation, as do the jumbo beef hotdogs.
- **Carl's Frozen Custard**, built in the 1940's, is an art deco-style establishment perfect for a [sweet-tooth fix](#). The original three flavors – chocolate, vanilla and strawberry – are still churned in a 120-gallon Electro Freeze ice cream machine.
- **Goolrick's Pharmacy** opened its doors in 1869, first operating as a pharmacy and then opening its iconic [soda fountain](#) in 1912. It is now the oldest continuously running soda fountain in the U.S. Goolrick's still operates as a pharmacy today, in addition to boasting classic shakes, malts and lunch specialties.
- **Paul's Bakery** has earned the reputation for serving the [best donuts](#) in the Fredericksburg area by using traditional, yeast-raised dough in the original third-generation building bought by Paul himself.
- **George's Pizza** offers everything one would expect from a classic, family- owned [pizza parlor](#): beautiful hand-crafted pies, meaty calzones and freshly breaded hot-wings.
- **Globe & Laurel** is a standing tribute to the uniformed men and women who protect our country. The owner, a former Marine, opened the restaurant [to honor the service of others](#), as well as offer high-quality steaks, salads and various pub foods.
- **Snack Shack** is a local favorite [fast-food stand](#) in Spotsylvania County that has been open for the last 40 years serving burgers, shakes and fries.

### **Uncork History**

Wine, an age-old indulgence, has had a place in the Fredericksburg area since its early beginnings. Since then, many new wineries have opened, offering new and innovative styles and flavors. While often paired with food, of course, plenty of the Fredericksburg area wineries are also paired with beautiful, natural landscapes – from a picturesque lake to rolling hills.

- Hartwood Winery
- Lake Anna Winery
- Mattaponi Winery
- Potomac Point Winery
- Wilderness Run Vineyards

### **Historic Hops**

Much of today's current culinary culture is fueled by beer. But what many don't know, is that hops, along with their barley and malt counterparts, have been a part of our culture since the day we stepped foot on U.S. soil. To pay tribute to this, Fredericksburg breweries often incorporate the history of the area into their brews.

- 1781 Brewing Co.
- 6 Bears and a Goat
- Adventure Brewing Co.

- Barley Naked Brewing
- Highmark Brewing
- Maltese Brewing Co.
- Red Dragon Brewery
- Spencer Devon Brewing
- Strangeways Brewing

### Farming in the Region

- **Miller Farms Market** is a family farm that has been passed down from generation to generation. On their [800 acres](#) of land, they grow produce for the region, as well as offering you-pick fruits, vegetables, pumpkins and even Christmas trees. Locals and visitors alike can also sign up for their classes to learn how to can vegetables and make wreaths.
- **Braehead Farm** is the [oldest farm in Fredericksburg](#), with roots as deep as 1937, growing produce, housing a livestock farm, a farm market, play areas with farm animals, fire pits and picnic areas.
- **Walnut Hill Farm** specializes in combining “new” and “old” farming techniques to create a unique experience for visitors and customers. Tours and hayrides of the facilities show all the ways that [Walnut Hill Farm](#) works to provide the best environment for their animals, while helping reduce pollutants in the Fredericksburg area.

### Dinner with a Show

It's not everywhere that you can enjoy Broadway-quality performances without the New York price tag, but to have fine dining served alongside your entertainment seems like something out of a fairytale. Luckily, the [Riverside Center for Performing Arts](#) holds true to both of these promises, offering world-famous performances and a top-notch menu of entrees, appetizers and desserts. Performances range from all-time classics such as *Oklahoma* and *Hello Dolly* to children's shows and holiday favorites.

### A Delicious Accident

Did you know that one of the most beloved Chick-Fil-A condiments was created in Spotsylvania? In 1983, Hugh Fleming, owner of a local Chick-Fil-A franchise, created the very first batch of [Chick-Fil-A sauce](#) while tinkering in the kitchen of his Spotsylvania Mall store. “I had a honey mustard dressing recipe I knew, so, I went back and made that. I was just grabbing for an idea. Those employees loved it and kept coming back. So, we made it for them, and then other customers started asking for it. That was the birth of the Chick-fil-A sauce right there,” according to Fleming. The sauce made headlines when an employee accidentally mixed barbeque sauce in the batch, thus creating the tangy sauce that America can't get enough of. The recipe was finally released to Chick-Fil-A in 2007 when Hugh Fleming retired.

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