



A prediction in 1970 that Low Moor, Virginia, a sleepy hamlet between Clifton Forge and Covington, would come alive during the next twenty years, along with the need for a nice restaurant in the area, inspired two fathers, Buddy Proffitt and Henry Dew, to purchase the home of John Shelton and remodel it into the Cat and Owl Steak and Seafood House. The vision of the fathers was to establish a restaurant with a railroad theme and call it the C&O. Since there was already a restaurant in Clifton Forge by that name, it became the Cat and Owl and so nicknamed the C&O. The concourse to the building was constructed into a facsimile of a railroad platform. But during the process of remodeling, the theme shifted to Victorian with an accent on weathered barnboards, flocked wallpaper, and antique chandeliers. Charming old pictures of beautiful women and famous presidents adorned the walls. The Sports Room featured sporting equipment from past eras accented with classic hunting pictures and collector whiskey bottles.

Bruce Proffitt, Buddy's son, developed the business from the beginning and later purchased it from his father. Henry's son, Scott, joined Bruce in 1981 and after a short apprenticeship, took over management of the kitchen. In 2019, Bruce was prepared to retire, and Lee Roe, owner of The Rail Bar & Grille, purchased the Cat & Owl.

A floor to ceiling total renovation was completed, including a new Bar and Social Area, while keeping the rich tradition of the Cat & Owl as a family business alive.

The menu has been updated to include new options as well as some old favorites. Daily fresh beef and seafood selections, as well as pork and chicken, will continue to be prepared on our open charcoal hearth. An all new salad bar, homemade desserts, and warm, friendly service complete the dining experience.

Thank you for giving us the opportunity to continue serving the community we love.

Welcome to the Cat & Owl