

## Mosh Pit Eats blends heavy metal with wraps and salads



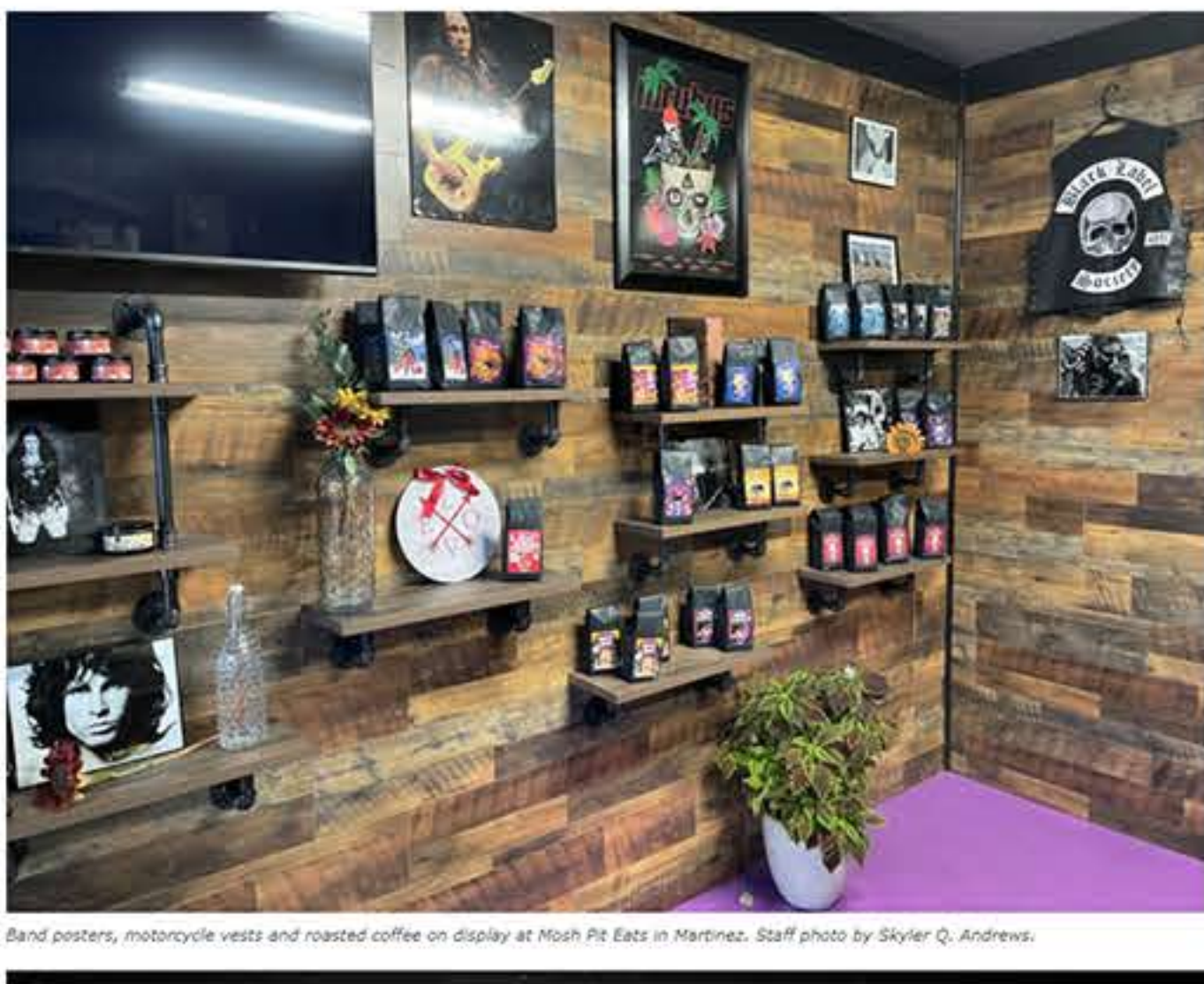
Mosh Pit Eats is a salad and sandwich shop in Martinez that merges a rock aesthetic with specialized cafe cuisine. Staff photo by Skyler Q. Andrews.

The Parrishes weren't sure at first that blending their passion for music and their experience in food and beverage would make for a profitable business.

"Starting out, my biggest worry was what if the public doesn't like it," said Jason Parrish, co-owner of Mosh Pit Eats in Martinez. "What if they don't get it? What if they literally miss it?"

Mosh Pit Eats opened its first brick-and-mortar location in November of 2021. Jason Parrish and his wife Amber had been in the restaurant industry most of their adult lives, including managing corporate chain spots. They were also heavily involved with music, regularly attending concerts and festivals. About three years ago, the thought occurred to them to merge their industry with their lifestyle.

"Instead of going out here working for these corporate restaurants and making all their money for their brands, why don't we come with our own brand and our own like lifestyle, right, and try to sell it for mass consumption to the public," said Jason Parrish. "So far, it's working pretty good."



Band posters, motorcycle vests and roasted coffee on display at Mosh Pit Eats in Martinez. Staff photo by Skyler Q. Andrews.



Wall in the interior of Mosh Pit Eats in Martinez devoted to expressing the owners Jason and Amber Parrish's love of music. Staff photo by Skyler Q. Andrews.

The I Love Rock n 'Roll veggie sandwich was inspired by Joan Jett, a vegetarian. There's a roast beef sandwich called the Cowboy from Hell, after the similarly named album by the band Pantera. There's also the Sister Rosetta Reuben, named in honor of rhythm and blues and rock-and-roll pioneer Sister Rosetta Tharpe.

The most popular dish, they say, has been the Rasta Pasta salad, which, along with the Buffalo Soldier chicken sandwich, is named in honor of reggae icon Bob Marley.

"I've always got more stuff I want to add," said Amber Parrish, who curates the menu and devises the food dishes. "My brain's always going."

Mosh Pit Eats even has its own a line of roasted coffees as well as scented candles, via a partnership with Augusta Candle Company downtown.



This purple loveseat is an example of the rock-style decorum representing Mosh Pit Eats' aesthetic. Staff photo by Skyler Q. Andrews.

And while the eatery and catering shop primarily deals in salads and sandwiches, another specialty that has proven lucrative are basket arrangements of chocolate-covered strawberries, made with imported Italian chocolate.

"It's what sets us apart," said Jason Parrish.

Mosh Pit Eats started as a "ghost kitchen," preparing food from home to fulfill catering orders and show up at festivals, before the Parrishes found their current space. The family-run business, continues to attend festivals and shows, and even supports local artists.



From left, Amber and Jason Parrish, owners of Mosh Pit Eats in Martinez. Staff photo by Skyler Q. Andrews.

According to Jason and Amber Parrish, patience and confidence are the key ingredients to taking the leap of faith and making a business like theirs work.

"You've got to grind it out," said Jason Parrish. "It's tough. You have to believe in what you're doing. You have to believe in yourself. A few of us jumped. Some of us were pushed. But now we're all floating around here, and we're doing it we're doing it."

Mosh Pit Eats is located at 111 Old Evans Rd. in Martinez. For more information, visit its Facebook page at <https://www.facebook.com/moshpitateats>, or its website at <https://moshpitateats.com/>.

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