



Small Plates

Chef's Selection of Local Oysters

\$3.25 each Six for \$18

Vermont Cheddar Pimento Cheese Spread Raw Veggies & Crostini 10

Artichoke & Swiss Chard Dip Parmesan, Chili, Crostini 12

Hummus Plate Fava Beans, Roasted Tomato Vinaigrette 11.5 **Add Spiced Lamb +3**
Extra Fresh Baked Pita +2 each

Steamed Mussels Red Ale, Cream, Shallots 15

Warm Brussels Sprout Tabbouleh Freekeh, Citrus, Tahini 14

'Fall-Off-The-Bone' Baby Back Ribs 15.5

Charred Octopus Bacon, Saffron, Romano Beans, Grilled Spring Onions, Black Garlic Aioli 18

Roasted Asparagus Burrata Cheese, Orange, Smoked Almonds, Aillade, Aleppo Pepper 13.5

Buffalo Cauliflower Blue Cheese Yogurt Dipping Sauce 13.5

Crispy Calamari Vegetable Fritto Misto, Green Goddess Dressing 14

Luxe Nachos Black Bean Salsa, Queso Fresco 13 **Add Roasted Pork +2**

House Salad Artichokes, Olives, Mushrooms, Tomato, Pecorino, Balsamic Vinaigrette 11.5

Confit Chicken Wings Pomegranate Molasses, Sumac, Chili, Crispy Garlic 12

Entrees

Roast 1/2 Chicken Snap Pea Slaw, Chickpeas, Feta, Green Chili Peppers, Chicken Jus 24.5

Maine Diver Scallops Carrot Puree, English Pea Mojo Rojo, Fried Lentils 29

Corned Beef & Cabbage Roasted Carrots, Cipollini Onions 24.5

Fish & Chips Chickpea & Rosemary Tempura, Grilled Romaine, Slaw 23

Moullard Duck Breast Brussels Sprouts, Pecans, Sherry, Tangerine 28

Irish Lamb Stew Rosemary Dumplings 24.5

Wild Mushroom Pasta Tagliatelle, Walnuts, Parmesan, Pickled Fresno Chilis 24

Red Snapper Fregola, Artichoke, Preserved Lemon, Sunflower Seeds, Basil Pesto 26

Flat Iron Steak Potato Puree, Kale, Parmesan, Almonds, Romesco* 27

Prime Natural Beef Hamburger* Balsamic Onions, Special Sauce, Frites 17
Add Cheddar, Gorgonzola, Bacon \$.5/ea

Earthy Delight Bowls

Natural Grain & Salad Bowls with your choice of topping

Roast Veggie Falafels † 22

Roasted Free Range Chicken 23

Sauteed All Natural Shrimp 24.5

Seared Norwegian Salmon* 24.5

Slow Cooked Mexican Pork Shoulder 23.5

Grilled Skirt Steak* 25.5

Bowl Azteca

Adobo-Spiced Quinoa, Tomatillo Salsa, Corn, Squash, Green Beans, Avocado, Baby Spinach

Natural Bowl

Multigrain Farro Pilaf, Beets, Kale, Radishes, Cara Cara Oranges, Parmesan, Citrus Vinaigrette

