



VEGETARIAN

CRISPY TOMATOES AND FRESH MOZZARELLA

fresh mozzarella, mixed greens, basil cream sauce, balsamic reduction
\$14

HUMMUS SAMPLER

lemon and chili hummus, tzatziki, warm pita, assorted vegetables
\$13

MIXED GREEN SALAD

cucumbers, tomatoes, carrots, red onion
\$10/\$5

ICEBERG B.L.T. SALAD

iceberg wedge, cherry tomatoes, blue cheese dressing
\$12/\$8

SESAME ARUGULA SALAD

carrot, red pepper, mung bean sprouts,
cashews, sesame-miso dressing, crispy wonton strips
\$12/\$8

VEGGIE BURGER

black bean veggie burger, pepper jack cheese, garlic puree, tomato-jalapeno jam, crispy kale
served with parmesan garlic fries or sub salad for \$2
\$14

TOFU NOODLE BOWL

grilled tofu, yakisoba noodles, asian vegetable medley,
slightly spicy sake-soy broth
\$17

EXECUTIVE CHEF: Sam Schmidt

HEAD CHEF: Timmy Graciale

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase the risk of food borne illness,
especially if you have certain medical conditions

PLEASE NOTIFY YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY

GLUTEN FREE

GF MUSSELS

P.E.I. mussels steamed in a coconut red curry broth, onions, tomatoes, cilantro, and basil
\$14

GF TOMATOES AND FRESH MOZZARELLA

fresh mozzarella, mixed greens, basil cream sauce, balsamic reduction
\$14

GF HUMMUS SAMPLER

lemon and chili hummus, tzatziki, assorted vegetables
\$13

GF CAESAR SALAD

crisp romaine hearts, house made caesar dressing, shaved parmesan
\$11/\$6

GF MIXED GREEN SALAD

cucumbers, tomatoes, carrots, red onion
\$10/\$5

GF ICEBERG B.L.T. SALAD

iceberg wedge, cherry tomatoes, bacon, blue cheese dressing
\$12/\$8

Add to any of the above salads:

Chicken \$6, salmon \$12, steak \$13, scallops \$14

PAN SEARED COD

duck fat fingerling potatoes, cherry tomatoes, asparagus, shallot, lemon-thyme beurre blanc
\$27

GF *SALMON

pan seared salmon, dill-lemon oil, fried sugar snap peas, roasted fingerling potatoes, cipollini onion, white balsamic-mustard vinaigrette
\$25

GF SEARED SEA SCALLOPS

sweet creamed corn and bacon, a sauté of brussel sprouts & shallots
\$28

* GRILLED BEEF TENDERLOIN

yukon gold mashed potatoes, port wine reduction, haricot verts
\$32

*GRILLED BONE-IN PORK CHOP

bacon risotto, sautéed green beans with roasted red peppers, cranberry-mandarin coulis
\$27

*GF CRAVE BURGER

maine family farms grass fed beef, all natural bacon, vermont cheddar, pickled red onion, mixed greens, truffle aioli, served with a side mixed green OR caesar salad
\$16

GF CHICKEN SANDWICH

Fresh mozzarella, tomato, basil cream, balsamic drizzle, served with a mixed green OR caesar salad
\$14

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