



from the garden

upgrade salad with chicken - 5 Steak or salmon - 9

house salad - starter 6 • full 9

field greens, avocado, grape tomatoes, sunflower seeds, goat cheese & raspberry vinaigrette

crisp romaine heart caesar - starter 6 • full 9

shaved parmesan, croutons & garlic anchovy dressing

chardonnay poached salmon - 17

roasted yellow beets, dried cranberries, red onion, shaved brussels sprouts, candied pecans, goat cheese & champagne vinaigrette

asian beef short rib - 16

romaine, cabbage, carrots, cucumber, green onion, edamame, crispy rice noodles & sesame-ginger vinaigrette

nana's spinach salad - 16

spinach, chicken, bacon, egg, mushrooms, red onion & honey mustard vinaigrette

italian cobb salad - 14

grilled chicken, crisp pepperoni, red onion, tomato, cucumbers, croutons, parmesan, egg pepperoncinis & italian dressing

flatbreads

bbq chicken - 13

mozzarella, caramelized onions & cilantro

margarita - 11

roasted tomatoes, fresh mozzarella & pesto

bacon garlic - 13

white garlic sauce, crispy bacon, mushrooms, green onion & truffled oil

burgers

foundation classic burger - 11

house sauce, lettuce, tomato, red onion & pickle
add cheese, bacon or avocado - 2

gorgonzola burger - 14

thick cut bacon, caramelized shallots & creamy gorgonzola sauce

beer cheese & bacon burger - 14

thick cut bacon, cheese sauce, and crispy onion strings

portobello vegetarian burger - 14

grilled portobello mushroom, house sauce, lettuce tomato, red onion & pickle

sandwiches

slow roasted french dip - 16

thinly sliced roast beef with provolone, onion spread & au jus

grilled chicken club - 14

thick cut bacon, lettuce, tomato, avocado & rosemary aioli on toasted hoagie

corned beef reuben - 16

house made saurkraut, thousand island, dijon and provolone

fork & knife meatball sub - 14

baked with roasted marinara, provolone

marinated beef short rib bahn mi - 15

soy ginger marinade, cabbage, mint, jalapeno, cilantro & sriracha mayo

cubano - 16

grilled pork, tasso ham, bacon, fontina, pickles, lettuce, pepperoncini & dijon aioli

small plates

grilled artichokes - 10

parmesan & garlic crusted with lemon aioli

hot wings - 8

celery, carrots & bleu cheese dipping sauce

frito misto - 14

calamari, shrimp, shishito peppers, onion on top of fire roasted chile aioli

ale steamed black mussels - 14

calabrese sausage, smoked paprika & grilled toast

bourbon glazed meatballs - 9

tangy sauce

fried mini mozzarella bites - 9

italian crusted fresh mozzarella & roasted marinara

korean bbq beef short rib skewers - 9

asian slaw and kojung sauce

fish tacos - 9.5

beer battered cod, cabbage, cotija cheese & pico de gallo

cheesy grilled focaccia points - 6

parmesan, garlic, parsley & balsamic, garlic, olive oil dipping sauce

soup of the day - cup AQ • bowl AQ

chef's choice

black bean chili - cup 6 • bowl 9

pico de gallo & sour cream

large plates

mary's chicken & gnocchi - 18

white wine, sage, prosciutto, oven roasted tomatoes and cream

short rib stroganoff - 18

shallot mushroom gravy, creme fraiche & truffled pappardelle

foundation meatloaf - 16

sauteed spinach, mashed potatoes, onion strings and mushroom gravy

apple cider brined pork chop - 18

bacon braised brussels sprouts, mashed potatoes, apple cider, dijon pan sauce

grilled new york steak - 25

brandy-crimini mushroom pan sauce, mashed potatoes & grilled broccolini

blackened salmon paella - 22

mussels, rock shrimp, calabrese sausage, peas, saffron risotto & smoked paprika beurre blanc

shrimp diavolo & fettuccine - 18

spicy roasted marinara, lemon & fresh herbs

braised beef short rib - 18

baby carrots, pan sauce, mashed potatoes & honey mustard drizzle

market specials

daily offerings from the land & sea

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Thank you for visiting Foundation Restaurant & Bar
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