

Burgers

Naturally raised, antibiotic and steroid-free freshly ground served on our own homemade honey thyme roll

Chipotle Ranch Burger ♦ Apple-wood bacon, sharp cheddar, red onion and our own chipotle ranch dressing **11**


Blue Cheese Burger ♦ With our own blue cheese dressing **10**


Cheddar Burger ♦ Vermont cheddar **10**

Mushroom 'n Onion Burger ♦ Caramelized onions, sautéed mushrooms and Jarlsberg **11**

Buffalo Burger ♦ Grass fed buffalo meat, seasoned with dry barbeque spices and topped with cheddar cheese. Accompanied by an ancho chile barbeque sauce. **12.50**

Sandwiches

 **Gourmet Turkey Burger** Lean ground turkey blended with three cheeses, mushroom duxelles and truffle oil. Served with a cranberry and roasted garlic mayonnaise, served on a homemade honey thyme roll. **10**

 **Veggie Burger** Made fresh in-house, a blend of spinach, black beans, herbs, carrots, brown rice and onions, grilled and served with melted cheddar cheese, tomato, lettuce and honey mustard on toasted, sprouted grain bread, considered the best by many! **10.50**

Grilled Chicken Sandwich Boneless breast with apricot chutney, baby arugula, smoked apple-wood bacon and Vermont goat cheese served on a fresh homemade honey thyme roll. **11.50**

Grilled Reuben Thin-sliced corned beef, Jarlsberg cheese, and sauerkraut on fresh-baked marble bread. **10.50**


Turkey B.L.T. Slow roasted, hand-sliced, natural turkey breast, crisp bacon, lettuce, and vine-ripened tomatoes served on a homemade honey thyme roll. **11**

Our Signature Lobster Salad Heaping portion of fresh lobster meat in an herb mayonnaise. On a homemade honey thyme roll **22**

Half-sandwich served with a cup of our hearty lobster chowder **18**

Tuna Sashimi Roll-Up ♦ Seared rare tuna wrapped in nori and a soft tortilla with alfalfa sprouts, carrots, and cucumbers. Served with sriracha and tobiko mayonnaise. **11.50**


Buffalo Chicken Roll-Up Chicken tenderloins in our house sauce, blue cheese dressing and arugula in a soft tortilla. **9.50**

 **Veggie Burrito** Fresh vegetables and organic brown rice rolled in a sprouted grain tortilla. Served with salsa verde, mock “sour cream”, avocado and red pepper emulsions. **11**

Lobster Grilled Cheese Grilled brioche filled with pesto, chives, shallots, French brie, American cheese, and of-course, lobster meat! *Voted “Best Sandwich in Sandwich” – People’s Choice Award, SandwichFest 2009* **15**

♦ Regarding FDA Food Code, written information available upon request

Thin Crust Grilled Pizzas

 **“Green” Pizza** Fresh basil spread, our ground veggie burger, “tofu” cheese, tomato salsa, red pepper emulsion and alfalfa sprouts on whole wheat dough. **12**

Four Cheese Mozzarella, Swiss, Cheddar, Parmesan cheese and fresh herb tomato sauce **9.50**

Chicken Tuscany Sliced, grilled boneless breast of chicken with artichoke hearts, vine-ripened tomatoes and pine nuts topped with our four cheese blend, finished with an aged balsamic drizzle **12**

Vegetable and Cheese Spinach, caramelized onions, portabella mushrooms, tomato sauce, with our four cheese blend **11**

Sausage and Caramelized Onions House-made sausage with roasted peppers, tomato sauce and four cheese blend **10.50**

Sweet Potato and Bacon Roasted sweet potato, caramelized onions, arugula and Gorgonzola cheese over a creamy pine nut and garlic spread. Topped with apple-wood smoked bacon, olive oil and aged balsamic vinegar **11**

Antipasto Meat Capicola, mortadella, salami, pepperoncini, olives and four cheese blend. Finished with herb infused oil and vinegar. **11**

Caprese Sliced tomatoes, basil pesto, goat and mozzarella cheese ~ finished with an aged balsamic drizzle. **10.50**

Lunch Entrées

Chicken Pot Pie Fresh all white meat tenders braised with carrots, pearl onions, peas and mushrooms in a natural chicken gravy served over puff pastry. **13**

Pan Roasted Chicken Slow roasted, steroid and antibiotic-free Statler breast finished with White Balsamic caramel served with pecan and roasted Aleppo pepper roasted potatoes and vegetable. **15**

Sweet Lemon and Basil Haddock Basted and oven roasted. Accompanied by our Signature brown rice quinoa pilaf and vegetable. **16**

Shrimp Spaghettini Shrimp, roasted garlic, olives, Swiss Chard and pine-nuts in a Harissa sauce of sweet peppers, roasted tomatoes, cumin, coriander and sweet lemon served over fresh angel hair pasta. **16**

Maple Glazed Salmon Grilled and finished with a maple glaze and red pepper jam. Served with our Signature brown rice quinoa pilaf and vegetable. **16**

Lump Crab Cakes Pan seared, fresh served with a smoky lemon and garlic aioli, vegetable and French fries. **15**

Fruits of the Sea A medley of shrimp, scallops and haddock baked with a hint of white wine, topped with a lobster lardon crumb topping. Served with our Signature brown rice quinoa pilaf and vegetable of the day. **17**

Beef Tips [♦] Marinated in balsamic, Dijon and honey with Gorgonzola cheese. Served with roasted Aleppo pepper roasted potatoes and vegetable. **16**

Cape Cod Lobster Mac & Cheese Topped with house-made cherry wood smoked bacon and lobster crumbs. Served with vegetable of the day. **15**