

## SOUPS AND SALADS:

Bandaloop Soup: two housemade soups available, ask your server 7 cup / 9 bowl

Wilted Spinach Salad: wilted with a quick sauté of red onions, broccoli, artichoke hearts, grape tomatoes, lemon-balsamic vinaigrette, sheep's milk feta, toasted pine nuts (V, GF, can be V+) 12

Baby Kale Salad: pickled gold beets, candied pecans, lemon-tahini vinaigrette, hemp seeds, and crispy wonton crown (V+, can be GF) 12

\*Add to any salad: grilled chicken 5, baked or fried tofu 4, falafel 4, andouille sausage 7, salmon fillet 10

## APPETIZERS AND SMALL PLATES:

Pan Seared Mousam Valley Lion's Mane Mushrooms with maple-winter squash puree, pepita gremolata (V+, GF) 14

Bandaloop Egg Rolls: caramelized red onions, toasted walnuts, and gorgonzola, port wine reduction (V) 12

Taco of the Day: featuring Portland Maine's Tortillaria Pachanga Organic Soft Corn Tortillas (GF)  
ask about today's offerings, always available as a V+ or V option 8, 12, 16 for one, two, or three

Skillet Steamed Pemaquid Mussels: with roasted garlic, Dijon, fresh basil, touch of cream (GF) 12

Crispy Tofu (V+, GF) or Grilled Chicken Skewers- twin sauces of zesty Asian peanut and pistachio-cilantro pesto, zesty house made kimchi, tamari caramel 10

Vermont Aged Cheddar Quesadilla: salsa fresco, herbed sour cream, sugar cured jalapenos (V) 12  
add grilled chicken 5, tofu 4, or andouille sausage 5, Gluten Free on corn tortillas + 1

## ENTREES:

Maine Style Palusami: Samoan stew of oven roasted sweet onions, red and poblano peppers, with chickpeas, coconut milk, baby spinach, and fresh herbs, served with basmati rice (V+, GF) 20 full or 14 half  
add grilled chicken 5, baked or fried tofu 4, andouille sausage 7, grilled salmon 10

Local Maine Heiwa Tofu: marinated and oven roasted tofu fillet, Peruvian Aji pepper sauce, toasted pine nuts, roasted broccoli, roasted red tomatoes, saffron basmati (V+,GF) 18

Pan Seared All Natural Bell & Evans Chicken Breast: braised winter vegetables in cider-cream reduction, creamy local chevre polenta, toasted pepita crumble (GF) 24

Grilled 9 oz Prime NY Strip Steak: sweet potato-root vegetable hash, wild mushroom glace de viande (GF) 29

Grilled Maine Raised Salmon Fillet: grilled medium rare, crispy fingerlings, seasonal vegetable du jour, lemon-herb aioli (GF) 24

Grilled 8 oz All Natural Beef Burger: our onion-poppy seed roll, green tomato chutney, aji sauce, aged Vermont cheddar, crispy fingerlings, chili aioli 18 (available plain \$16, add cheddar for 1\$)

House-made Chickpea-Hemp Seed Veggie Burger: onion-poppy seed bun, lettuce, sliced vine ripe tomato, three pepper confit, crispy fingerlings, chili aioli (V or V+ without aioli) 14 add cheddar for \$1

Vermont Cheddar & Cavatappi- our version of mac-n-cheese, with a pinch of red pepper flakes, fresh basil, roasted tomatoes, and broccoli florets 13 small or 19 full  
Add grilled chicken 5, baked or fried tofu 4, andouille sausage 7, grilled salmon 10

## SIDES AND EXTRAS:

Crispy Fingerlings	5	Goat Cheese Polenta	5	Sugar Cured Jalapenos	2
Pickled Kimchi	4	Pickled Beets	3	Side of Veg Du Jour	5

Consuming raw or undercooked meats, poultry, shellfish, seafood, or eggs may increase your risk of food-borne illnesses. PLEASE inform you server or bartender of any food allergies!

For any SERIOUS dietary restrictions, please contact the chef in advance!

We bake our own breads and desserts in house and cannot guarantee a full Gluten free Facility