

SOUPS & SALADS

- Bandaloop Soup ~ two house made soups available, ask your server 7 cup / 9 bowl
- Loaf of Freshly Baked Bread ~ Normandy Butter or Portuguese Olive Oil 5
- 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 9

APPETIZERS & SMALL PLATES

- Pan Seared Mousam Valley Lion's Mane Mushrooms ~ 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 6 each
- Skillet Steamed Pemaquid Mussels ~ 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, spicy 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

LARGE PLATES & SANDWICHES:

- Whipped Feta, Chipotle Almond Spread, Harissa, Cucumbers, Crispy Lavash, Olives (V, can V+) 14
- Cheese Board ~ for sharing with accompaniments of Marcona almonds, raw honey, pickled peppers, dry Moroccan olives, Pear Mostarda, house lavash crackers, dried fig, fresh fruit 16
Fromage D'Affinois, Beemster XO Gouda 26 month, Cave Master Reserve Tomme Project X
- Cheese and Charcuterie Board ~ same as above including 21
Alto Adige Speck Ham, Tempesta Uncured Artisan Pepperoni, Smoking Goose "Dodge City Salami"
- Grilled 8 oz All Natural Beef Burger ~ our onion-poppy seed roll, red onion jam, malted whole grain mustard, aged Vermont cheddar, crispy fingerlings, kimchi 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, kimchi aioli (V or V+ without aioli) 14 add cheddar for \$1
- Carolina Style BBQ Pulled Pork Sandwich ~ our onion-poppy seed bun, red cabbage slaw, zesty kimchi aioli, crispy fingerlings 15

ENTREES:

- Maine Style Palusami ~ Samoan stew of oven roasted sweet onions, red and poblano peppers, with chickpeas, coconut milk, baby spinach, and fresh herbs, basmati rice (V+, GF) 19 full or 13 half
- Bandaloop Greens and Beans ~ cannellini bean stew with caramelized onions, roasted garlic, roasted winter squash and baby greens, crunchy corn tortilla garnish, three pepper confit, basmati rice (V,+, GF) 15 full or 11 half
- Vermont Cheddar & Cavatappi ~ our version of mac-n-cheese with a pinch of red pepper flakes, fresh basil, roasted tomatoes, and broccoli florets 19 full or 13 half
- ~Add a protein to above stews or pasta: grilled chicken 5, baked or fried tofu 4, andouille sausage 7, grilled salmon 9
- Pan Seared All Natural Bell & Evans Chicken Breast ~ braised winter vegetables in cider-cream reduction, creamy local chevre polenta, toasted pepita crumble (GF) 18

SIDES AND EXTRAS:

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| 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 your 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 although every step is taken to limit any cross contamination.