

For the most up to the minute accurate take  
out menu - use the "order now" link online



## SOUPS AND SALADS

**Today's Soups:** Chilled Thai Cucumber Coconut Bisque (Vegan and GF)

CUP OF SOUP: \$7 SOUP FOR 2: \$12 (A PINT) SOUP FOR 4: \$22 (A QUART)

**Freshly Baked Baguette** 3

### **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 wontons (V+, can be GF) 12

\*Add to any salad: grilled chicken 5, baked or fried tofu 4, andouille sausage 7, salmon 9

## APPETIZERS AND SMALL PLATES

### **Bandaloop Egg Rolls**

caramelized red onions, toasted walnuts, and gorgonzola, sweet and sour port wine reduction (V) 12

### **Vermont Aged Cheddar Quesadilla**

salsa fresca, herbed sour cream, sugar cured jalapeños (V) 12

\* add grilled chicken 5, tofu 4, or andouille sausage 5, Gluten Free on corn tortillas + 1

### **Pan Seared Mousam Valley Mushroom Medley**

Lion's Mane, Shiitake, and oyster mushrooms with a miso glaze on a bed of arugula (V+, GF) 13

### **Roasted Spring Asparagus with Goat Cheese Mornay**

creamy cheese sauce topped with herbed bread crumbs (V) 10

### **Bandaloop Hummus Plate**

roasted garlic and tomatoes, corn tostada, Moroccan olives, olive oil, smoked sea salt, toasted seed crunch (V+, Gf) 11

## SANDWICHES ON A BUN

### **House-made Chickpea-Hemp Seed Veggie Burger**

on our house made onion-poppy seed bun, lettuce, three pepper confit, crispy fingerlings, creole mustard aioli (V,V+ without aioli) 14 (add cheddar for \$1)

### **All Natural Beef Burger**

onion-poppy seed bun, blue cheese dressing, arugula and onion jam with crispy fingerlings 18

# **ENTREES**

## **Lemon Grilled Salmon**

served over quinoa with a fresh chickpea herb salad and basil oil (GF) 22

## **Sesame Grilled All Natural Bell & Evans Chicken Breast 21**

Or **Crispy Fried Local Heiwa Tofu (V+) 18**

with twin sauces of zesty Asian Peanut Sauce and Pistachio-Cilantro Pesto, saffron basmati rice, and spring vegetable medley (GF)

## **Rosemary Grilled New York Strip Steak**

grilled scallion chimichurri sauce, crispy fingerlings, spring vegetable medley 26

**Add a protein to the following entrees: grilled chicken 5, baked or fried tofu 4, andouille sausage 7, shrimp 9**

## **Goat Cheese Gnudi**

House made fresh dumplings with Mousam Valley Mushrooms, Fresh Peas, Caramelized Onions in a white wine butter sauce 20

## **Semolina Fettuccini**

House made Fresh Pasta with a Beef Ragu, Savory, and Gouda. 22

## **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) Small - 13 Large - 19

## **Vermont Cheddar & Cavatappi**

our version of mac-n-cheese with a pinch of red pepper flakes, fresh basil, roasted tomatoes, and broccoli florets (V) Small - 13 Large - 19

## **Spring Vegetable and Kimchi Stir Fry**

tossed with rice vermicelli noodles, assorted vegetables, mushrooms, and greens in a ginger - scallion- Tamari glaze, garnished with cilantro and toasted sesame (V+) 16

## **SIDES, CONDIMENTS, SAUCES**

|                                 |   |                                |    |
|---------------------------------|---|--------------------------------|----|
| 8 oz Sugar Cured Jalapeños      | 8 | 10oz Zesty Asian Peanut Sauce  | 14 |
| 8 oz Pickled house Kimchi       | 6 | 10oz Pistachio Cilantro Pesto. | 14 |
| 8oz Pickled Beets               | 6 | 8 oz Salsa fresca              | 6  |
| 12 oz Lemon Tahini Vinaigrette  | 9 | Crispy Fingerlings             | 5  |
| 12oz Lemon Balsamic Vinaigrette | 9 | Side of Vegetable Medley       | 5  |

## **TAKE OUT MENU AVAILABLE 4 - 8**

**Our menu MAY change daily. For the most current menu check out use the "Order Now" link online**

Orders AVAILABLE ONLINE AT [WWW.BANDALLOOPRESTAURANT.COM](http://WWW.BANDALLOOPRESTAURANT.COM)

**Please call when you arrive and we will deliver your meal to the front porch!**

WE THANK YOU FOR TRUSTING US WITH YOUR FOOD DURING THESE TIMES.

Consuming raw or undercooked meats, poultry, shellfish, seafood, or eggs may increase your risk of food-borne illnesses. PLEASE inform us 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.