



SOUPS & SALADS

- Bandaloop Soup~ always house prepared, ask your server 7 cup / 9 bowl
- Loaf of Freshly Baked Baguette ~ with 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 wontons (V+, can be GF) 12
- Bandaloop Hummus Salad~ bed of house hummus, lemon and olive oiled Little Leaf greens, roasted garlic, Moroccan cured olives, toasted seed crunch, Marcona almonds (V+, GF) 13
- *Add to any salad: grilled chicken 5, baked or fried tofu 4,, andouille sausage 7, salmon fillet 9

APPETIZERS & SMALL PLATES

- Sauté of Mousam Valley Mushroom Medley ~ a quick sauté of Lion's Mane, Shiitake, and King Oyster mushrooms with red onion, garlic, basil and sherry, crumbled Carr Valley Penta Crème-Glacier Blue, WI bed of arugula, (V, GF, V+ by request) 14
- Bandaloop Egg Rolls ~ caramelized red onions, toasted walnuts, and gorgonzola, port wine reduction (V) 12
- Skillet Steamed Maine 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

SANDWICHES:

- House-made Hot Pastrami Sandwich ~ our onion-poppy seed roll, Fresno chili mustard sauce, pickled onions, aged cheddar, Little Leaf Lettuce, crispy fingerlings 16
- House-made Chickpea-Hemp Seed Veggie Burger ~ onion-poppy seed bun, Little Leaf lettuce, sliced vine ripe tomato, pickled onions, crispy fingerlings, creole mustard aioli
(V or V+ without aioli) 14 add cheddar for \$1

BANDALOOP

LOCALLY SOURCED, GLOBALLY INSPIRED, ORGANIC EATERY



- Pan Seared Local Dayboat Scallops ~ lemon-horseradish aioli , saffron basmati rice, pan seared with sauté of red onion, farm greens, roasted winter squash, dried cranberries (GF) 30
- Grilled Maine Raised Salmon Fillet ~ Maine blueberry-lemongrass glaze, togarashi roasted sweet potatoes, vegetable medley (GF) 24
- Sesame Grilled All Natural Bell & Evans Chicken Breast ~ twin sauces of Asian Peanut Sauce and Pistachio-Cilantro Pesto, saffron Basmati, vegetable medley (GF) 21
- Rosemary Grilled All Natural New York Strip Steak ~ roasted garlic whipped Flying Goat Farm Chevre , crispy fingerlings, and vegetable medley (GF) 33
- Yaki Udon Noodle Stir-fry ~ medley of seasonal vegetables and braising greens tossed in a sweet soy-chili glaze garnished with cilantro and sesame seeds (V+) 17
- Oven Roasted Heiwa Tofu Steak ~ basted with fire roasted BBQ onion sauce, saffron basmati rice, vegetable medley (V+, GF) 18
- 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
- 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

Please see Daily Special Sheet for Menu Additions

SIDES AND EXTRAS:

Crispy Fingerlings	5	Additional Sauce	2	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!