BANDALOOP

LOCALLY SOURCED, GLOBALLY INSPIRED, ORGANIC EATERY

SOUPS & SALADS

Bandaloop Soup~ always house prepared, ask your server 7 cup / 9 bowl

Loaf of Freshly Baked Baguette ~ with Portuguese Virgin 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 10

APPETIZERS & SMALL PLATES

Yaki Onigiri~ two crispy fried Japanese sushi rice cakes, stuffed with yams and pickled ginger, with house made Maine Maple Teriyaki Sauce, pickled onions (GF, V+) 9

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 Bailey Hazen Blue, VT bed of red watercress (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 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 local corn tortillas + 1

SANDWICHES:

House~made Hot Miso Braised Brisket Sandwich ~ Japanese inspire brined brisket with dried mushrooms, miso, ginger and tamari, sliced and served on our onion~poppy seed roll with seared mushrooms, pickled onions, Little Leaf Lettuce, and pickled ginger aioli, crispy fingerlings 16

House~made Chickpea~Hemp Seed Veggie Burger ~ onion~poppy seed bun, Little Leaf lettuce, tomato jam, pickled onions, crispy fingerlings, creole mustard aioli
(V or can be V+ without aioli) 14 add cheddar for $1

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Pan Seared Local Haddock ~ lemon-horseradish aioli , saffron basmati rice, vegetable medley (GF) 24

Grilled Maine Raised Salmon Fillet ~ Maine Blueberry-Meyer Lemon BBQ glaze, togarashi roasted sweet potatoes, vegetable medley (GF) 26

Sesame Grilled All Natural Bell & Evans Chicken Breast ~ twin sauces of Asian Peanut Sauce and Pistachio-Cilantro Pesto, saffron Basmati, vegetable medley (GF) 22

Pepper Grilled All Natural Center Cut Pork Chop ~ apple cider-whole grain mustard glaze, crispy fingerlings, and vegetable medley (GF) 24

Rosemary Grilled All Natural New York Strip Steak ~ roasted garlic whipped Flying Goat Farm Chevre , crispy fingerlings, vegetable medley (GF) 34

Oven Roasted Heiwa Tofu Steak ~ basted with red miso-whole grain mustard glaze, Onigiri rice cakes, sesame grilled zucchini, red peppers, and sweet onion medley, Maine maple teriyaki (V+, GF) 18

Maine Style Palusami ~ a Samoan stew of oven roasted sweet onions, red and poblano peppers , with chickpeas, spiced coconut milk, baby spinach, and fresh herbs, saffron 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!

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.