

# 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 6

Wilted Spinach Salad ~ wilted with a quick sauté of red onions, fresh corn, sugar snap peas, artichoke hearts, grape tomatoes, lemon-balsamic vinaigrette, sheep's milk feta, toasted pine nuts (V, GF, can be V+) 14

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

Bandaloop Green Salad ~ bed of Little Leaf greens, topped with fresh organic blueberries, crispy sweet potato strings, toasted pepitas, and cashew vinaigrette (V+, GF) 13

\*Add to any salad: grilled chicken 6, baked or fried tofu 5, 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 Local Wild Mushrooms ~ a quick sauté of assorted Maine mushrooms with red onion, garlic, basil, and sherry, crumbled Bailey Hazen Blue, VT on a bed of watercress (V, GF, V+ by request) 14

Bandaloop Egg Rolls ~ caramelized red onions, toasted walnuts, and gorgonzola, port wine reduction (V) 13

Skillet Steamed PEI Mussels ~ choice of preparation (GF) 15

roasted garlic, Dijon, fresh basil, touch of cream OR Szechuan chili ~ soy glaze, red onion

Crispy Tofu (V+, GF) or Grilled Chicken Skewers ~ twin sauces of zesty Asian peanut and pistachio-cilantro pesto, spicy house made kimchi 11

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 inspired 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 potato medley 16

House-made Chickpea-Hemp Seed Veggie Burger ~ onion-poppy seed bun, Little Leaf lettuce, tomato jam, pickled onions, crispy potato medley, creole mustard aioli (V or can be V+ without aioli) 14

add cheddar for \$1



- Pan Seared Pepita Crusted Local Haddock ~ basil ~ horseradish aioli , saffron basmati rice,  
 and lemon glazed spring vegetable medley (GF) 27
- Sesame Grilled Cutler Cove Maine Salmon Fillet ~ black garlic-sweet soy sauce, togarashi roasted sweet potatoes,  
 and lemon glazed spring vegetable medley (GF) 30
- Sesame Grilled All Natural Bell & Evans Chicken Breast ~ twin sauces of Asian Peanut Sauce and  
 Pistachio-Cilantro Pesto, saffron Basmati, and lemon glazed spring vegetable medley (GF) 25
- Pepper Grilled All Natural Center Cut Pork Chop ~ apple cider-whole grain mustard glaze, crispy potato medley,  
 lemon glazed spring vegetable medley (GF) 28
- Rosemary Grilled All Natural New York Strip Steak ~ roasted garlic whipped Flying Goat Farm Chevre ,  
 crispy potato medley, and lemon glazed spring vegetable medley (GF) 35
- Oven Roasted ~ Jackfruit Stuffed Heiwa Tofu Steak ~ basted with Szechuan Chili Glaze served with  
 Onigiri rice cakes in a citrus~Maine Seaweed broth with snow peas, red onion, kale and scallions  
 garnished with sesame braised coconut meat (V+, GF) 20
- 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) 20 full or 14 half
- Vermont Cheddar & Cavatappi ~ our version of mac-n-cheese with a pinch of red pepper flakes, fresh basil,  
 roasted tomatoes, and broccoli florets 20 full or 14 half
- Add a protein to above stews or pasta: grilled chicken 6, baked or fried tofu 5, andouille sausage 7, salmon fillet 10

Please see Daily Special Sheet for Menu Additions

**SIDES AND EXTRAS:**

Crispy Potato Medley	6	Additional Sauce	2	Sugar Cured Jalapenos	2
Pickled Kimchi	4	Pickled Beets	3	Side of Veg Du Jour	6

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!