



## SOUPS & SALADS

- Bandaloop Soup ~ always house prepared, ask your server 7 cup / 9 bowl
- Loaf of Freshly Baked Baguette ~ with Portuguese Virgin Olive Oil (V+) 6
- Loaf of Freshly Baked Rosemary Sourdough ~ basil whipped chevre (V, can be V+) 10
- Wilted Fall Spinach Salad ~ wilted with a quick sauté of leeks, artichoke hearts, roasted butternut squash, lemon-balsamic vinaigrette, sheep's milk feta, apple crisps and toasted pine nuts (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 pomegranate seeds, toasted pepitas, crispy sweet potato strings, and cashew vinaigrette (V+, GF) 13
- \*Add to any salad: grilled chicken 7, baked or fried tofu 5, andouille sausage 7, salmon fillet 11

## APPETIZERS & SMALL PLATES

- Crispy Fried Brussels Sprouts ~ kung pao glaze, topped with crushed sesame peanuts (V+,GF) 11
- 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, topped with crumbled Rogue Creamery Organic Blue, OR (V, GF, V+ by request) 14
- Bandaloop Egg Rolls ~ caramelized red onions, toasted walnuts, and gorgonzola, port wine reduction 13
- Skillet Steamed Marshall Cove 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 12
- Vermont Aged Cheddar Quesadilla ~ salsa fresco, herbed sour cream, sugar cured jalapenos (V) 13
- 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 18
- 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) 15

**BANDALOOP**  
LOCALLY SOURCED, GLOBALLY INSPIRED, ORGANIC EATERY



Pan Seared Pepita Crusted Local Haddock ~ basil ~ horseradish aioli , saffron basmati rice,  
and lemon glazed vegetable medley (GF) 27

Sesame Grilled Cutler Cove Maine Salmon Fillet ~ black garlic-sweet soy sauce, togarashi roasted sweet potatoes,  
and lemon glazed 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 vegetable medley (GF) 26

Pepper Grilled All Natural Center Cut Pork Chop ~ apple cider-whole grain mustard glaze, crispy potato medley,  
and lemon glazed vegetable medley (GF) 29

Rosemary Grilled All Natural New York Strip Steak ~ roasted garlic whipped Flying Goat Farm Chevre ,  
crispy potato medley, and lemon glazed vegetable medley (GF) 35

Crispy Heiwa Tofu & Red Lentil Cakes ~ on a bed of arugula, with an Indian spiced green tomato chutney,  
curry roasted cauliflower, saffron Basmati, and coconut yogurt raita (V+& GF) 20

Bandaloop Pasta du Jour ~ always house prepared, ask your server 19

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 15 half

Add a protein to above stew or pasta: grilled chicken 7, baked or fried tofu 5, andouille sausage 7, salmon fillet 11

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!

For any SERIOUS dietary restrictions, please contact the chef in advance!