



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 Winter Spinach Salad ~ wilted with a quick sauté of leeks, artichoke hearts, roasted butternut squash, lemon-balsamic vinaigrette, sheep's milk feta, roasted pear, dried cranberries and toasted pine nuts (GF, can be V+) 14

Organic Romaine Salad ~ roasted gold beets, persian cucumbers, 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

Fricassee of Local Wild Mushrooms ~ sauté of assorted Maine mushrooms with red onion, garlic, ginger, fresh basil and lime, served with crispy rice paper (GF, V+) 14

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

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 Pork loin Sandwich ~ Japanese inspired, brined pork loin with dried mushrooms, miso, ginger and tamari; sliced, seared, and served on our onion-poppy seed roll with cucumber kimchi, 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

add cheddar for \$1



- Pan Seared Pepita Crusted Local Haddock ~ lemon-basil-horseradish aioli , saffron basmati rice, and fresh asparagus (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, sesame seared bean sprouts and cabbage (GF) 26
 - Pepper Grilled All Natural Center Cut Pork Chop ~ apple cider-crystallized ginger glaze, medley of agave roasted carrots and turnips with grilled napa cabbage (GF) 29
 - Rosemary Grilled All Natural New York Strip Steak ~ roasted garlic whipped Flying Goat Farm Chevre , fingerling potato-leek-hash, roasted Romanesco (GF) 35
 - Moroccan Style Heiwa Tofu Shakshuka ~ sauteed tofu with onions and roasted garlic, simmer in our zesty tomato Shakshuka over a bed of baby spinach, with crispy scallion polenta fries and finished with our tahini dressing (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!