

# BANDALOOP

LOCALLY SOURCED, GLOBALLY INSPIRED, ORGANIC EATERY



## SOUPS & SALADS

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

Bandaloop Freshly Baked Bread ~ with Portuguese Virgin Olive Oil (V+)

10oz Whole Wheat Baguette 6 or 12oz Rosemary Hemp Seed Sourdough 8 Add Whipped Chevre 3

Organic Romaine Hearts Salad ~ pickled gold beets, Persian cucumbers, candied pecans, lemon-tahini vinaigrette, hemp seeds, and crispy wontons (V+, can be GF) 13

Bandaloop Green Salad ~ bed of Little Leaf greens, topped with fresh blueberries toasted pepitas, crispy sweet potato strings, and cashew vinaigrette (V+, GF) 14

Cold Szechuan Noodle Salad ~ rice noodles and smashed cucumbers served over Little Leaf greens tossed with a Szechuan dressing and sesame seeds (V+, GF) 15

\*Add to any salad: grilled chicken 7, baked or fried tofu 5, andouille sausage 7, salmon fillet 11

## 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+) 10

Fricassee of Local Wild Mushrooms ~ sauté of assorted Maine mushrooms with red onion, garlic, ginger, coconut milk, fresh basil and lime, served with crispy rice crackers (GF, V+) 15

Skillet Steamed Marshall Cove Mussels ~ roasted garlic, Dijon, fresh basil, touch of cream (GF) 16

Bandaloop Egg Rolls ~ caramelized red onions, toasted walnuts, and gorgonzola, port wine reduction 14

Korean Grilled Shrimp ~ cucumber kimchi, pickled ginger aioli, napa cabbage, crispy rice noodle (GF) 15

Vermont Aged Cheddar Quesadilla ~ salsa fresco, herbed sour cream, sugar cured jalapenos (V) 14  
add grilled chicken 5, tofu 4, or andouille sausage 5, Gluten Free on local corn tortillas + 1

Vermont Country Brie ~ grilled sourdough, roasted candy snap grapes, pineapple-jalapeno mustard, pickled onion, pineapple glaze 13

## 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 19

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) 16

add cheddar for \$1



- Pan Seared Pepita Crusted Local Haddock ~ lemon-basil-horseradish aioli, citrus Basmati rice, and fresh asparagus (GF) 28
  - Pink Pepper Grilled Cutler Cove Maine Salmon Fillet ~ crispy Za-tar potatoes, on seasonal greens ~ Persian cucumber- red onion ~ heirloom tomato salad topped with feta and lemon verjus vinaigrette. (GF) 31
  - Sesame Grilled All Natural Bell & Evans Chicken Breast ~ twin sauces of Asian Peanut Sauce and Pistachio-Cilantro Pesto, citrus Basmati rice, pea shoot and cabbage slaw (GF) 27
  - Pepper Grilled All Natural Center Cut Pork Chop ~ cherry teriyaki sauce, served with spring parsnip puree and sugar snap peas (GF) 30
  - Rosemary Grilled All Natural New York Strip Steak ~ served with roasted leeks with white barbecue sauce, crispy potatoes and a fennel- fiddlehead- piquillo pepper medley (GF) 36
  - Moroccan Style Heiwa Tofu Shakshuka ~ sauteed tofu with onions and roasted garlic, simmered in our zesty tomato Shakshuka over a bed of baby spinach, with crispy scallion polenta fries and finished with our tahini dressing (V+& GF) 21
  - Bandaloop Pasta du Jour ~ always house prepared, ask your server 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, citrus basmati rice (V+, GF) 21 full or 16 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 Potatoes	6	Additional Sauce	2	Sugar Cured Jalapenos	2
Pickled Kimchi	4		Pickled Beets	3	
Side of Veg Du Jour	6		Fried Tofu	4	

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.