

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 (low gluten) 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 (low Gluten, 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

Polenta Fries - fried creamy polenta, basil lemon aioli, lemon salt (low gluten) 12

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 (low gluten) 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+& low gluten) 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 (low gluten)5, andouille sausage 7, salmon fillet 11

Please see Daily Special Sheet for Menu Additions

SIDES AND EXTRAS:

Crispy Potatoes (low gluten) 6	Additional Sauce 2	Sugar Cured Jalapenos 2
Pickled Kimchi 4	Pickled Beets 3	
Side of Veg Du Jour 6	Fried Tofu (low gluten) 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. We do not have a dedicated fryer, anything fried may be low gluten, not GF.