

# 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 Baby Kale Salad ~ pickled red 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 pomegranate seeds, toasted pepitas, crispy sweet potato strings, and cashew vinaigrette (V+, GF) 14
- Wilted Spinach Salad ~ sauté of red onion, heirloom tomato, fresh corn, roasted delicata squash, lemon balsamic vinaigrette, sheep's milk feta, roasted pine nuts, fresh apple (V+ with no cheese, 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+) 14
- 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 pumpkin polenta, spiced apple cider aioli (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



- Oven Roasted Pepita Crusted Local Haddock ~ lemon-basil-horseradish aioli , creamy cauliflower-potato puree, seared garlic green beans (GF) 28
  - Pepper Grilled Cutler Cove Maine Salmon Fillet ~ citrus basmati rice, seasonal roasted vegetable medley, pistachio~ cilantro pesto sauce (GF) 31
  - Sesame Grilled All Natural Bell & Evans Chicken Breast ~ crispy Brussels sprouts, pumpkin polenta fries, zesty negro chocolate mole (GF) 27
  - Rosemary Grilled All Natural Center Cut Pork Chop ~ zesty honey whole grain mustard sauce, served with roasted vegetable medley and crispy potatoes (GF) 30
  - Sesame Grilled All Natural New York Strip Steak ~ creamy coconut wild mushroom sauce, roasted red pepper puree, wild rice-scallion cake, crispy Brussels sprouts 36
  - Bandaloop Pasta du Jour ~ always house prepared, ask your server 20
  - Three Sisters Entrée Stew with Maine Corn Chochoyotes ~ the triple goodness of sweet fresh corn, organic black beans, delicata squash, stewed with peppers, onions, garlic, tomato and lime, and finished with little clouds of Maine corn masa dumplings (V+, GF) 18
  - 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 stews 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.