

BANDALOO

LOCALLY SOURCED, GLOBALLY INSPIRED, ORGANIC EATERY



SOUPS & SALADS

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

Bandaloop Freshly Baked 12oz Organic Maine Grains Sourdough ~ with Portuguese Virgin Olive Oil (V+) 9

Add Whipped Feta 3 Add Garlic-Almond Spread 3

Bandaloop Green Salad ~ bed of Little Leaf greens, topped with fresh blueberries, toasted pepitas, crispy sweet potato strings, and cashew vinaigrette (V+, GF) 15

Bok Choy Caesar - baby bok choy, miso Caesar dressing, togarashi panko crumb, parmesan cheese, anchovy filet (can be GF) 15

Wilted Spinach Salad ~ sauté of red onion, leeks, and fresh strawberries, rich balsamic vinaigrette, sheep's milk feta, toasted pine nuts, fresh apple (V+ with no cheese, GF) 16

*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+) 16

Bandaloop Egg Rolls ~ caramelized red onions, toasted walnuts, and gorgonzola, port wine reduction 16

Korean Grilled Shrimp ~ cucumber kimchi, pickled ginger aioli, napa cabbage, crispy rice noodle (GF) 16

Skillet Steamed Maine Mussels ~ roasted garlic, Dijon, fresh basil, touch of cream (GF) 17

Vermont Aged Cheddar Quesadilla ~ salsa fresca, herbed sour cream, sugar cured jalapenos (V) 15
add grilled chicken 5, tofu 4, or andouille sausage 5, Gluten Free on local corn tortillas + 1

Polenta Fries - fried creamy harissa polenta, cucumber-herb aioli (low gluten) 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 20

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) 17



- Grilled Heiwa Tofu Steak ~ citrus-miso sauce, sweet soy glazed red peppers, leeks, red onion, with crispy smashed potato, wasabi aioli, pickled hearts of palm (V+, GF) 27
- Oven Roasted Pepita Crusted Local Haddock ~ lemon-basil-horseradish aioli, citrus basmati rice, spinach Fattoush with masa crisps (GF) 29
- Pepper Grilled Farm Raised Scottish Salmon Fillet ~ citrus basmati rice, seasonal roasted vegetable medley, pistachio~cilantro pesto sauce (GF) 32
- Sesame Grilled All Natural Bell & Evans Chicken Breast ~ garlic green beans, polenta fries, zesty negro chocolate mole (GF) 28
- Rosemary Grilled All Natural Center Cut Pork Chop ~ zesty honey whole grain mustard sauce, served with roasted vegetable medley and crispy potatoes (GF) 31
- Sesame Grilled All Natural New York Strip Steak ~ creamy coconut wild mushroom sauce, roasted red pepper puree, herbed buttered Hasselback potato, garlic green beans 37
- Vermont White Cheddar Mac and Cheese ~ organic rigatoni pasta, basil, red pepper flake, roasted garlic and cherry tomato, steamed broccoli (can be V+ and will contain nuts, Can be GF \$2) 21
- 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) 22 full or 17 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	3
Pickled Kimchi	4	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.

Anything fried may be low gluten, not GF.