



SOUPS, SALADS & STARTERS

Bandaloop Soup du Jour ~ always vegan and GF, ask your server 9 cup/11 bowl

Freshly Baked Sourdough ~ Organic King Aurther and Maine Grains, Portuguese XVOO (V+) 9
 Whipped Feta 5 Garlic-almond Spread (V+) 5

Oven Roasted Heirloom Tomatoes and Local Goat Cheese ~ heirloom cherry tomatoes, roasted garlic, olive oil, and garden herbs: baked with Three Charm Farms chevre, topped with a savory **almond*** crumble (V, GF) 15

Avocado Timbale ~ fresh avocado whipped with lime wasabi vinaigrette, sesame seeds, balsamic red onions, wonton crisps, cucumbers, tamari caramel (V+, can be GF) 14

King Oyster Mushroom Ceviche ~ thin sliced Mousam Valley Kings Oyster Mushrooms, red onion, sugar cured jalapeno, basil, cilantro, lime, tomato, avocado, served with seasoned local corn tostadas (V+, GF) 15

Green Salad ~ Little Leaf greens, blueberries, toasted pepitas, sweet potato strings, **cashew*** vinaigrette (V+, GF) 15

Chiffonade Kale Salad ~ lemon-tahini-vinaigrette, pickled beets, hemp seeds, togarashi bread crumbs (V+, GF) 16

Add to any salad: Baked/fried tofu (LG) 5 • Grilled chicken 7 • Andouille sausage 8 • Salmon 15 • Veggie burger 8

APPETIZERS & SMALL PLATES (2 or 3 small plates make a great meal)

Bandaloop Egg Rolls ~ caramelized red onion, toasted **walnuts***, gorgonzola, Port-balsamic reduction (V) 16

Yaki Onigiri ~ crispy fried Japanese sushi rice cakes, yams, pickled ginger, Maine maple teriyaki sauce (V+, LG) 11

Crispy Red Potatoes ~ oven roasted, quartered and crispy fried, Creole aioli (V+, LG) 9

Crispy Brussel Sprouts ~ Agave glaze, Peruvian aji sauce, crumbled sheep's feta cheese, fresh lime (V*, LG) 14

Tofu Skewers ~ crispy fried, twin sauces of zesty **peanut*** & **pistachio***-cilantro pesto, cucumber Kimchi (V+, LG) 13

Fricassee of Local Wild Mushroom ~ red onion, coconut milk, garlic, ginger, fresh basil, lime, garnished with crispy mee krob rice noodle (V+, GF) 16

Maine Mussels ~ White wine, roasted garlic, Dijon, touch of cream, basil (GF) 20

Vermont Aged Cheddar Quesadilla ~ Salsa fresca, herbed sour cream, sugar cured jalapeños (V) 15
 Add: Grilled chicken 5 • Tofu 4 • Andouille sausage 5 • Corn tortillas (GF) 2

ENTREES (SUB BAKED /FRIED TOFU FOR ANY ENTRÉE PROTEIN 22)

Pan Seared Local Sea Scallops ~ sorrel butter, harissa coulis, purple potato salad with red onion, snap peas, sweet corn, olive oil (GF) 38

Grilled Maine Salmon ~ Faroe Island salmon, piquillo pepper-almond **romesco*** sauce, quinoa pilaf, grilled asparagus (GF) 31

Grilled 8 oz Filet Mignon ~ fresh garden herb chimichurri, smashed crispy potato, roasted broccolini (GF) 48

Grilled Boneless Pork Chop ~ miso-whole grained mustard, smashed crispy potato, grilled asparagus (GF) 36

Grilled Chicken Breast ~ fire roasted BBQ onions, roasted broccolini, fingerling garnet yams (GF) 26

Bandaloop's Famous Mac 'n Cheese ~ Rigatoni, aged Vermont Cheddar, basil, red pepper flakes, roasted garlic, finished with blistered grape tomato, steamed broccoli (V, **V+ will contain cashew* nuts**)(GF version 3) 22

Maine Style Palusami ~ Samoan stew, oven roasted sweet onions, red & poblano peppers, chickpeas, coconut milk, lime, basil, baby spinach, citrus basmati (V+, GF) 22

Additions for Mac' or Palusami Stew

Grilled chicken 7 • Baked/fried tofu (LG) 5 • Andouille sausage 8 • Salmon 15 • Veggie burger 8

Chickpea Hemp Seed Veggie Burger ~ Lettuce, tomato jam, pickled onions, house pickles, creole aioli (V+) 19

Classic Burger ~ grass fed beef, aged cheddar, mixed greens, pickled onions, house pickles, special sauce 22

(above burgers served on house made onion-poppy seed roll with crispy red potatoes, sub GF, V+ bun 3)

* contains nuts

Our chefs have worked hard on this menu just the way it is.

We respectfully discourage modifications as they may not always be accommodated.

PLEASE inform your server or bartender of any food allergies! For any **SERIOUS** dietary restrictions, please contact us **in advance!**

Consuming raw or undercooked meats, poultry, shellfish, seafood, or eggs may increase your risk of food-borne illnesses.

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