

SOUPS AND SALADS:

Bandaloop Soup: changes daily...ask your server (V+, GF) 7 cup / 9 bowl

Wilted Spinach Salad: wilted with a quick sauté of red onions, broccoli, artichoke hearts, grape tomatoes, lemon-balsamic vinaigrette, sheep's milk feta, toasted pine nuts (V, GF, can be V+) 12

Baby Kale Salad: pickled gold beets, candied pecans, lemon-tahini vinaigrette, wonton crown (V+, can be GF) 12

*Add to any salad: grilled chicken 5, baked or fried tofu 4, andouille sausage 7, salmon fillet 10

APPETIZERS AND SMALL PLATES:

Bandaloop Egg Rolls: caramelized red onions, toasted walnuts, and gorgonzola, port wine reduction (V) 11

Skillet Steamed Pemaquid Mussels: with roasted garlic, Dijon, fresh basil, touch of cream (GF) 11

House Cured Maine Raised Salmon Lox: thin slices, crisp rye bread sticks, grilled asparagus salad, fresh dill-whole grained mustard-lemongrass aioli 14

Mousam Valley Mushroom Ceviche: zesty Mexican style ceviche on crispy corn tostada (V+, GF) 12

Vermont Aged Cheddar Quesadilla: salsa fresco, herbed sour cream, sugar cured jalapenos (V) 12
add grilled chicken 5, tofu 4, or andouille sausage 5, Gluten Free on corn tortillas + 1

ENTREES:

Maine Style Palusami: Samoan stew of oven roasted sweet onions, red and poblano peppers, with chickpeas, coconut milk, baby spinach, and fresh herbs, served with basmati rice (V+, GF) 20

add grilled chicken 5, baked or fried tofu 4, andouille sausage 7, grilled salmon 10

Local Maine Heiwa Tofu: marinated and oven roasted tofu fillet, Peruvian Aji pepper sauce, toasted pine nuts, fried green tomatoes, roasted red tomatoes, saffron basmati (V+, GF) 19

Grilled All Natural Chicken Breast: tart apple-BBQ glaze, pickled farm vegetable medley, Yukon mashed potatoes (GF) 26

Grilled Maine Raised Salmon Fillet: grilled medium rare, three onion-lemon soubise, saffron basmati rice, pickled farm vegetable medley (GF) 27

Pan Seared Dayboat Sea Scallops: red beet gastrique, bed of seared baby spinach and sweet corn, saffron basmati rice (GF) 32

Rosemary Grilled 12 oz Prime NY Strip Steak: red wine-mire poix reduction, roasted garlic-Normandy butter, pickled farm vegetable medley, Yukon mashed potatoes (GF) 34

SIDES AND EXTRAS:

Farm Vegetable Medley	5	Pickled Farm Vegetable Medley	5
Sugar Cured Jalapenos	2	Pickled Gold Beets	3
Zesty Kimchi Slaw	4	Yukon Mashed Potatoes	4
Normandy Butter	3	Additional Sauce Selection	2

Consuming raw or undercooked meats, poultry, shellfish, seafood, or eggs may increase your risk of food-borne illnesses.
PLEASE inform you server or bartender of any food allergies! For any SERIOUS dietary restrictions, please contact the chef in advance.