



## SOUPS & SALADS

**Bandaloop Soup du jour** - Always vegan and GF, ask your server 8 cup/10 bowl

**Freshly Baked Sourdough** - Organic Maine grains, Portuguese XVOO (V+) 9  
 Whipped Feta 4 Garlic-almond Spread (V+) 4

**Winter Organic Beet Plate** - sliced roasted beets, pickled beets, beet gel, and beet powder, ground pistachio, balsamic, winter citrus (V+, GF) 16

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

**Bok Choy Caesar** - Miso Caesar dressing, togarashi panko crumb, parmesan, lemon, anchovy filet (GF) 15

Add to any salad: Baked/fried tofu (LG) 5 • Grilled chicken 7 • Andouille sausage 8 • Salmon 12 • Veggie burger 8 • Shrimp 13

## SMALLER 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 Potatoes** - Hand cut, oven roasted, crispy fried, Creole aioli (V+, LG) 9

**Elote Cauliflower** - Pan seared, chipotle aioli, parmesan, cilantro, lime, corn tortilla crisps (V\*, GF) 14

**Crispy Brussel Sprouts** - Agave glaze, Peruvian aji sauce, crumbled feta cheese, fresh lime (V\*, LG) 13

**Tofu Skewers** - Crispy fried, peanut sauce, pistachio-cilantro pesto, cucumber Kimchi (V+, LG) 13

**Fricassee of Local Wild Mushroom** - Red onion, coconut milk, garlic, ginger, fresh basil, lime, crispy rice noodle (V+, GF) 16

**Steak Tataki** - Pan seared Flat Iron steak, sunchoke & root vegetable puree, crispy brussels leaves, pickled onions, szechuan sauce (GF) 23

**Samosadilla** - Indian spiced potato, peas, corn tortillas, tamarind glaze, green chutney (V+, GF) 14

**Maine Mussels** - Roasted garlic, fresh basil, cream, Dijon, chevre, crushed tomato, parsley (GF) 20

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

## LARGER PLATES

**Fish Stew** - Harissa, tomato broth, red peppers, leeks, fennel, shrimp, mussels, local fish, basil, lemon, red onion, grilled toast points (can be GF with rice) 26

**Grilled Maine Salmon** - Cutler Cove salmon, red quinoa, charred endive & radicchio salad, sherry vinaigrette (GF) 28

**Bandaloop's Famous Mac'n Cheese** - Rigatoni, Vermont aged cheddar, basil, red pepper flake, roasted garlic, grape tomato, steamed broccoli (V, can be vegan, will contain nuts, GF version 3) 21

**Maine Style Palusami** - Samoan stew, oven roasted sweet onions, red & poblano peppers, chickpeas, coconut milk, baby spinach, citrus basmati (V+, GF) 20

Add: Grilled chicken 7 • Baked /fried tofu (LG) 5 • Andouille sausage 8 • Salmon 15 • Shrimp 13 • Veggie burger 8

(All following sandwiches and burgers served on house made onion-ppoppy seed roll with crispy potatoes, sub GF, V+ bun 3)

**Chickpea Hemp Seed Veggie Burger** - Lettuce, tomato jam, pickled onions, house pickles, creole mustard aioli (V+) 17

**Miso Brined Tofu Sandwich** - Dried mushrooms, ginger, tamari, cucumber Kimchi, crisp lettuce, pickled ginger aioli (V+) 17

**Spicy Chicken Sandwich** - Brined and grilled all natural Bell & Evans breast, Peruvian aji slaw, house pickles, creole aioli 17

**Miso Brined Pork Loin Sandwich** - Dried mushrooms, ginger, tamari, cucumber Kimchi, crisp lettuce, pickled ginger aioli 20

**Classic Burger** - All natural, grass fed beef, aged cheddar, mixed greens, pickled onions, house pickles, special sauce 20

## FLATBREADS

**Bandaloop Classic** - Tomato jam, Vermont aged cheddar, crispy kale (V) 15

**Aji Chicken** - Grilled chicken, Peruvian aji sauce, crumbled sheep's milk feta, red onion, cilantro 17

**Pear and Arugula** - Lemon dressed arugula, fresh pears, gorgonzola, candied pecans, balsamic drizzle (V) 15

**Teriyaki Tofu** - Heiwa Tofu, Maine maple teriyaki, red pepper, leek, onion, sesame seed (V+) 16

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

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

PLEASE inform your server or bartender of any food allergies! For any SERIOUS dietary restrictions, please contact the chef 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

V-Vegetarian V\* - Can be Vegan V+ - Vegan GF—Gluten Free LG—Low Gluten