



glutenfree

Please be aware that because our dishes are prepared-to-order, during normal kitchen operations, individual foods may come into contact with one another due to shared cooking and preparation areas. Many precautionary measures have been put into place, like designated fryolators, pans, knives, cooktops and cutting boards. However, we cannot guarantee that cross-contact with foods containing gluten will NEVER occur. We take great pride in providing our Celiac community with a creative, extensive, safe and memorable dining experience.

TO SHARE.

BUFFALO CHICKEN DIP.

shredded chicken breast | fluffy, gooey buffalo cream cheese | buttermilk ranch | sharp Vermont cheddar | choice of hand-cut potato chips, tortilla chips or 1/2 & 1/2 | 11

OUR SMOKED PULLED PORK NACHOS.

signature rubbed, smoked, pulled and sauced pork | sharp white cheddar sauce | pickled jalapeños | our freshly squished guac | smoked salsa verde | Ingrid's smoky salsa | sour cream | 1/4 sheet (for us) | 16
1/8 sheet (for me) | 12

WARM MUSHROOM POLENTA.

taleggio | reggiano and mushroom stock | oyster, crimini, shiitake saute | Tuscan kale and roasted pistachio pesto | house made ricotta | red onion marmalade | toasted against the grain baguette | black garlic butter | 15

BRISKET CHILI AND CHIPS.

our 14-hour smoked brisket and burnt ends slowly simmered with sweet potato, espresso, roasted chiles, smoked shallots and aromatic veggies | whipped, smoked jalapeno pimento cheese | our crunchy, salty and freshly fried bbq potato chips | 15

EAT YOUR GREEN (ISH) THINGS.

MARINATED PORTABELLA AND STEAK TIPS.*

bubbly taleggio | warm puree of oven roasted root veggies | hearty Tuscan kale with rendered pancetta | warm dressing of apple cider vinegar and pan drippings | 19

THE PIZZERIA.

hand chopped romaine and radicchio lettuces tossed in red wine vinaigrette | diced tomato | thinly sliced red onion | our hand-pulled fresh mozzarella | pecorino romano | pickley giardinara | diced stick pepperoni | local hot capicola | 15

PIZZA AND FRIENDS.

against the grain crusts are topped with a blend of whole milk mozzarella and our hand-pulled, fresh mozzarella. creations from the pizza wizard are made to order, from scratch the minute you say so. please be patient while we give your selection our personal attention.

WHITE PIZZA WITH HERB ROASTED EGGPLANT.

caramelized garlic oil | our lemony ricotta cheese | parmigiano reggiano | pecorino | Tuscan kale and roasted pistachio pesto | 19

POTATO, TASSO HAM AND CHEESE.

whipped olive oil and lardo potato puree | dollops of jalapeno pimento cheese | smoked shallots | sharp white cheddar | our potato chips dusted with bbq spice and crushed | local Mike's hot honey drizzle | 21

SAUCE YOUR OWN WINGS/TENDERS.

crispy, wings or tender chunks dredged in our special spice blend | choose: mild | hot | suicide | fig bbq | black garlic chicken salt | p.b., fluff & apricot jam | honey mustard | the appropriate creamy dip | celery and carrot sticks | 1# - 13 | 1 1/2# - 18

THE BAFFONI'S TRIP TO VIETNAM.

AKA. NIME CHOW WINGS

the very best chicken wings from the very best chickens | paper-thin shredded, crunchy lettuce | crushed salted peanuts | vinegary honey fish sauce caramel | crunchy rice noodle strands | chopped, fresh green herbs | extra lime | 13

MEZE.

our own baba ghanoush | hummus | tzatziki | feta cubes | red onion marmalade | crisp, fresh veggies | our olive tapenade | kalamata olive oil drizzle | warm, toasted against the grain pita | 18

CRISPY SQUID MILANESE.

crispy fried and tossed in black garlic butter | chopped flat leaf parsley | briney capers | fresh lemon | prosecco | lemony aioli | peppery arugula | 13

GOOD OL' WEDGE.

classic, crunchy iceberg | scratch made smoked shallot blue cheese dressin' | crispy, thick cut North Country bacon | a hunk o' moody blue | Betta's slowly caramelized cipollini onions | 16

CRISPY TRIPLE CLUB.

chopped romaine tossed in our honey mustard dressing | cold roasted sweet potato chunks | crispy North Country bacon | griddled North Country tasso ham | baby tomatoes | chopped ripe avocado | thin and crispy fried Baffoni chicken breast cutlet | 19

DOUBLE PEP IN YOUR STEP.

freshly sauteed garlicky spinach | pepperoni pesto & sliced pepperoni | garlic cheese curd | whole milk mozzarella | our fresh mozzarella & melty American | chef's pizza sauce | 20

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BURGERS ARE OUR BUSINESS.

OUR BURGERS AND SANDWICHES COME WITH OUR HOUSE
MADE CHIPS OR YOU CAN UPGRADE TO ANY OF OUR SIDES ...

SQUISHED.

thin, crispy and griddled old fashioned style.

J.I.'S MOODY FIG*.

our squished burger | a slab of gooey, melty moody blue | crispy sweet potato fries | Udi's bulkie roll | fried Baffoni egg | fig jam | creamy Italian dressed arugula | 20

POUTINE*.

toasted Udi's bulkie roll | whipped garlic herb spread | black garlic chicken salted hand-cut fries | Yancy's fancy garlic cheese curd | smothered with whiskey demi | 20

CLASSIC DINER BURGER.*

our squished, griddled patty | smothered in LOL white American | l,t,o | special sauce | toasted Udi's bulkie roll | 17

LATE NIGHT CHEF.*

creamy peanut butter | concord grape jelly | toasted Udi's bulkie roll | our griddled, squished patty with fig bbq | melted cheddar | crisp bacon | l,t,o and pickles | 19

BYOB.

veggie burger.....9
gluten free | dairy free | soy free | nut free | vegan
hand pattied beef* 8 oz.....10

SAUCES & SCHMEARS .50 EACH

brown sugar maple mayo | dijon mustard | fig bbq | 1000 island | lemon garlic mayo | chipotle mayo | honey mustard

CHEESES 1.00 EACH

American | provolone | sharp, white cheddar | feta | Swiss | jalapeno pimento cheese | whipped herb cheese spread

TOPPINGS .50 each

shredded lettuce | tomato | sliced, raw onions | pickled onions | sautéed peppers | cole slaw | honey mustard | olive tapenade | caramelized onions | red onion marmalade | jalapeños | apricot preserves

SANGWICHES.

THE SOUTHERN STANDARD.

toasted, sliced Udi's bread served open-faced and schmearred with black garlic butter | lardo mashed potatoes | our 14-hour smoked brisket | griddled North Country bacon and tasso ham | honey mustard | our classic chopped, sweet coleslaw | side of red-eye gravy | 21

EGGPLANT GRILLED CHEESE.

herb roasted eggplant | whipped herb cheese spread | bubbly provolone | slow roasted herbed tomatoes | torn basil and basil infused olive oil | chef's pizza sauce for dipping | toasted, sliced Udi's bread | 16

SMOKED TURKEY PUB.

brown sugar maple mayo | crisp bacon | iceberg | sliced tomato | thin red onion | ripe avocado | sharp, white cheddar cheese | house smoked, wrapped, rested and sliced turkey breast | toasted Udi's roll | 19

COUNTRY STYLE SLAW | 1 BBQ CHIPS | .50
SWEET POTATO FRIES | 3 HAND CUT FRIES | 3
BLACK GARLIC CHICKEN SALTED FRIES | 4

AMERICAN AS APPLE PIE.*

cinnamon buttered Udi's bulkie roll | local apple compote | brown sugar maple mayo | sharp Vermont cheddar | crispy North Country bacon | 19

TUSCAN TURKEY BURGER.

scratch made, super moist, white meat turkey burger | melted provolone | red wine vinaigrette dressed baby spinach | sliced, vine ripened tomato | thin red onion | garlic lemon mayo | crunchy, roasted garlic oiled and toasted A & J bakery torpedo | 20

BREAKFAST BURGER.*

buttered Udi's white toast | homefries | crisp bacon | American cheese | brown sugar maple mayo | fried Baffoni Farms egg | 17

HEARTY VEGGIE.

roasted garlic oil toasted Udi's bulkie roll | red peppers agro dolce | sweet potato hummus | shredded, crisp romaine tossed in our light red wine vinaigrette | 16

white meat turkey 8 oz..... 11
Maine Family Farms
grass fed beef patty* 6oz 13

EXTRA SPECIAL TOPPINGS

smoky salsa | salsa verde | Tuscan kale and roasted pistachio pesto | pepperoni pesto | giardinara | pizza sauce | sport pepper aioli | creamy Italian dressing | whipped black garlic rabe butter | olive oil and lardo mashed potatoes | apple compote | 1.00 each

Baffoni Farm egg | scratch made smoked shallot blue cheese dressing | 1.50 each

avocado | red pepper agro dolce | crispy, thick cut North Country bacon | baba ghanoush | hummus | tzatziki | hand-pulled, fresh mozzarella | yancy's fancy buffalo cheddar | yancy's fancy dill pickle cheddar | 2.00 each

guacamole | moody blue cheese | 3.00

TALEGGIO GRILLED CHEESE.

sliced Udi's bread spread with apricot preserves and Tuscan kale pistachio pesto | buttery, melty taleggio cheese | thinly sliced prosciutto di parma | 18

MEATLOAF HOAGIE.

a thick slice of our smoked three meat trifecta smothered in our bbq sauce & bubbly dill pickle cheddar | caramelized onions | mashed potatoes | toasted A & J bakery torpedo | 15

MAMA'S LITTLE RHODY RIBEYE SANDWICH.*

marinated & grilled to your liking | whipped black garlic rabe butter | crunchy, caramelized garlic oiled A & J bakery torpedo | gooey, bubbly provolone | lemony garlic mayo | fresh arugula | red peppers agro dolce

...or **ALMOST NAKED** with crisp shredded lettuce, sliced salt and peppered tomato and your choice of cheese and mayo | 17

we respectfully request no modifications are made to our cheesesteaks. we would like to maintain the integrity of our creative process. thank you, chef angie and jeanine.

GOOEY CHEESESTEAKS.

SOUTHERN BBQ.

griddled steak and spices | fig bbq smothered | melted dill pickle cheddar | caramelized onions | whipped, smoked jalapeno pimento cheese | North Country bacon | A & J bakery torpedo | 20

DOUBLE BUFF.

tender griddled steak doused in our mild sauce and smothered in melty, bubbly yancy's fancy buffalo cheddar | shredded crisp lettuce | sliced tomato | cool and creamy buttermilk ranch | A & J bakery torpedo | 20

OUR CHEESESTEAKS COME WITH OUR HOUSE MADE CHIPS OR YOU CAN UPGRADE TO ANY OF OUR SIDES ...

CHI-TOWN SPECIAL.

beef griddled and steamed with fragrant "Italian beef jus" and caramelized onions | crispy, all beef dog | bubbly, melted provolone | spicy and pickly giardinara | sport pepper aioli | sprinkle of celery salt | A & J bakery torpedo | 20

THE KATY SPECIAL.

classic griddled sirloin with simple salt and pepper | extra melted American and provolone | extra gooey sharp white cheddar cheese sauce | chopped North Country bacon | a few crispy, hand-cut fries inside | A & J bakery torpedo | 20

COUNTRY STYLE SLAW | 1 BBQ CHIPS | .50
SWEET POTATO FRIES | 3 HAND-CUT FRIES | 3
BLACK GARLIC CHICKEN SALTED FRIES | 4

THE MAIN EVENT (GLUTEN FREE).

TAVERN STYLE MARINATED STEAK TIPS.*

cast iron seared | griddled mushrooms and onion | glutenburg red ale beer gravy | olive oil and lardo mashed potatoes | oven roasted broccoli with cave aged cheddar cheese sauce | 23

SMOKED BRISKET, BISON, BEEF TENDERLOIN MEATLOAF.

a trio of all three meats | cremini mushrooms | spiced, slow baked and smoked with hickory | crispy, hand-cut fries | North Country bacon fat and whiskey gravy | creamed hearty greens | 19

CRISPY FISH AND CHIPS.

gluten free lightly seasoned flour | hand-cut New England spiced fries | classic tartar | our sweet, chopped classic coleslaw | fresh lemon | 16

BROWN BUTTER BAKED SALMON.

buttery, oven roasted root vegetable puree | brown butter, caper, sherry wine and lemon pan sauce | sauteed spinach, radicchio and Tuscan kale | 21

CHICKEN SALTIMBOCCA.

pan-seared Baffoni chicken breast cutlets | whole butter | marsala wine | slow roasted tomatoes | thinly sliced prosciutto di parma | demi | scratch made Baffoni chicken stock | parmesan and provolone | lardo mashed potatoes | sauteed greens | 20

OVEN ROASTED AND HERBED EGGPLANT.

soft, rich and smothered with chef's sauce, house made ricotta and bubbly provolone | torn fresh basil and basil infused olive oil | zucchini noodles tossed simply in olive oil, parmesan broth and pecorino | 19

WILD MUSHROOM LASAGNETTE.

black garlic butter | parmesan stock | cream | four cheeses (two made in house) | wild mushrooms | di puma's gluten free pasta sheets | garlicky greens | finished with fresh spinach pesto | 19

BLACKIE'S BBQ.

rubbed & slow smoked 14-hour brisket | sweet, chopped classic coleslaw | lardo and EVOO mashed potatoes | our smoked and braised pulled pork | scratch made pickles and pickled red onion | 23

SOUTHERN GOBBLER.

thinly pounded Baffoni turkey breast cutlets | North Country tasso ham | scratch made demi red-eye gravy | touch of cream | smoked shallot | roasted sweet potato with local apple compote | 19

SIDES.

BBQ CHIPS | 3

SWEET POTATO FRIES | 5

HAND-CUT FRIES | 5

BLACK GARLIC CHICKEN SALTED FRIES | 6

SMALL GREEN SALAD | 4

VEGETABLE OF THE DAY | 3

COUNTRY STYLE SLAW | 2

OLIVE OIL AND LARDO MASHED POTATOES | 4
ADD DEMI | 6

OVEN ROASTED BROCCOLI WITH CAVE AGED CHEDDAR CHEESE SAUCE | 6

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CLEAN. DAIRY, GLUTEN AND LEGUME FREE. NO SUGAR. NO PROCESSING.

PALEO STARTERS.

CLASSIC CHICKEN CAESAR PALEO-STYLE.

chopped fresh romaine | our play on decadent caesar | roasted spaghetti squash | nutritional yeast | flat-iron seared and sliced Baffoni chicken cutlets | 19

PALEO CHEESEBURGER 'DILLA.

griddled, spiced ground bison meat | no sugar ketchup, mustard and celery salt | melted almond milk cheddar | lettuce | tomato | red onion | chopped pickles | 19

BISON MEATBALL SLIDERS.

marinated eggplant rounds | plum tomato sauce | almond milk mozzarella | fresh spinach pesto | 16

SWEET POTATO HUMMUS PLATTER.

oven roasted sweet potatoes, soom tahini, fresh lemon and olive oil | crisp and crunchy fresh veggie sticks | pepperoncini | olive tapenade | chunks of ripe avocado | red peppers agro dolce | our toasted paleo "chips" | 17



PALEO STUFFED SWEET 'TATERS.

our jumbo sweet potatoes are roasted twice daily. first come, first served.

CHILI SPUD.

our slowly simmered brisket chili | almond milk cheddar | paleo ranch | pickled red onion | 21

BBQ SPUD.

stuffed with griddled and bbq glazed steak tips | mushrooms and smoked shallots | hearty greens and a splash of beef demi | 22

SHEPARD'S PIE SPUD.

ground, grass-fed bison cooked with fragrant veggies | coldbrew coffee demi | liquid aminos | tessame's ketchup and spices | 23

BUFFALO CHICKEN SPUD.

grilled, chopped and spicy buffalo tossed Baffoni chicken thighs | fajita style peppers & onions | almond milk mozzarella | paleo ranch and freshly squished guacamole | 21



PALEO POWER PLATES.

choose one protein and two sides.

PPP PROTEINS:

Baffoni chicken thigh (8oz.) | 17

Baffoni chicken breast (8oz.) | 20

Baffoni turkey breast (8oz.) | 18

grilled salmon (6oz.) | 22

our 14-hr. smoked beef brisket (7oz.) | 21

marinated, griddled steak tips* (8oz.) | 22

Maine family farms grass-fed beef patty* (8oz.) | 18

extra lean, grass-fed bison burger* (6oz.) | 28

...or choose three veggies | 16

PPP SIDES:

choose two with your paleo power plate... or just have a side!

- oven roasted root vegetable puree | 4
- rainbow quinoa pilaf | 4
- baby spinach...garlicky or not | 5
- Mediterranean spaghetti squash aglio olio with olive tapenade, lemon and herbs | 4
- roasted, marinated portabella mushroom | 6
- zoodles pomodoro | 5
- spaghetti squash "baked ziti" with melted almond milk mozzarella and plum tomato sauce | 7
- sweet potato hummus with fresh veggie sticks | 5
- wild mushrooms with hearty greens and herb oil | 6
- pickley paleo ranch and veggie sticks | 4
- side salad with paleo ranch or avocado oil and vinegar | 6
- paleo side "caesar" with a sprinkle of nutritional yeast | 7
- today's seasonal veggie | 4
- cold roasted red peppers agro dolce | 5
- freshly squished guacamole with veggie sticks | 5
- sliced ripe avocado | 2

BONUS FEATURES:

- paleo ranch | 2
- herby oil | 1
- paleo bbq sauce | 2
- paleo maple mayo | 2
- spicy buffalo sauce | 2
- paleo caesar dressing | 2
- whole avocado with salt and avocado oil | 7
- almond milk cheddar or mozzarella | 7
- tessame's no sugar ketchup drizzle | 2
- side of sweet potato hummus | 3
- nutritional yeast seasoning | 1



THE MAIN EVENT.

PALEO EGGPLANT PARM PIZZA.

our clean living crust | plum tomato sauce | oven roasted herbed eggplant | shredded almond milk mozzarella | basil and fresh torn basil | 25

THAT'S A WRAP 2.0.

our grain free tortilla | sweet potato hummus | rainbow quinoa | pickled red onion | baby spinach tossed with fresh lemon and olive oil | red peppers agro dolce | thinly sliced cucumber | 16

PALEO SMOKED TURKEY PUB.

our grain free tortilla | slowly smoked and sliced turkey breast | lettuce | tomato | red onion | sliced, ripe avocado | crisp North Country bacon | paleo maple mayo | 19

PISTACHIO SALMON.

pan seared and finished in the oven | "creamy" zucchini noodles tossed with kale pistachio pesto and almond milk cream | arugula tossed with crispy North Country bacon | 23

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