



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.

SPRING AND SUMMER. YOUR THROWBACK FAVORITES + OUR CHEFSPIRATIONS. TO SHARE.

NACHOS.

signature rubbed, smoked, pulled and sauced pork... OR our double beef chuck wagon chili | 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

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 CALAMARI.

lemony white wine butter | banana pepper rings | fresh herbs | plum tomato sauce | 13

ASIAN TUNA.*

sushi grade tuna seared and sliced | edamame hummus | marinated Thai bbq vinaigrette dressed veggie slaw | Asian inspired pesto | sriracha | spicy wakame | 17

ROMANESCO CAULIFLOWER PARMESAN.

San Marzano plum tomato basil sauce | simply steamed & herby oiled cauli "steak" | parm crumbs & provolone | baked till bubbly | baby micro greens | 13

TO SHARE OR NOT TO SHARE.

BLACKIES BBQ 2.0.

rubbed & slow smoked 14-hour brisket | old school chopped coleslaw | hand-cut seasoned fries | our smoked and braised pulled pork | scratch made pickles and pickled red onion | 23

SCHWARMA STYLE STEAK TIPS.*

less or more cooked, marinated LaFrieda Prime tips with authentic spices | Against the Grain pita | hummus | pickled red onion | herby oil | kalamata olive, heirloom tomato and red onion relish | tzatziki | feta | 28

VIETNAMESE PORK CHEEK PLATTER.

char siu marinated tender pork | nime chow shredded lettuce | cucumber | coconut mango rice | pickled veggies | ginger pickled peanuts | torn mint | green papaya salad | crisp lettuce leaves | 23

PIZZA AND FRIENDS.

proudly served on Against the Grain crust.

POWER OF THE P.

whipped garlic herb spread | gooey, bubbly Italian cheeses | truffled mushroom spread | baby spinach | red onion marmalade | 20

DOUBLE PEP IN YOUR STEP.

thick, hand-cut pepperoni slices | yancey's fancy garlic cheese curd | our made in house, fresh mozzarella | silky American | sauteed garlicky spinach | pepperoni pesto | chef's pizza sauce | 20

COLD MEDITERRANEAN "PIZZA".

authentically prepared hummus | crumbled feta | kalamata olive, tomato, red onion relish | shredded crisp lettuce tossed in roasted lemon vinaigrette | tzatziki | 19

SPICY CORN AND BACON JAM.

grilled, fresh corn "off the cob" tossed in guava bbq | red onion | thinly sliced, spicy Serrano peppers | thinly shaved, pickled kale | melty pepper jack and cotija cheeses | chopped, crisp North Country bacon | bacon jam | 20

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

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

DRY AGED LAFRIEDA SLIDERS.

mini, buttery toasted A&J rolls | griddled white onion | house-made pickle | gooey American | 16

SAUCE YOUR OWN CRISPY WINGS/TENDERS.

crispy wings or tender chunks dredged in our special spice blend | choose mild | hot | suicide | guava bbq | honey mustard | the appropriate creamy dip, celery and carrot sticks | 1# - 13 | 1 1/2# - 18

PROSCIUTTO AND FIG.

fig jam | our own fresh mozzarella and whole milk shredded | crumbled gorgonzola | baby arugula tossed in creamy white truffle dressing | candied walnuts | thinly sliced prosciutto | fresh sliced cantaloupe | 20

SALSICCIA.

local Italian sausage | fontina and pecorino | our very own fresh mozzarella | slow simmered pizza sauce | herby oil | chilled and chopped broccolini salad | pickled red onion | 20

PIZZERIA STYLE PEPPERONI.

chef's sauce | fresh and whole milk mozzarella | thick-cut stick pepperoni | dried Sicilian oregano | 19 | add local spicy Italian sausage +4

HEIRLOOM MARGHERITA.

marinated, baby heirloom tomatoes | fresh, torn basil & garden basil oil | our own fresh mozzarella and whole milk shredded | shaved parmesan | 19

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BURGERS ARE OUR BUSINESS.

all burgers are made with freshly ground LaFrieda brisket and chuck and are **SQUISHED** "diner style"

our burgers come with our house-made chips or you can upgrade to any of our sides below...
old school chopped slaw | 1
sweet potato fries | 3
hand-cut fries | 3

CHUCK WAGON CHILI BURGER.*

slow simmered, double meat chili | toasted Udi's roll | cotija | chipotle bacon crema | freshly squished guac | 19

THE DON.

local sausage pressed into a patty | onion soup aioli | melted fontina cheese | cold marinated broccolini salad | toasted Udi's roll | 18

BYOB.

our hearty veggie burger.....9
scratch made | vegan | grain free | fragrant
veggies | plantain | yucca | beans | lime | fresh herbs
freshly ground LaFrieda brisket
and chuck*11

SAUCES & SCHMEARS .25 EACH

brown sugar maple mayo | dijon mustard | guava bbq | 1000 island | lemon garlic mayo | chipotle mayo | honey mustard | onion soup aioli | dill pickle mustard | horseradish mayo

CHEESES 1.00 EACH

American | provolone | sharp, white cheddar | feta | Swiss | whipped herb cheese spread | cotija | fontina | pepper jack | queso fresco | gorgonzola

TOPPINGS .25 EACH

shredded lettuce | tomato | sliced, raw onions | pickled onions | sautéed peppers | cole slaw | olive tapenade | caramelized onions | jalapeños | house-made pickles | shrooms

LAFRIEDA BUTCHER'S BURGER.*

THE BEST MEAT DESERVES THE SPOTLIGHT.

un-squished, freshly ground patty | American cheese | pickles | toasted Udi's roll | 17

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

BLACKIE'S CLASSIC THROWBACKS!

breakfast, 17 | diner, 17 | late night chef, 19

white meat turkey 13
LaFrieda
grass fed beef patty*13

EXTRA SPECIAL TOPPINGS

smoky salsa | tomatillo salsa verde | pepperoni pesto | chorizo roasted garlic mayo | pizza sauce | olive, heirloom tomato, red onion relish | chipotle bacon crema | 1.00 each

Baffoni Farm egg | 1.50 each

avocado | baba ghanoush | hummus | tzatziki | crispy, thick-cut North Country bacon | hand-pulled, fresh mozzarella | yancey's fancy buffalo cheddar | yancey's fancy horseradish cheddar | truffled mushroom spread | bacon jam | chorizo | 2.00 each

guacamole | chuck wagon chili | 3.00

BREAD 3.00

Udi's roll | A&J bakery torpedo | A&J rye | Against the Grain Baguette | Little Northern Bakehouse sliced bread (vegan)

HANDHELD GOODNESS.

KATY'S CHEESESTEAK.

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 torpedo roll | 20

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

CUBANO.

authentically prepared pork carnitas | Against the Grain baguette | melted Swiss | pickled red onion | griddled, thinly sliced local-ish chorizo | house-made dill pickle mustard | 16

REUBEN.

A&J rye | gooey Swiss | slowly simmered, extra lean corned beef, chopped and not sliced (believe us, that matters!) | classic sauerkraut | house-made 1000 | 19

...or **NY DELI STYLE** with house pickles | provolone | yellow mustard | 19

THE PIG PILE.

toasted Udi's roll | melted, gooey American | our smoked and slow simmered pulled pork | classic old school slaw | 14

A LITTLE FISHY ON VACATION.

our own spiced, gluten free breading | fresh cod | ripe mango tartar | green papaya salad | toasted Udi's roll | 17

BRISKET AND BURNT ENDS.

14-hour rubbed and smoked beef brisket | Against the Grain baguette | horseradish mayo | yancey's fancy horseradish cheddar | pickled kale | 19

CRUNCHY WATERMELON "BLT".

Little Northern Bakehouse toasted sliced bread | mayo | ripe, sliced avocado | crisp NC bacon | freshly shaved lettuce | ripe watermelon | 16

PARMESAN PEPPERCORN STEAK SANDWICH.*

A&J roll | hand-cut ribeye cooked to your liking | melted fontina cheese | baby arugula tossed in creamy parmesan peppercorn dressing | sweet red onion marmalade | 20

...or **ALMOST NAKED** with crisp shredded lettuce, sliced salt and peppered tomato and your choice of cheese and mayo | 20

TACOS.

Ingrid's scratch made (this am!) corn tortillas.

BRISKET AND BACON.

gooey, decadent bacon jam | our 14-hour smoked brisket and burnt ends | old school chopped slaw | hand-cut fries | sharp white cheddar sauce drizzle | 17

MARVIOSO'S PORK CARNITAS.

slow simmered, authentic pork carnitas | chipotle bacon crema | tomatillo salsa verde | crumbled queso fresco | pickled and fresh radishes | fresh cilantro | 14

NIÑO'S STEAK TACOS.

tender, griddled shaved steak | fresh corn "off the cob" tossed in a little chorizo butter | ketchup | mayo | cotija cheese | smoked chile powder | fresh cilantro | (trust us) | 18

OUR TACOS COME WITH OUR HOUSE-MADE TORTILLA CHIPS AND SALSA OR YOU CAN UPGRADE TO ANY OF OUR SIDES ...
OLD SCHOOL CHOPPED SLAW | 1 SWEET POTATO FRIES | 3 HAND-CUT FRIES | 3

GREENS.

KINDA LIKE A CAPRESE.

ripe heirloom tomato | baby arugula tossed in creamy parmesan peppercorn dressing | our hand-pulled, fresh mozzarella | thinly sliced parma prosciutto | 15

OG CLEAN MACHINE.

shredded kale tossed in a lemon vinaigrette | sliced, ripe strawberries | red onion | English cucumber | quinoa | toasted almonds | sundried pomegranate arils | avocado | 16

EVERYONE'S FAVORITE CAESAR.

crisp romaine lettuce | shaved parmigiano reggiano | fresh lemon | rich, peppery dressing | gluten free, buttery, garlic herb croutons | 14

THE ORIGINAL BBQ CHOPPED CHICKEN SALAD.

chopped fresh romaine tossed in roasted pineapple vinaigrette | diced tomato | avocado | cucumber | red onion | shredded pepper jack cheese | pressure cooked, fragrant black beans | corn "off the cob" | chopped, guava bbq glazed Baffoni chicken | pinch of sweet fries | 17

MEDITERRANEAN SALMON SALAD.

chopped, crisp romaine tossed in a light red wine vinaigrette | kalamata olive, tomato and red onion relish | tzatziki | crumbled local feta | English cucumber | baby heirloom tomatoes | seared, fresh salmon dusted with our schwarma spice blend | 21

ADD.
LAFRIEDA PRIME STEAK TIPS* | 9
GRILLED SALMON | 10
SEARED, SUSHI GRADE TUNA* | 10

BAFFONI CHICKEN BREAST | 12
BAFFONI CHICKEN THIGH | 7

THE MAIN EVENT (GLUTEN FREE).

COD ACQUA PAZZA.

fresh fennel | heirloom tomato | olives | yucca | baby spinach | all gently braised in a saffron, lemon, butter broth | 19

FISH AND CHIPS.

our own spiced, gluten free breading | fresh cod | dill pickle brined and salt & vinegar spiced, hand-cut fries | bbq inspired tartar | old school chopped slaw | 16

LAFRIEDA STEAK DINNER.*

12 oz., hand-cut, Prime ribeye | shaved cauliflower au gratin | hand-cut, spiced fries | chorizo butter | 31

GUAVA BBQ GLAZED SALMON.

refried black bean puree | Mexican street corn salad | lime and green onion rice | 21

SIDES.

SWEET POTATO FRIES | 5

HAND-CUT FRIES | 5

SMALL GREEN SALAD | 4

SMALL CAESAR SALAD | 5

OLD SCHOOL CHOPPED SLAW | 2

VEGETABLE OF THE DAY | 3

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EAT REAL FOOD.

SNACKS FOR KEEPIN' IT CLEAN.

"UPCYCLED" BUFFALO BROCCOLINI.

tender, flash sauteed stems | sticky, spicy buffalo glaze | crispy celery leaves | paleo ranch | nutritional yeast | 9

GRILLED VIETNAMESE INSPIRED LITTLENECKS.

local clams gently grilled | fragrant veggies | shiitake mushrooms | North Country bacon fat | bright and vibrant Asian inspired pesto | coconut milk | fresh lime and Serrano chile | baby wasabi greens | spicy wakame | 17

CAPRESE STYLE PALEO PIZZA.

our own crisp, grain free crust | house-made, basil infused olive oil | melted almond milk mozzarella | sliced, ripe heirloom tomatoes | finished with torn basil & nutritional yeast | 25

ROMANESCO CAULIFLOWER PARMESAN.

San Marzano plum tomato basil sauce | simply steamed & herby oiled cauli "steak" | almond milk mozzarella | baked till bubbly | baby micro greens | 15

SPICY SPINACH ARTICHOKE DIP.

fresh, baby spinach sauteed with garlic & olive oil | chopped, marinated artichoke hearts | almond milk mozzarella | nutritional yeast | horseradish, lemon and secret spices | aquafaba "mayo" | served with crisp yucca chips, crunchy fresh veggies and a drizzle of our herby oil | 15

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 | cold broccolini salad | our toasted paleo "chips" | 17

MEATZA + GREENS.

locally made Italian sausage "crust" | plum pomodoro sauce | melted almond milk mozzarella | bell pepper and white onion rings | banana pepper rings | sliced black olives | dry Sicilian oregano | served with a crunchy, vibrant green salad | 19



PALEO POWER PLATES.

choose one protein and two sides.

PPP PROTEINS:

Baffoni chicken thigh (8oz.) | 17
Baffoni chicken breast (8oz.) | 20
grilled salmon (6oz.) | 21
seared, fresh cod (8oz.) | 24

our 14-hr. smoked beef brisket (7oz.) | 21
marinated, LaFrieda Prime steak tips* (8oz.) | 22
LaFrieda grass fed ground beef* 7oz. | 16
authentic pork carnitas (8oz.) | 20
sashimi tuna* (4oz.) | 22
...or choose three veggies | 16

PPP VEGGIES | HEALTHY CARBS:

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

- cold broccolini salad with lemon and olive oil | 4
- ripe heirloom tomato slices drizzled with herby oil | 5
- baby spinach...garlicky or not | 5
- smashed cucumber salad with sweet & sour bacon dressing | 5
- avocado, red onion, heirloom tomato with avocado oil and fresh lemon juice | 5
- grilled broccolini with paleo ranch | 4
- chef's veggie | 4
- quinoa pilaf | 4
- side salad with paleo ranch or avocado oil vinaigrette | 6
- freshly squished guacamole with veggie sticks | 5
- marinated Asian veggie slaw | 3
- fresh, cold watermelon with jacobsen sea salt | 4
- sliced ripe avocado | 2
- sweet potato hummus with fresh veggie sticks | 5

forgo your choice of two for a mini cast iron of paleo spin dip & veggies for dippin'*



ROUND 2.

CARNITAS BURGER (OR NOT) BOWL.*

authentically prepared Berkshire pork, slowly braised and pulled | piled on our griddled LaFrieda beef burger (or have all pork) | pickled red onion | crispy and vibrant veggie slaw | quinoa pilaf | almond milk cheddar | lime and cilantro leaves | freshly squished guac | 21

ALL AMERICAN PRIME BURGER.*

baby lettuce bun | griddled LaFrieda brisket and chuck burger with melted almond milk cheddar | crisp North Country bacon | yellow mustard | heirloom tomato | house pickles | white onion | our plum tomato paleo ketchup | 21

BUFFALO CHICKEN SPUD.

jumbo baked sweet potato | almond milk cheddar | grilled and chopped buffalo glazed Baffoni chicken thigh | griddled peppers and onions | our dill pickle paleo ranch | freshly squished guac | 16

TUNA POKE TOSTADA.*

our own crisp, olive oil brushed, grain free tortilla | thinly sliced avocado | chopped, sushi grade tuna, green onion and fresh mango tossed in a bright, vibrant dressing | crispy Asian veggie slaw | sriracha | furikake | spicy wakame | 19

BBQ SALMON BOWL.

kimchi, bacon fat cauli-quinoa "rice" | fragrant veggies | Baffoni egg | bbq spice dusted, fresh salmon | ripe, sweet mango salsa | pickled red onion | 21

SWEET AND SPICY BLT CHEESESTEAK TACOS.

griddled and spiced, freshly shaved steak | our pickled fresno peppers | melted almond milk mozzarella | chopped NC bacon | paleo maple mayo | heirloom tomato | crunchy, shredded lettuce | our own grain free tortillas | 21

MEDITERRANEAN TUNA BOWL.

quinoa pilaf with fragrant veggies | kalamata olives | chopped medjool dates | baby arugula | green onion | our herby oil and fresh lemon seared, thinly sliced, rare tuna | pickled kale | 20

LAFRIEDA PRIME RIBEYE.*

simply seasoned with jacobsen sea salt and cracked, fresh pepper | cast iron seared | yucca fries baked in avocado oil | sauteed greens or pickly ranch salad | 31 | ...add a smother of spin dip | 36

SEARED FRESH COD.

simply spiced and seared loin | shaved cauliflower tossed with roasted lemon vinaigrette | sundried pomegranate arils | freshly shaved fennel | sliced, roasted and toasted almonds | juicy grapefruit supremes | fresh parsley leaves | 23

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