



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.

FOR STARTERS.

SHRIMP PAD THAI SALAD.

chopped, fresh romaine | fresh pineapple and jalapeño | shredded cabbage | Baffoni egg | steamed green beans | shiitake mushrooms | avocado | chilled rice noodles | fresh herbs | light, bright and vibrant vinaigrette | crushed roasted peanuts | 17

TUNA NICOISE.*

olive oil poached and chilled fingerling potatoes | olive tapenade | steamed and chilled green beans | oil cured olives | chili oil | pickled red onion | halved heirloom cherry tomatoes | seared, sliced and chilled sushi grade tuna | grated hard boiled egg | sherry vinaigrette | 19

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 roasted chile salsa | sour cream | 1/4 sheet (for us) | 16
1/8 sheet (for me) | 12

MEZE.

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

HANDHELD GOODNESS.

served on Ingrid's scratch-made roasted garlic corn tortillas.

THE NIÑO SPECIAL.

simple, salt and pepper grilled scallion | steamed fresh corn "off the cob" | grilled and chopped broccolini | chipotle aioli | crumbled queso fresco | pickled radish | grilled lime cheek | 12

P.... BY B.

proudly served on Against The Grain crust.

all pizzas are topped with both our own, fresh, hand-pulled mozzarella and whole milk shredded.

TRUFFLED WILD MUSHROOM.

herbaceous, funky mushroom puree | red onion marmalade | roasted, garlic buttered and sautéed wild mushrooms | local honey drizzle | 21

PIZZA CLASSICA.

ripe, baby heirloom tomatoes simply marinated | really good olive oil | torn garden basil | Sicilian sea salt | crushed red pepper | 18

TUNA POKE.*

sushi grade tuna, diced freshly to order | vibrant, bright & clear Asian dressing | shaved green onion | ripe avocado | ripe and sweet fresh pineapple | toasted sesame seeds | pickled radish and jalapeño | Persian cucumber | fried daikon | green herb aioli | 16

CELIE'S WINGS/TENDERS.

crispy, jumbo wings or tender chunks dredged in our special spice blend then tossed in your choice of:
mild | hot | suicide | chimichurri | espresso honey bbq | general tso's | the appropriate creamy dip | celery and carrot sticks | 1# - 14 | 1 1/2# - 19

CRISPY SQUID.

tossed in chorizo lime butter | sofrito aioli | pickled jalapeño | local corn "off the cob" | whipped avocado, lime and olive oil puree | grilled and chopped green onion | 13

GRILLED CHIMICHURRI SHRIMP.

schmear of hummus | fresh parsley leaves | pickled red onion and radish | Soom tahini | splash of mango mint raita | herb oil | salsa criolla | 17

GYPSY TACOS.

brined, grilled, chopped "shwarma-style" baffoni chicken thigh | a schmear of our whipped hummus | crumbled feta | olive tapenade | chopped, fresh romaine | mango mint raita | thin sliced English cucumber | pickled red onion | 13

J.I.'S PIE.

oven roasted peppers | thinly sliced, white LOL American | toasted fennel oil | 18

PEPPERONI PIZZA PIE.

plum tomato sauce | hand-cut stick pepperoni | 18

THE DAILY.

the pizza wizard's choice of the day

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BURGERS.

our burgers come with our house made chips or you can upgrade to any of our sides below.
choose a Maine Family Farms grass fed beef patty | 3

SQUISHED.

thin, crispy and griddled old fashioned style.

VERDE VEGGIE.

our own scratch made veggie burger | roasted garlic oil toasted Udi's roll | sofrito mayo | smoked salsa verde | sliced fresh avocado | crumbled queso fresco | English cucumber tzatziki | 16

CLASSIC DINER BURGER.*

our squished, griddled patty | smothered in LOL white American | 1,t,o | special sauce | toasted Udi's roll | 17

BYOB.

- veggie burger 9
heirloom rice | garbanzo bean | fragrant vegetables
- hand pattied beef* 10
- white meat turkey 11
- Maine Family Farms
grass fed beef patty* 13

SAUCES & SCHMEARS .50 EACH

brown sugar maple mayo | dijon mustard | espresso honey bbq | truffle dressing | roasted pineapple jalapeño dressing | soffrito mayo | mac & cheese sauce | umami mayo | 1000 island | lemon garlic mayo | chipotle mayo | horseradish mayo | mango mint raita

CHEESES 1.00 EACH

American | provolone | sharp, white cheddar | feta | Swiss | mozzarella | queso fresco | Yancy's Fancy dill pickle cheddar

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 Udi's roll | 20

BREAKFAST BURGER.*

buttered Udi's white toast | homefries | crisp bacon | American cheese | brown sugar maple mayo | fried Baffoni Farms egg | 14

TOPPINGS .50 EACH

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

EXTRA SPECIAL TOPPINGS

roasted chile salsa | salsa verde | blue cheese dressing | chimichurri | marsala chive mayo | pinto bean spread | 1.00 EACH

Baffoni Farm egg | 1.50 EACH

avocado | funky mushroom spread | baba ghanoush | hummus | tzatziki | crab Rangoon spread | bacon jam | 2.00 EACH

guacamole | 3.00

SANGWICHES.

our sangwiches come with our house made chips or you can upgrade to any of our sides below.

PETER PIPER'S PICKLED GRILLED CHEESE.

Udi's sliced white spread with pickled pepper butter and toasted | gooey, melty Yancy's Fancy dill pickle cheddar | gooey, white LOL American | thinly sliced dill pickle | roasted bell pepper | our own salt and vinegar potato chips (inside) | 17

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 | 16

SIDES.

	sandwich or burger upgrade	full order side		sandwich or burger upgrade	full order side
SALT & VINEGAR CHIPS	.50	3.50	HAND CUT FRIES	3	5
COUNTRY STYLE SLAW	1	2	SMALL GREEN SALAD		3.5
SWEET POTATO FRIES	3	5	VEGETABLE OF THE DAY		2.5

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THE MAIN EVENT (GLUTEN FREE).

SEARED FRESH COD.

smooth cauliflower brown butter puree | parmesan broth | pan flashed rainbow Swiss chard | pickled red onions | herb oil | 21

SEARED SCALLOPS AND GRILLED LITTLENECKS.

marinated white beans | crispy, crunchy pancetta | wild mushrooms and whole butter | sherry vinegar and fresh herbs | heirloom tomato | touch of our own spicy white clam broth | grilled garlic and herb oil brushed Against the Grain baguette | 26

CANTINA STEAK.*

seasoned flat iron grilled to your liking and sliced | corn "off the cob" and bell pepper sauté with whipped chorizo lime butter | sliced ripe avocado | crispy hand-cut fries | salsa criolla | lime cheek | 23

FISH AND CHIPS.

gluten free lightly seasoned flour | hand-cut, skin on steak fries | classic, sweet chopped slaw | tartar and fresh lemon | 16

SEARED SALMON AND FATTOSH.

"salad" of crunchy seasoned paleo pita with zataar | a schmear of our whipped hummus | Persian cucumber | red onion | halved, heirloom cherry tomatoes | loads of herbs | good olive oil and freshly grated lemon zest | crumbled queso fresco | 25

CAST IRON BAFFONI CHICKEN BREAST.

yogurt, lemon and spice marinated | cast iron seared and pressed | apricot almond quinoa pilaf | sautéed greens (spinach, kale, swiss chard) with toasted garlic and spices | mango mint raita | 20



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

PALEO STARTERS.

LEAN, GREEN, CAESAR MACHINE.

shredded green kale | scratch made, creamy dressing | grilled and chopped broccolini and green onion dressed in herb oil | steamed and chilled green beans | zucchini noodles | smashed, ripe avocado | paleo pita chips | fresh lemon squeeze | 15

PALEO BBQ CHOPPED CHICKEN SALAD.

chopped, crisp romaine | our pickly paleo ranch | heirloom carrot | Persian cucumber | pickled chiles | ripe avocado | baby heirloom tomatoes | brined, grilled and chopped Baffoni chicken thigh tossed in our sweet and smoky paleo bbq | 18

FUNKY MUSHROOM QUESADILLA.

herbaceous mushroom spread | almond milk mozzarella | baby spinach | caramelized onions | 18

GRILLED PALEO WINGS OR SHRIMP.

our brined wings, tossed in herb oil and spices and grilled... or marinated grilled shrimp

- "general tso's" sticky spicy sauce | almond milk tzatziki | celery heart leaves | spicy chili oil
- brushed with our paleo bbq sauce | crisp celery and carrot sticks | our own paleo ranch
- chimichurri sauce | pickled red onion | whipped avocado lime and olive oil puree

wings: 1# - 14 | 1 1/2# - 23

shrimp: (5) | 19



PALEO BOWLS.

PAD THAI..ISH.

our fragrant griddled shrimp and pork patty | zucchini noodles, pad thai style pan-flashed with green kale, cabbage, wild mushrooms, heirloom carrot, ginger, garlic and green onion | Asian inspired, vibrant vinegary splash | Baffoni egg | creamy cashew butter "satay" inspired dollop | lime cheek | 21

MEDITERRANEAN.

flat-top seared and sliced Baffoni chicken breast | ripe heirloom tomatoes | almond milk, paleo tzatziki | almond apricot quinoa pilaf | olive tapenade | 21

BAFFONI CHICKEN "FAUX-RITO" BOWL.

sofrito lime quinoa "rice" | fajita-style, cast-iron seared Baffoni chicken breast slices, peppers & caramelized onion | whipped avocado lime puree | shredded almond milk cheddar | cilantro leaves | pickled red onion | 21

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PALEO POWER PLATES.

choose one protein and two sides.

PPP PROTEINS:

brined chicken thigh (8oz.) | 17
pork and shrimp patty (8oz.) | 18
grilled shrimp (5) | 22
grilled salmon (6oz.) | 22
seared sushi-grade tuna* (4oz.) | 20

flat iron steak* (8oz.) | 27
seared u-10 scallops (3) | 31
our 14-hr. smoked beef brisket (7oz.) | 21
Baffoni chicken breast (8oz.) | 20
Maine family farms grass-fed
beef patty* (8oz.) | 18

PPP SIDES:

swiss chard with sundried
apricots, NC bacon, and roasted
pistachios

southern style sautéed greens
(kale, chard, and spinach) with
bacon fat and cider vinegar

zucchini noodles with simple San
Marzano tomato puree, garden
basil and basil oil

crisp raw veggies with
paleo ranch

baby spinach...garlicky or not

freshly squished guacamole
with veggies

heirloom tomatoes with evoo and
Sicilian sea salt

power veggies (kale, cabbage,
heirloom carrot, red onion, shaved
Brussels sprouts) with herb oil

today's seasonal veggie

sliced ripe avocado

lemony garlic broccolini with a
drizzle of paleo Caesar

"this season my team and I worked on improving our paleo sauce game. we sourced new specialty items, experimented with new ways to coax "decadence" out of something so clean, and settled on a few of our greatest hits. many of them work well together, and were designed that way with intention. enjoy one on your protein tonight, and if you love it as much as we do...take some home, serve it to your friends and steal all the credit..."

happy eating
- Chef

OUR OWN PPP SAUCES:

2oz. | 2
8oz. | 8

Asian-inspired vinegary "pad-thai" dressing
paleo bbq
dill pickle paleo ranch
chimichurri
paleo Caesar
paleo almond milk tzatziki | +2
paleo cashew butter satay sauce | +2



THE MAIN EVENT.

SEARED SALMON AND FATTOSH.

"salad" of crunchy seasoned paleo pita with zataar | splash of almond milk tzatziki | Persian cucumber | red onion | halved heirloom cherry tomatoes | loads of herbs | good olive oil | grilled and chopped broccolini | grated lemon zest | 25

SEARED FRESH COD.

smooth cauliflower puree | our seafood broth | pan flashed rainbow Swiss chard | pickled red onions | herb oil | 21

GRASSFED CAESAR SCRAMBURGER WRAP.

chopped romaine tossed in paleo Caesar | spiced and flat-top crumbled Maine Family Farms grass-fed beef | shredded almond milk mozzarella | heirloom tomato | 22

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