

b. is for blackie's.

the chilly months.

b. mindful.

this entire menu is gluten free.

b. yourself.

paleo is still here.

b. balanced.

i have added more options for our keto and vegan friends!

b. teased.

WARM LAMB RAGU + POLENTA BOARD.

local, gooseneck vineyards heritage red blend red wine + 60-hour bone broth braised and pulled lamb | smooth, rich Vermont goat cheese and fig polenta | torn garlic bread | cold and lemony, long cooked broccoli (trust us) | our own truffled ricotta | fennel and orange roasted olives | 24

VEGGIE CHILI NACHOS.

house-made veggie chili | sharp white cheddar cheese sauce | pickled jalapeños | our freshly squished guac | smoked salsa verde | sour cream | 15

*add 4oz of extra gooey cheese | 2

EXTRA CHEESY DELUXE NACHOS.

lots of sharp white cheddar cheese sauce | pickled jalapeños | our freshly squished guac | smoked salsa verde | sour cream | shredded lettuce | tomato | sliced black olives | 15

*add 4oz of extra gooey cheese | 2

VEGAN NACHOS.

veggie chili | roasted garlic aquafaba | kimchi hot sauce | guac | smoked salsa verde | shredded lettuce | black olives | 17

CHEF'S SHRIMP SCAMPI.

old world style | lots of butter, garlic, lemon, parsley and white wine | served over Against the Grain Bread | 20

...or

over a steamed, herbed cauliflower steak | no wine | sub ghee & nutritional yeast | **PALEO** | 20

b. fresh.

APPLE PICKING MACHINE.

warm, sautéed baby kale & shaved Brussels sprouts | shaved butternut squash | diced, local apple | apple cider honey mustard vinaigrette | crispy pancetta | long cooked, spiced apple butter | spicy pepitas | Vermont goat cheese | 13

KOREAN SWEET & STICKY CALAMARI.

tender fried rings tossed in a gochujang chile sticky sauce | crunchy nime chow mixed baby lettuce salad | green onion | crushed peanut | cilantro leaves | pickled red onion | avocado | crunchy rice noodles | 16

SUNDAY DINNER.

torn iceberg (yes, iceberg) | a pinch of radicchio | creamy Italian | grated pecorino romano | our own, fresh mozzarella | sliced black olives | finely diced stick pepperoni | a few banana pepper rings | garlic bread croutons | 11

KETO CHEESEBURGER SALAD.

fresh, crunchy lettuce | scratch made ranch | shredded cheddar cheese | crisp, North Country bacon | tomato | diced, house-made pickles | diced, fresh avocado | seasoned, squished and chopped LaFrieda burger | tossy toss | a blob of sour cream | 17

ADD.

SALT AND PEPPER CHICKEN | 5
BAFFONI FARM CHICKEN BREAST | 12
GRILLED AND SLICED SIRLOIN TENDER* | 11

GRILLED OR SEARED SALMON | 13
GRILLED SHRIMP | 8

SHEPARD'S PIE EMPANADAS.

slowly braised and pulled beef | rich, scratch made broth with a touch of red wine | red bliss mashed potatoes | smoked gouda | buttery corn | hand-pressed corn meal jackets | French onion soup dipping sauce | 12

MEZE.

our smooth, traditionally prepared chickpea spread | classic, creamy cucumber tzatziki | crisp veggie sticks | warm, toasted Against the Grain pita | local feta | red onion marmalade | fennel and orange roasted olives | 18

BUFFALO CHICKEN DIP.

shredded chicken breast | fluffy, gooey buffalo cream cheese | buttermilk ranch | sharp Vermont cheddar | choice of hand-cut potato chips, freshly fried tortilla chips or 1/2 & 1/2 | 12

SAUCE YOUR OWN CRISPY WINGS/TENDERS.

crispy wings or tender chunks dredged in our special spice blend | choose mild, hot, suicide, or kimchi style buffalo | gochujang sticky sauce | szechuan dry rub | classic bbq | the appropriate creamy dip, celery and carrot sticks | 1# - 13 | 1 1/2# - 18

ROMANESCO CAULIFLOWER PARMESAN.

San Marzano plum tomato basil sauce | simply steamed & herby oiled cauli "steak" | crumbs | bubbly provolone | tiny arugula salad | 13

PALEO | VEGAN when you... skip the crumbs | sub almond milk mozzarella | 15

TORI'S PALEO BUFF DIP.

shredded chicken breast | smoky chipotle paleo mayo | our delicious, paleo hot sauce | crisp veggie sticks | sergio's paleo bagel chips | 18

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b. cheesy.

Against the Grain crust.

PIZZERIA STYLE PEPPERONI.

our own pizza sauce | hand-cut stick pepperoni | bubbly, fresh and whole milk cheeses | dried Sicilian oregano | 20

LIGHTS OUT WHITE.

roasted garlic oil | our own, whole milk ricotta and fresh mozzarella | sharp, white cheddar | Parmigiano Reggiano | romano | provolone | gochugaru chile oil | 20

OFF SEASON MARGHERITA.

our own, fresh mozzarella and bubbly cheeses | herbed and slow simmered tomato confit | a smear of black garlic puree | compressed, marinated Tuscan kale | 20

RON POPEIL'S VEG O' MATIC.

have to pay homage to the king of the infomercials | oven roasted, creamy eggplant | compressed, marinated Tuscan kale | long cooked, lemony broccoli | shaved butternut squash | chick peas | whole milk ricotta | Vermont goat cheese | bubbly pizza cheeses | 20

b. open to alternative 'za

pizza is something we all love. my partner, J.I. loves it the most.
we continue to work on our pizza game as we look forward to our new space
and wood fired ovens coming in the spring to our pizza-wine bar.

we believe that everyone should enjoy pizza night... so, we will always do our best to have your back...

PALEO

on our hand-made paleo dough: local, Baffoni Farm eggs, coconut flour, tapioca flour, apple cider vinegar, avocado oil and spices.

BRUSSELS SPROUT AND LONG COOKED BROCCOLI CACIO E PEPE.

roasted garlic spread | roasted veggie puree | dairy free mozzarella | nutritional yeast | shaved Brussels sprouts | freshly cracked pepper | 19

OVEN ROASTED EGGPLANT "PARM".

KETO FATHEAD PIZZA.

cream cheese | whole milk mozzarella | egg | a touch of finely ground almond flour. (this is the "dough" folks)

PEPPERONI.

with our pizza sauce | whole milk mozz and oregano | 19

CHEESE.

extra cheese | pizza sauce | oregano | 17

clean livin' possibilities.

choose one protein and two sides.

PROTEINS.

- local, Baffoni Farm chicken breast cutlets | 20
- fresh, grilled or seared salmon | 21
- La Frieda grilled and sliced sirloin tender* | 22
- LaFrieda grass-fed burger | 16
- brined & pork fat seared heritage pork loin | 21
- marinated, grilled shrimp | 20
- slowly braised and pulled short rib | 24
- or choose three veggies | 17

VEGGIES AND HEALTHY CARBS.

choose two... or just have a side!

- oven roasted eggplant with pomodoro and nutritional yeast | 4
- long cooked, garlicky broccoli | 5
- sautéed baby spinach, garlicky or not | 5
- pan-fried, shaved Brussels sprouts with caramelized onion & apple | 5
- sweet and sour baby red kale with North Country bacon fat & apple cider vinegar
- our own kimchi | 6
- fennel and orange roasted olives | 5
- warm butternut squash "aglio olio" style with garlic, crushed red pepper flakes, chopped black olives & parsley | 7
- chef's veggie | 4
- white sweet potato puree | 5
- classic quinoa pilaf | 4
- kimchi and bacon fat quinoa pilaf | 5
- steamed white rice | 5
- oven roasted spaghetti squash "baked ziti style" with pomodoro, dairy free mozzarella, nutritional yeast & herb oil | 6
- small green salad with apple cider dijon vinaigrette | 5
- small baby red kale salad with paleo dijon dressing | 7



gluten free

TREAT YOURSELF.

- freshly squished guac and veggie sticks | 6
- mini tori & a few of sergio's grain free bagel chips | 10
- cup of 60-hour bone broth | 10

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.

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b. is for burgers.

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

our burgers and sandwiches come with our house-made chips or you can upgrade to something

b. sides chips...

old school chopped slaw | 1
sweet potato fries | 3
hand-cut fries | 3
szechuan spiced fries | 4

AMERICAN AS APPLE PIE.*

our cinnamon buttered Udi's bulkie roll drizzled with brown sugar maple mayo | melted, white cheddar | Jaswell's local apple compote | crisp, North Country bacon | 19

KAT'S PICKLE BURGER 'DILLA.*

griddled and simply spiced LaFrieda chuck and brisket blend | gooey, melted Yancey's Fancy dill pickle cheddar | crisp, North Country bacon | shredded lettuce | sliced tomato | pickled Brussels kraut mayo | warm, gf tortilla | 18

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

GUIDO'S TURKEY BURGER.

our tasty, all white meat, moist patty | a splash of pizza sauce | a slab of our own, fresh mozzarella | creamy Italian | red wine vinaigrette dressed baby spinach | crunchy, roasted, garlic oiled and toasted Udi's roll | 20

BLACKIE'S CLASSIC THROWBACKS!

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

PALEO DELUXE BACON CLUB BURGER.*

squished LaFrieda beef | griddled, grain free tortilla | avocado oil, pickled Brussels kraut mayo | crisp, North Country bacon | shredded lettuce | sliced tomato | our own pickles | sliced red onion | 21

*add roasted garlic aquafaba for a tiny paleo cheat | 2



b. sandwiched.

EGGPLANT AND KIMCHI GRILLED CHEESE.

toasted, Little Northern Bakehouse bread | oven roasted, herb oiled eggplant | roasted garlic aquafaba | white sweet potato puree | spicy, pickley kimchi | pepper jack and gooey, melted American | 18

*skip the cheese | **VEGAN** | with smashed avocado | 18

SMOKED TURKEY PUB.

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

KATY'S UPGRADED CHEESESTEAK.

classic griddled, thinly cut sirloin, simply seasoned with salt and pepper | extra, melted, gooey American and provolone | sharp white cheddar cheese sauce | North Country bacon | whipped red bliss mashed potatoes | drizzle of bbq | toasted A & J torpedo roll | 20

BYOB.

our **vegan** hearty veggie burger..... 9
scratch made | vegan | grain free | fragrant veggies | plantain | yucca | beans | lime | fresh herbs

freshly ground LaFrieda
brisket and chuck* 11
white meat turkey 13

LaFrieda
grass fed ground beef* 13

1. choose a sauce or schmear
2. add your favorite cheese or try something new
3. top it up! we have some really fun options!

.25 EACH
1000 island | shredded lettuce | sliced, raw red onion | tomato | sautéed peppers | house-made pickles

.75 EACH
pickled red onion | 'shrooms | dijon mustard | lemon garlic mayo | chipotle mayo | brown sugar maple mayo | pickled Brussels kraut mayo

1.00 EACH
American | provolone | sharp, white cheddar | feta | Swiss | pepper jack | gochujang sticky sauce | smoky tomatillo salsa verde | pizza sauce | cole slaw | caramelized onions | jalapeños

1.50 EACH
Baffoni Farm local egg | red bliss mashed potato

2.00 EACH
avocado | hummus | tzatziki | Vermont goat cheese | our own, truffled ricotta | Yancey's Fancy dill pickle cheddar | kimchi | roasted garlic aquafaba | apple compote | marinated Tuscan kale

2.50 EACH
crispy, thick-cut North Country bacon | pancetta cracklings

3.00 EACH
guacamole | whipped port wine spread | hand-pulled, fresh mozzarella

BREAD 3.00
Udi's roll | A&J bakery torpedo | Against the Grain Baguette | Little Northern Bakehouse sliced bread (vegan)

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b. fulfilled.

VEGAN VEGGIE RAMEN.

delicious, roasted vegetable broth | aromatic veggies | very finely shredded and garlic wok fried cabbage and shiitakes | oven roasted butternut squash | marinated Tuscan kale | chickpeas | mukimame | sliced avocado | toasted sesame seeds | pickled red onion | rice noodle ramen | 15

STEAK, FRIES AND SUNDAY SALAD.

grilled and sliced marinated sirloin tender | our hand-cut fries | French onion soup demi | classic salad tossed in creamy Italian with shredded cheddar cheese | yup, i went there | 26

ADULT-ING MAC N CHEESE.

oven roasted spaghetti squash | North Country bacon | cream, butter and smoked gruyere | baked 'til bubbly | gratin style | garlic buttered crumbs | 16

KETO | with no crumbs | 15

BBQ SALMON.

white sweet potato puree | seared, slathered and roasted fresh salmon | ajo blanco sauce | southern style, pan-fried baby kale... all sweet, sour and bacony like | drizzle of maple syrup | 21

FISH AND CHIPS.

our own spiced breading | fresh cod | our classic, sweet chopped coleslaw | Szechuan spiced fries | kimchi tartar | 16

A VEGAN SUNDAY DINNER.

creamy, herb-roasted eggplant | our plum tomato sauce | melted, dairy free mozzarella | baked 'til bubbly | served over "aglio olio" style chickpea pasta | tossed with garlic, olive oil, crushed red pepper and chopped black olives | homestyle salad of torn iceberg, banana pepper rings, cucumber, red onion, nutritional yeast and creamy garlic aquafaba dressing | 23

SHORT RIB AND VEGGIE FRIED RICE.

slowly braised and pulled beef short rib | romanesco cauliflower and veggie "fried rice" | coconut aminos | **60-hour bone broth** and veggie stock | green onion | toasted sesame seeds | ripe, sliced avocado | fresh lime | **PALEO** | 18

CLEAN LIVIN' TURKEY TACO VERDE.

Bell and Evans fresh ground turkey browned with caramelized onions | our own salsa verde | dairy free "mozzarella" | baked 'til bubbly | finished with guacamole, pickled red onion and cilantro leaves | shredded lettuce | fresh lime | crisp, grain-free tortillas | **PALEO** | 16

KETO STEAK TIPS.

LaFrieda sirloin tips pan seared in North Country bacon fat | French onion beef gravy | loaded cheesy cauliflower | keto ranch salad | 23

a note from your chef about bone broth.

bone broth is one of the most amazing things you can put into your body. it has the power to heal leaky gut, boost your immune system (we all need a little boost through these next few months). it provides collagen and glutamine for your joints and skin. (bring on the fountain of youth!!!). it increases your bone strength all while helping you get some much needed zzzzzzzz. i'm super passionate about it and have been for quite some time. i decided it was time to share it with you. we are using beautiful, grass-fed bones from LaFrieda beef, hearty local veggies, fresh tumeric and ginger roots, a splash of apple cider vinegar and some really yummy aromatics like black garlic and Jacobsen sea salt. we're babying it for 60 hours, straining and then straining again to give you something we are very proud of. you will see it in a few menu dishes, and it will be served hot as a Sunday morning pick me up on our brunch menu. if you love it and want enough to make a soup or do the bone broth challenge for a week, let us know. AA

NOTE FROM ANGIE & JEANINE.

blackie's prides itself on making your dining experience one to be remembered. jeanine and i consider this to be our home, which makes you our guests. from the sourcing of local products, our unique gluten-free and paleo menu, to the round-the-clock prep team ensuring all of our ingredients are freshly and carefully prepared and the countless cooks focusing on just your item... each dish... one at a time... making sure it is executed with your individual experience in our home. our attention to detail and passion in offering you quality, creative and many customizable options you will love, takes time. thank you for understanding that your meal may take a few extra minutes as we build it freshly, piece by piece, with no shortcuts. please sit back, enjoy your company and build your memories here at blackie's... angie and jeanine.

b. sides.

SWEET POTATO FRIES | 5

HAND-CUT FRIES | 5

SZECHUAN SPICED FRIES | 6

SMALL GREEN SALAD | 4

SMALL SUNDAY DINNER SALAD | 5

OLD SCHOOL CHOPPED SLAW | 2

VEGETABLE OF THE DAY | 3

RED BLISS MASHED POTATOES | 4

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