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DEVILED EGGS gf

chives, smoked paprika | 10

ROASTED MUSHROOM MARSALA DIP

roasted local mushrooms, marsala cream sauce, whipped goat cheese with sundried tomato, grilled focaccia | 17

ROASTED CAULIFLOWER v, gf

curried yogurt, rum raisins | 12

TAVERN SMASH BURGER

bacon, cheddar, onion, chef's sauce, brioche bun | 22

IPA 'FISH & CHIPS'

poppy seed coleslaw, house fries, pickle aioli | 19

PAN SEARED SALMON gf

atlantic salmon, maple roasted squash & brussels sprouts, sage pesto | 27

CRAB LOUIS SALAD

shaved kale, red cabbage, bell peppers, crab cake, louis dressing | 19

MEDITTERANEAN BOWL v, gf

basmati rice, chana masala chickpeas, avocado, toasted pepitas, lemon tahini dressing | 16

- choice of blackened protein tofu 6 | chicken 6 | salmon 10 | tuna 15 | steak 13

THE RIPPER

local all-beef frank, griddled cheese, house made chili, pickle, onion, mustard | 16

OPEN FACED CHICKEN PAILLARD CLUB

applewood smoked bacon, swiss, cheddar, lettuce, tomato, mayonnaise on focaccia | 19

NEW ENGLAND STYLE LOBSTER ROLL

wicked dressing on martens bun | 34

STEAK SANDO

char broiled denver steak, arugula, horsey sauce, swiss cheese, haystack onions, local ciabatta | 35

CRUNCHY CHICKEN SAMMI

house pickles, shredded lettuce, ghost pepper cheese, buttermilk herb ranch | 19

TUNA NICOISE SALAD

eggs, potatoes, green beans, tomatoes, olives, anchovies, caper vinaigrette | 23

HOUSE TUNA MELT

griddled tuna salad, cheddar and swiss cheeses, sourdough | 21

CALI TURKEY WRAP

shaved turkey breast, coleslaw, swiss cheese, thousand island dressing, bacon, avocado, flour tortilla | 19

SOUP & SALAD COMBO

choose your preferred bowl of soup, salad, and protein | 21

SOUP

SQUASH BISQUE

COCONUT CURRY

CHILI

SALAD

THE POST WEDGE

HOUSE SALAD

COBB SALAD

CAESAR SALAD

PROTEIN

TOFU

CHICKEN

SALMON | 4

STEAK | 4

TUNA | 4

DESSERT

TRIPLE LAYER CARROT CAKE

cream cheese frosting, toasted praline, caramel | 12

WARM SALTED CARAMEL COOKIE SKILLET

dark chocolate chunks, cast iron baked, flaked sea salt, vanilla gelato, caramel drizzle | 13

ICE CREAM & SORBETS gf

seasonal selections, berry consommé, granola | 11