



LUNCH

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, almonds, louis dressing | 19

MEDITERRANEAN 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

v: vegan · veg: vegetarian · gf: gluten-free

*ask your server about menu items that are cooked to order or served raw

*consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness