

NCH | LUNCH | LUNCH



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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

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

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