



STARTERS & SALADS

MAKE ANY FULL SALAD A WRAP WITH FRIES | +3

ROASTED MUSHROOM MARSALA DIP

roasted local mushrooms, marsala cream sauce, goat cheese whipped with sundried tomato, local breads | 19

HUMMUS v

roasted beet hummus, lemon cream, fried naan, crudite | 13

STRAWBERRY BRIE vg

baked brie, strawberry jam, cracked black pepper, balsamic glaze, toasted almond, ciabatta crostini | 19

DEVILED EGGS gf, vg

chives, chili oil, paprika | 11

THE POST WEDGE gf

romaine heart, bacon, peas, tomato, crumbled blue cheese, blue cheese dressing | 11/18

CAESAR SALAD

romaine, croutons, parmesan cheese, caesar dressing | 9/16

MAURY SALAD gf, vg

hearts of palm, hard-boiled egg, red onion, aged swiss cheese, pickle, green olive, romaine, black garlic dressing | 10/17

HOUSE SALAD v

spring mix, cucumber, tomato, croutons, onion, mustard vinaigrette | 7/14

MAINS

TAVERN SMASH BURGER

bacon, cheddar, american cheese, onion, chef's sauce, house fries, potato bun | 23

CAESAR WRAP

blackened chicken, tomato, onion, parmesan, romaine, caesar dressing, house fries | 19

ITALIAN BEEF

shredded braised beef, giardiniera, rosemary aioli, provolone, toasted roll, house fries | 18

HOUSE TUNA MELT

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

PLANK ROASTED SALMON gf

maple-miso glazed salmon, roasted marble potatoes, wilted spinach, dill cream | 29

IPA 'FISH & CHIPS'

poppy seed coleslaw, house fries, pickle aioli | 19

HOT CHICKEN

spicy crispy chicken, blue cheese dressing, pickle-celery slaw, hoagie roll, house fries | 19

MEDITERRANEAN BOWL v, gf

basmati rice, chana masala chickpeas, avocado, roasted peppers, broccolini, lemon tahini dressing | 19
- choice of blackened protein -
tofu 6 | chicken 6 | sauteed shrimp 12 | salmon 14 | sirloin 15 | tuna 15

SOUP & SALAD COMBO

choose your preferred cup of soup, salad, and protein | 22

SOUP

FRENCH ONION

CHICKEN TORTILLA

FEATURED SOUP

SALAD

THE POST WEDGE

HOUSE SALAD

MAURY SALAD

CAESAR SALAD

PROTEIN

TOFU

CHICKEN

SIRLOIN | 10

SALMON | 4

TUNA | 10

SHRIMP | 8

DESSERT

TRIPLE LAYER CARROT CAKE

cream cheese frosting, caramel | 12

WARM SALTED CARAMEL COOKIE SKILLET

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

SCOOP OF ICE CREAM gf

seasonal selections | 3

v: vegan · vg: 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