



salads, bits & bites



STARTS

ARTICHOKE & DATE FLATBREAD (V) \$8.50
Date, Jalapeno, Artichoke, Garlic & Aged Parmesan

CAPRESE FLATBREAD (V) \$8.25
Caputo Mozzarella, Fresh Tomato, Balsamic Reduction, Pesto, Parmesan, Pine Nuts

SPROUTS (V,GF) \$9
Wood Fired Brussel Sprouts, Hazelnuts, Lemon Cream Drizzle, Parsley

BEEF (VGF) \$8
Roasted Beets with Goat Cheese, Arugula, Pistachios, Dukkah Oil

ARTISAN MEAT & CHEESE BOARD \$14
Local Cheese & Cured Meats, House Made Pickled Vegetables, House Made Mustard, Za'atar Flat Bread

WOOD FIRED ASPARAGUS (V,GF) \$6
With Parmesan Shreds & Chili Oil

KOREAN BBQ WOOD FIRED EDAMAME (V,VN) \$6

SALADS

KALE PROTEIN POWER (V,GF) \$10
Tuscan Kale, Shaved Brussel Sprouts, Vegetable Ribbons, Watermelon Radish, Chick Peas, Pecans, Sunflower Seeds, Dried Cranberries, Feta, Cherry Balsamic Vinaigrette

ROMAINE (GF) \$10
Romaine, Oven Roasted Tomatoes, Wood Fired Farm Egg*, Parmesan Crisp, House Caesar Dressing (dressing contains Anchovy Paste)

VRAI* (V,GF) \$10
Spring Mix, Roast Maple Carrot, Grilled Corn, Lykens Valley Creamery Raw Cheddar*, Pickled Fennel, Orange Tarragon Vinaigrette

ADD TO ANY SALAD:
Grilled Salmon*MP(full or half),
Grilled Chicken* (6oz) \$5 (cold)
Grilled Shrimp* \$5(3), \$8(5)
Wood Fired Farm Egg* \$2



entrees



MEAT/SEA

VEG

MARKET BEEF*
Grass Fed~Inquire for Today's Feature

GRILLED SALMON* (GF)\$28 A
Grilled Harissa-Citrus Glazed Salmon, Toasted Wild Rice Pilaf, Mixed Seasonal Vegetables

WOOD FIRED CRAB CAKE* (GF) \$26
Jumbo Lump Crab Cake with Tri- Colored Potatoes, Mixed Vegetables & Horseradish Remoulade

QUINOA BURGER (V,VN,GF) \$14.,,
Red Quinoa Cake served with Thai Chili Slaw, Fresh Herb Salad & Grilled Pepper Puree

VEGAN ALA VODKA (V,VN,GF) \$22
Gluten Free Chick-Pea Pasta, Vodka Tomato Cashew Cheese Sauce, Mixed Vegetables

JACKFRUIT TACOS (V,VN,GF) \$15
Marinated Jackfruit, Grilled Pepper Puree, Pico de Gallo, Mexican Street Corn, Black Beans & Herb Salad

V= Vegetarian, VN = Vegan, GF = Gluten Free

*Note: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

HARRISBURG MAGAZINE
Readers'
Choice
H2017

THANK YOU!



PASTA & GRAIN

All of our fresh Pasta is made in house using Local, Organic Flour

CHICKEN A LIMON OVER PASTA* \$24

Family Farmed Airline Chicken Breast, Seasonal Vegetables, over our House Made Fettuccine, Lemon Caper Sauce

SHRIMP PESTO PRIMAVERA* \$12 (HALF), \$24 (FULL)

Our House Made Fettuccine with Seared Shrimp, Artichoke, Roasted Red Pepper, & Wild Mushrooms in a Lemon Basil Pesto

PAPPARDELLE WITH SAUSAGE* \$12 (HALF), \$24(FULL)

Fresh Pappardelle, Local Pasture Raised Sausage Bolognese, Aged Parmesan

VEGETABLE PESTO PRIMAVERA*(V) \$10 (HALF), \$20 (FULL)

More Veg & No Shrimp

Want a healthier twist?

Substitute freshly made and nutritious Vegetable Fettuccine Noodles (zucchini/squash)

OR Try our Chick Pea Pasta. It's Gluten free, Non GMO, Soy Free and has twice the protein, half the net carbs, and 4 times the fiber of average regular pasta.

PIZZAS & FLATBREADS

We are proud to use local Caputo Bros. Creamery Mozzarella hand stretched by our team

Pizzas are approximately 12" rounds & Flats are approximately 9"x4" rectangles

TRADITIONAL MARGHERITA (V) \$12.75, \$7.75

Mozzarella, Italian Tomato Sauce, Basil

MUSHROOM FROMAGE BLANC (V) \$14.50, \$8.25

Wine Braised Mushrooms, Caramelized Balsamic Onion, Fontina, Parmesan (Add Asparagus +\$2)

SAUSAGE* \$15, \$8.50

Italian Sausage, Mozzarella, Lykens Valley Creamery Smokey Cheddar, Sweet Garlic, Chili Oil, Arugula

VEGETABLE (V) \$14.50, \$8.25

Grilled Zucchini, Pickled Fennel, Roast Corn, Balsamic Onion, Roasted Red Peppers, Mozzarella, Za'atar

BBQ CHICKEN* \$16, \$8.75

Roast Free Range Chicken, Corn, Lykens Valley Creamery Smokey Cheddar, Mozzarella, Local Bacon, Diced Jalepeno, House Made CALICUTTS Honey Chilpolte BBQ Sauce

ASPARGUS W GOAT CHEESE & TRUFFLE OIL (V) \$15, \$8.50

Asparagus, Goat Cheese, Fontina, Sweet Garlic, White Truffle Oil, Parsley (Add Prosciutto +\$3)

MEAT LOVERS* \$16, \$8.75

Sausage, Bacon, Prosciutto, Tomato Sauce, Fontina, Sweet Peppers, Mozzarella

Add Pepperoni +\$3

Add Bacon +\$2

Arugula +\$2

Add Wood Fired Farm Egg +\$2

Gluten Free Pizza Crust +\$3, Make it Vegan +\$1 (Follow Your Heart or Daiya)

**WOOD FIRED PIZZAS ARE MADE WITH 100%
ORGANIC CUSTOM BLEND FLOURS**

Please Note: A 20% Gratuity will be Added to Parties 8 or more