

## Snacks 5

BeDeviled Eggs

🌿 24-Hour Onion Dip & Chips

🌿 Chickpea Fries & Romesco

## Appetizers

🌿 Za'atar Wings 13    🌿 Buffalo Wings 13  
*dry-rubbed, yogurt-ranch    classic buffalo, blue cheese*

Jersey Potato Skins 13  
*Benton's bacon, jalapeno, herbs, cheese*

🌿 Local Burrata 12  
*brussels sprouts, toasted hazelnuts, aged balsamic*

Rhode Island Calamari 12  
*giardiniera vinaigrette, celery, parsley*

Maryland Crabcake 15  
*spicy remoulade, tarragon, marinated vegetables*

Minestrone Soup 6  
*parmesan broth, beans, ditalini*

PEI Mussels 14  
*chorizo, jalapeño, lager, cilantro, grilled bread*

🌿 Broccoli Falafel 12  
*tabini yogurt, cucumber, mint, pita*

🌿 Hummus & Pita 7

Soup of the Day 7

Daily Omelette & Salad 12  
*3 local eggs, cheese, seasonal vegetables, toast*

# THE FARM AND FISHERMAN TAVERN

## Frozen Tundra

*special thanks to the local farmers and purveyors that provide premium ingredients for our fabulous fare.*

F&F Fast & Fresh Lunch 11

*choice of half*

*Turkey Reuben Panini, BLT, Tuna Melt*

*Cauliflower Panini, or a Brisket Cheeseburger*

*& Soup or Chopped Salad*

Combination of Soup & Salad 9

## Salads

*add grilled chicken \$4; shrimp \$5; falafel \$3*

🌿 Chopped 11  
*greens, shaved vegetables, olives, feta, oregano vin*

🌿 Bloody Beet 12  
*yogurt, pistachio, greens, pan drippings*

Seared Salmon 14  
*roasted squash & cauliflower, farro, pepitas, squash vinaigrette*

Wedge 12  
*Benton's bacon, spice & seed crunch, smokey blue cheese, green goddess*

Kale Caesar 11  
*tuscan kale, parmesan, croutons, golden raisins, caesar dressing*

## For the Table

🌿 Breads & Spreads 15  
*smoky hummus, romesco, chickpea fries, pickles, puffed pita*

🌿 Caramelized Cauliflower 9  
*shroom cream*

## Sandwiches

Served with twice-cooked fries or simple green salad

Triple Stacked BLT 12  
*overnight tomatoes, thick cut bacon, tavern aioli*

Astoria Burger 15  
*ground lamb, feta, cucumber, grilled onion, tabini ketchup*

Colonial Burger 15  
*grass-fed beef, bacon, caramelized onion, cheddar, malt mayo*

Tavern Burger 14  
*brisket burger, American, tavern sauce, iceberg, onion, pickles*

🌿 Cauliflower Panini 12  
*pickled carrot, arugula, jalapeno, ricotta salata, citrus aioli*

Veteran's Stadium Roast Pork 13  
*braised greens, sharp provolone, garlic confit*

Turkey Reuben Panini 13  
*local sauerkraut, swiss, whole grain mustard*

Farmer's Cheesesteak 13  
*greens, caramelized onions, mushrooms, Cooper sharp*

Beer Battered Fish 13  
*iceberg, overnight tomatoes, tartar*

Smoked Tuna Melt 13  
*albacore, multigrain, overnight tomatoes, swiss*

GLUTEN FREE    VEGETARIAN

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