

Snacks 5

BeDeviled Eggs

🌿 24-Hour Onion Dip & Chips

🌿 Chickpea Fries & Romesco

Appetizers

🌿 Za'atar Wings 13

dry-rubbed, yogurt-ranch

🌿 Buffalo Wings 13

classic buffalo, blue cheese

Jersey Potato Skins 13

Benton's bacon, jalapeno, herbs, cheese

🌿 Local Burrata 13

caramelized brussels sprouts, hazelnuts, aged balsamic

Rhode Island Calamari 12

giardiniera vinaigrette, celery, parsley

Lamb Taco Pita 14

braised lamb, feta, mint, radish, salsa roja

PEI Mussels* 14

chorizo, jalapeño, lager, cilantro, grilled bread

Broccoli Falafel 13

tabini yogurt, cucumber, mint, pita

🌿 Mushroom Toast 9

Kennet Sq Shrooms, ricotta, creamy mushroom vin

🌿 Hummus & Pita 7

Minestrone Soup 6

parmesan broth, beans, ditalini

Soup of the Day 7

Daily Omelette & Salad 12

3 local eggs, cheese, seasonal vegetables, toast

THE FARM AND FISHERMAN TAVERN

Barren Pines

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

Grilled Chicken Panini, BLT, Tuna Melt

Cauliflower Panini, a Brisket Cheeseburger, or a

Turkey Reuben & 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

broccoli, mixed greens, red quinoa, sunflower seeds, miso vinaigrette

Kale Caesar 12

golden raisins, croutons, parmesan

Wedge 12

creamy blue cheese, bacon, spicy granola, tomatoes

🌿 GLUTEN FREE

🌿 VEGETARIAN

For the Table

🌿 Breads & Spreads 15

smoky hummus, romesco, chickpea fries, pickles, puffed pita

🌿 Caramelized Cauliflower 10

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, tahini 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

Grilled Chicken Panini 13

arugula pesto, smoked mozzarella, roasted veg

Farmer's Cheesesteak 14

greens, caramelized onions, mushrooms, Cooper sharp

Beer Battered Fish 13

iceberg, overnight tomatoes, tartar

Smoked Tuna Melt 13

albacore, multigrain, overnight tomatoes, swiss

Turkey Reuben 13

black pepper rye, local kraut, 1000 island, swiss, IPA mustard

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