

## **APPETIZERS**

Steamed Little Neck Clams 9  
piperade | chorizo

Blue Bay Mussels 8  
panang curry | lemongrass | ginger | coconut | cilantro

## **SOUPS**

Sweet Onion Bisque 5  
grilled bread | shaved comté

Portuguese Fish Soup 7  
lemon-parsley pangrattato

## **SALADS**

Shaved Carrot Salad 8  
feta | walnut | arugula | golden raisin | black pepper-honey vinaigrette

Baby Kale Salad 9  
roasted seasonal vegetables | gigande bean | shaved manchego

Smoked Salmon Panzanella 11  
tomato | rustic bread | cucumber | red onion | hard cooked egg | olive | frisee | lemon

## **HAND HELDS**

Grilled Cheese 11  
tallegio | fontina | mushroom | truffle | sourdough

La Frieda Burger 12  
horseradish beer cheese | grilled red onion | cress | pugliese roll

Crab Cake 12  
artichoke remoulade | arugula | challah roll

Mortadella & Fried Eggplant Panini 11  
pickled peppers | provolone | fresh basil | poached egg vinaigrette | ciabatta

Seared Tuna Tacos 12  
chipotle crema | repollo | avocado | onion | flour tortilla

Pulled Korean BBQ Chicken 11  
carrot slaw | potato roll

## **PLATES**

Mahi Mahi 15  
celery root puree | brussel leaves | roasted pearl onion | whole grain vinaigrette

Bistro Steak 16  
peanut potato confit | watercress | lancaster blue | pickled shallot

Whole Wheat Fettuccine 14  
zucchini | walnut | whipped ricotta | pumpkin seed oil