

Lunch Menu Daily till 4pm

Appetizers 4pm till 5pm



Appetizers

Chicken Wings-\$11.49

Boneless or bone-in: *buffalo or garlic parmesan, BBQ, chipotle-maple, famous "Post Standard", sweet and tangy and Nashville Hot*

Calamari-\$12.99

Crispy rings and tentacles, shishito peppers, cilantro, fresh lime in a Thai chili sauce

Utica Greens-\$8.99

Seasoned with garlic, hot peppers, Romano and pancetta

Pretzels-\$8.99

queso dip

Shrimp & Grits-\$12.99

Cheesy grits, shrimp, Tasso ham and micro greens

Artichoke & Spinach Dip-\$9.99

served with house chips

Fish Tacos-\$9.99

blackened catfish, cilantro lime slaw, blood orange salsa and Cajun remoulade

Salads

Add a protein:

blackened shrimp \$5, chicken breast \$4, steak or salmon \$6

Winter Blend-\$11.99

Red oak leaves, blood oranges, blue cheese, candied and spiced pecans and citrus vinaigrette

Chicken Caesar- \$12.49

Romaine leaves, house croutons, shaved asiago cheese and Caesar dressing with warm chicken breast

Steak salad- \$16.49

Greens tossed with feta, tomatoes and red onions topped off with tender steak and maple balsamic vinaigrette

Salmon Power Bowl- \$15.59

Arugula, shaved Brussel sprouts, goat cheese, shallots, pomegranate, almonds tossed in acranberry lime vinaigrette

House- sm \$5

Mixed greens, heirloom tomatoes, olives, croutons and a hard-boiled egg

Flatbreads

Hummus- \$11.99

Chickpea hummus, roasted red peppers, tomatoes, onions, feta, mozzarella, dressed arugula, and balsamic glaze

Just Peachy- \$12.99

Prosciutto, grilled peaches, watercress, mascarpone cheese, mozzarella, port reduction

Margherita- \$10.99

Slow roasted tomatoes, mozzarella and fresh basil, with a marinara sauce base

Cauliflower Gratin- \$11.99

Bell peppers, cauliflower, moray sauce, roasted shallots, fresh herbs, mozzarella on cauliflower crust

Asparagus-\$11.99

Garlic herb base with crushed hot peppers, mozzarella and prosciutto topped with asparagus and finished with goat cheese



Hand-Helds

Served with a side of your choice

Cheeseburger- \$12.99

Smoked Gouda, caramelized onions and bacon, dressed with lettuce, tomato and onion and house made pickles

Steak and brie- \$13.49

Caramelized onion-bacon jam, grilled peppers, triple cream brie, baby greens, grilled steak

Nashville chicken-\$11.99

Crispy chicken breast, house made pickles, honey hot sauce, sweet & tangy slaw

Hummus chicken wrap-\$11.99

Grilled chicken breast, hummus, tomatoes, feta, mixed greens, olive tapenade, balsamic aioli

Fish & Chips-\$10.49

Haddock served with fries and tartar sauce

Turkey wrap-\$10.49

Turkey, spinach, caramelized onion with Swiss and cranberry aioli on a wrap

Beef on Weck-\$10.49

Slow roasted top round, horseradish aioli and au jus sauce

Monte Cristo-\$10.49

Sliced black forest ham, Swiss served with Melba sauce inside brioche French toast

Grilled Cheese-\$9.49

Havarti, smoked Gouda and cheddar cheese served on white bread with a side of tomato bisque soup (or choice of side)

BLT-\$9.49

Bacon with lettuce, tomato and mayo on toasted bread

Soup and 1/2 Sandwich \$8.99

Choose from:

- BLT
- Monte Cristo
- Steak and Brie
- Grilled Cheese
- Beef on Weck

Soups

French Onion \$6

Tomato Bisque \$5

Soup of the day \$5

Sides: fries, chips, veggies

\$2, or garlic fries \$1