

b.

a better sip.

BEVIES

BREWSKIES

VINO

BOOZIES

b. thirsty.

BOOZY-PUNCHY JELL-O SHOTS

steady rotation of classic cocktails in jell-o form | 2.5

GHOST ORCHID

tito's handmade vodka | soul cachaca | chateau aloe liqueur | clement rhum agricole | orgeat | suze | rosewater | coconut water | lemon | 12

** almond allergy

ECTO-MARGARITA

milagro tequila | pierre ferrand dry curacao | midori | tangerine | orange | lime | 12

REVIVAL FORMULA

buffalo trace bourbon | lillet blanc | creme de cacao | amarena cherry syrup | citrus | 11

INSTA-FAMOUS

vida mezcal | aperol | yellow chartreuse | pineapple | fresno chile | brown sugar | lime | 12

PLANTASIA

rhodium forager's gin | cynar | blue curacao | cucumber | bellpepper | green cardamom | green peppercorn | mint | basil | cilantro | lime | 13

LO-FI SUNSET

plantation pineapple rum | brennivin aquavit | clement mahina coconut liqueur | gran marnier | guava | coconut cream | black pepper | lime | 12

** coconut allergy

BLACKIES PAIR

absolut pears | st. germaine | lemon | 12

ROSE QUARTZ

rhodium vodka | chambord | dry curacao | pink peppercorn | lemon | 12

BLACKIE'S DOLI

house-made pineapple infused vodka | 11

ESPRESSO MARTINI

vanilla vodka | espresso liqueur | bolt cold brew | 3 beans | your choice of creamy or dark | 12

RED & WHITE SANGRIA

glass | 11 | pitcher | 33

BLACKIE'S BREWSKIES

DRAFTS.

PROCLAMATION TENDRIL IPA | RI

8% | 8.00

WHALERS RISE PALE ALE | RI

5.5% | 7.00

ALLAGASH NOWADAY BLONDE ALE | ME

5.5% | 7.00

MAINE BEER CO. "LUNCH" IPA | ME

7% | 10.00

NARRAGANSETT AMERICAN LAGER | RI

5% | 5.00

BLUE MOON BELGIAN WHEAT | CO

5.4% | 6.50

HARPOON IPA | MA

5.9% | 6.00

HARPOON REC LEAGUE HAZY IPA | MA

4% | 7.00

HARPOON & BLACKIE'S 181 NUT BROWN ALE | MA

6.3% | 6.50

** nut allergy

SAM ADAMS (ROTATING SELECTION) | MA

7.00

DOWNEAST CIDER (ROTATING SELECTION) | MA

7.00

BLACKIE'S ROTATING CRAFT SELECTION

m/p

BOTTLES

additional rotating seasonal selections (ask your server)

USUAL SUSPECTS.

COORS LIGHT | 5.00

BUDWEISER | 4.50

BUD LIGHT | 4.50

MILLER LITE | 5.00

SAM ADAMS BOSTON LAGER | 5.00

HEINEKEN | 5.50

HEINEKEN 00 (N/A) | 5.50

ALES.

LAGUNITAS IPA | CA

6.2% | 6.00

NEW BELGIUM FAT TIRE AMBER ALE | CO

5.2% | 6.00

OXBOW FARMHOUSE PALE ALE | NEWCASTLE, ME

6% | 7.00

LAGER.

CORONA EXTRA | MEXICO

4.6% | 5.50

CORONA LITE | MEXICO

4.0% | 5.50

MICHELOB ULTRA | ST. LOUIS, MO

4.2% | 6.00

STOUTS & PORTERS. _____

GUINNESS STOUT | DUBLIN, IRELAND

4.2% | 7.00

BRECKENRIDGE VANILLA PORTER | LITTLETON, CO

5.4% | 7.00

CIDERS & SODAS. _____ GLUTEN FREE.

DOWNEAST CIDER | EAST BOSTON, MA

5.1% | 7.50

ANXO BLANC CIDRE | WASHINGTON, D.C.

5.9% | 9.00

WHITE CLAW BLACK CHERRY | GLENDALE, AZ

5% | 6.50

TRULY SELTZER (ROTATING SELECTION) | BOSTON, MA

5% | 5.50

BRAVAZZI BLOOD ORANGE HARD ITALIAN SODA | MEMPHIS, TN

4.2% | 5.50

BOOCHCRAFT HARD KOMBUCHA (ROTATING FLAVORS) | CHULA VISTA, CA

7% | 7.00

GLUTEN FREE. _____

LAKEFRONT NEW GRIST PILSNER | MILWAUKEE, WI

5.1% | 7.00

GLUTENBERG PALE ALE | MONTREAL, CA

5.5% | 7.00

WHITES.

glass / bottle

GOOSENECK PINOT GRIGIO 9 | 34
honeysuckle | lemon zest | bright personality

GOOSENECK SAUVIGNON BLANC 9 | 34
ripe stone fruit | pink grapefruit | bright acidity

KRUG SAUVIGNON BLANC 11 | 42
honeydew | nectarine | refreshing

ILLUMINATION BY QUINTESSA SAUVIGNON BLANC 20 | 78
apple | lime/grapefruit | complex

CERETTO ARNEIS 12 | 46
refreshing | peaches | melon

LA SCOLCA GAVI, BLACK LABEL 25 | 98
historic | crisp | juicy

PHANTOM CHARDONNAY 11 | 42
orchard fruit | citrus | juicy

FAR NIENTE CHARDONNAY 25/ 98
melon | sweet citrus | toasted oak

THE PALE ROSE 12 | 46
orange peel | pink grapefruit | meringue sweetness

SPARKLING.

glass / bottle

CHANDON ROSE SPLIT 12 (more than a glass!)
strawberry | watermelon | cherry | refreshing

GOOSENECK PROSECCO 10 | 38
fresh citrus | ripe apricot | fruit forward

REDS.

glass / bottle

BANSHEE PINOT NOIR 12 | 46
black cherry | cranberry | anise

ANTINORI GAUADO AL TASO TUSCAN BLEND 19 | 74
dark fruit | sweet spices | fruity

THE PESSIMIST RED BLEND 14 | 54
blueberry | black raspberry | chocolate

BONANZA BY CAYMUS 11 | 42
blueberries | blackberries | vanilla | full bodied

THE CRITIC CABERNET SAUVIGNON 14 | 54
bing cherry | caramel | currant | spice

FAUST CABERNET SAUVIGNON 25 | 98
cherry compote | dark chocolate | plum

CAYMUS CABERNET SAUVIGNON 30 | 118
ripe dark berries | cocoa | iconic

BODYGUARD RED BLEND 20 | 98
blueberry cobbler | dark chocolate | espresso

JUSTIN ISOSCELES RED BLEND 22 | 86
black fruit | spice | cedary oak

n/a bevs.

MOCKTAILS.

6.00

QUICKBEAM COOLER

cucumber | bellpepper | green cardamom | green peppercorn |
mint | basil | cilantro | lime | soda water

LAVENDER HONEY LEMONADE

lavender infused honey | fresh lemon juice

TROPICAL PUNCH

coconut water | tangerine | pineapple | cranberry |
grenadine | citrus

AQUA PANNA SPRING WATER 5/7/9

PELLEGRINO SPARKLING WATER 5/7/9

BOLT COLD BREW 4.50

HARNEY & SONS TEAS (ASSORTED FLAVORS) 3.50

SOFT DRINKS / SODAS 2.50

coke | diet coke | sprite | ginger ale | club soda | tonic |
fanta orange | fuze unsweetened iced tea | minute maid lemonade

JUICES 3.50

cranberry | pineapple | orange | grapefruit

CRAFT SODAS 4.50

regatta ginger beer | daytrip hemp sodas |
casamara club amaro sodas | hank's root beer

road sodas.

BLACKIE'S PAIR 32oz. | 42

BLACKIE'S PINEAPPLE DOLI 32oz. | 40

RED ~OR~ WHITE SANGRIA 32oz. | 40

ESPRESSO MARTINI (CREAMY ~OR~ DARK) 16oz. | 25

GHOST ORCHID 16oz. | 25

ECTO - MARGARITA 16oz. | 25

REVIVAL FORMULA 16oz. | 25

LO-FI SUNSET - 16oz. | 25

INSTA-FAMOUS 16oz. | 25

ROSE QUARTZ 16oz. | 25

HOUSE MARGARITA 16oz. | 25

PLANTASIA 16oz. | 28

n/a bevs. to go

4.50

BOLT COLD BREW

REGATTA GINGER BEER

HANK'S ROOT BEER

DAYTRIP HEMP SODAS

CASAMARA CLUB AMARO SODAS

pizza bar.

snacks from our 800-degree ovens.

CHICKEN MARSALA STUFFED MUSHROOMS.

cremini & shiitake mushrooms cooked in garlic butter with chicken breast, then braised in Marsala wine and a rich beef demi | shredded and mixed with parmesan, pecorino, whipped garlic herb spread and secret spices | cuddled into mushroom caps and baked in a parmesan, wine and butter broth

17 | **gf** | **keto**

CARAMELIZED BUTTERNUT SQUASH CROSTINI.

tender, spice-roasted squash | a jar of our own scratch ricotta with a pool of herby oil | black mission fig jam | baby arugula tossed in a honey thyme vinaigrette | crunchy, garlic-oil toasted crostini

17 | **gf** +3

add thinly shaved prosciutto | +5

make it **dairy free** with local baretts' faux-cotta | +3

GOOEY AL FORNO CHEESE... DIAVOLO STYLE

big ol' slab of Narragansett grilling cheese cuddled in a cast iron crock with a spicy mixture of grape tomatoes, kalamata & black olives, oregano, basil, Calabrian chili paste & white wine | baked til' bubbly and oozy with parmesan broth & a touch of our house-made herby oil

19 | **gf** | **keto**

add three pieces of our scratch-made, roasted-garlic oiled crostini | +4 | **gf** +1

pizzas.

all pizzas are finished with Asaro cold-pressed Castelvetro Sicilian olive oil.

MARGHERITA.

plum tomato puree | bubbly, Italian cheeses and our fresh, hand-stretched mozzarella | torn, fresh basil | S&P

16 | **gf** +3 | **df** +3

PEPPERONI.

pizza sauce loaded with shaved, fresh garlic, basil and a touch of crushed red pepper flakes | our blended pizza cheeses | fresh mozzarella | cup and char pepperoni | Sicilian oregano | pecorino

17 | **gf** +3 | **df** +3

PEP NO PEP.

all the love of a normal pepperoni minus the roni | like a cheese pizza plus

15 | **gf** +3 | **df** +3

FUNGI.

roasted garlic oil | cremini, shiitake and oyster mushrooms cooked in a black garlic infused olive oil | whipped garlic herb spread | bubbly, blended cheeses | our own ricotta | Vermont Creamery goat cheese | herby oil | fried garlic chips | fresh chives

20 | **gf** +3

PICANTE ITALIANO.

Calabrian chili paste (pretty spicy!) and olive oil | bubbly, blended cheeses | smoked mozzarella | charred baby onions | our own crumbled, fennely pork sausage | prosciutto spread | pecorino | Sicilian oregano

21 | **gf** +3 | **df** +3

QUATTRO FORMAGGI.

roasted garlic oil | bubbly, blended cheeses | smoked mozzarella | our own ricotta and fresh mozzarella | fried garlic chips & crushed red pepper flakes

19 | **gf** +3

add thinly shaved prosciutto | +5

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b.

spring/summa 22.

a collection of things I want to eat.

I was inspired by an excerpt I recently read from a fellow chef speaking about writing a menu.

Pastry chef, *Stella Parks*, stated perfectly that we don't need to be defined in only one way. "There are no rules. We can do whatever we want and change whenever we want. It's time to remember that & get back to cooking things YOU want to eat." What great, simple advice...that pertains to so much.

Life is too short, (we've been reminded of that lesson vividly in the past few years).
SO... here is a menu full of things I personally want to eat. (well...minus the salmon...I hate salmon.)

I think you're going to be happy with my selection of comfort + new + your favorite throwbacks+ healthy.

I hope this menu finds you making new food memories, face to face & more than ever with your favorite people.

chef.

snacks.

crostini | 13 | **gf+3** | **v+2**

crispy, crunchy, toasted slices of our house made focaccia | a jar of our own lemony ricotta with a pool of herby olive oil | lemony dressed baby arugula | garlic oil, hearth-roasted heirloom tomatoes | torn fresh basil
v- with local, Barrett's Garden fauxcotta

bbq basil calamari | 17 | **gf +2**

tender squid rings fried & tossed in a whipped bbq basil butter | drizzled with a touch of smoky bbq | torn fresh basil

cheeseburger rangoons | 12

consider these to be one perfect bite of a cheeseburger & fries | seasoned ground beef | chopped fries | ketchup | mustard | pickles | tomato | lettuce | Yancey's Fancy dill pickle cheddar | crispy wonton pouch | special sauce

sauce your own tenders | 15 | **gf +2**

tender chunks dredged in our special spice blend | served with the appropriate creamy dip, celery & carrot sticks
sauce options: smoky bbq | hot | mild | rootbeer hoisin | honey mustard

oh, hey. I'm a new meze! (serves 3-5) | 27 | **v** | **gf +2**

Israeli-style, whipped creamy chickpea spread | roasted beets & tahini | our smoked baba ghanoush | fresh & authentically pickled veggies | Israeli salad | tzatziki | falafel | red onion marmalade | feta | garlic tahini ranch | roasted-garlic oil toasted whole wheat pita

buffalo chicken dip | 16 | **gf** | **keto w/veggies + 2**

shredded chicken breast | fluffy, gooey buffalo cream cheese | buttermilk ranch | sharp Vermont cheddar | choice of hand-cut potato chips, freshly fried tortilla chips, ½ & ½ or with all veggies

vegan buff dip | 14 | **v** | **gf**

roasted, spiced and chopped artichoke hearts & chickpeas | vegan mayo | vegan cheese | hot sauce | baked til' bubbly | choice of hand-cut potato chips, freshly fried tortilla chips, ½ & ½ or with all veggies

tres queso fries | 14 | **gf**

crispy, hand-cut fries tossed in a sharp cheddar powder | drizzled with queso | dusted with cotija | pickled, shaved radish | diced, white onion | salsa verde | fermented chili sauce | cilantro

nachos.

extra cheesy deluxe cheese | 18 | **gf**

lots of sharp white cheddar cheese sauce | pickled jalapeños | our freshly squished guac | smoked salsa verde | sour cream | shredded lettuce | tomato | sliced black olives
**add 4oz of extra cheese | +2
**add black bean puree | +2

pulled pork | 18 | **gf**

our house-smoked & braised pork | sharp white cheddar cheese sauce | pickled jalapeños | guac | smoked salsa verde | sour cream
**add 4oz of extra cheese | +2
**add black bean puree | +2

greens.

everyone's favorite cheesy Caesar

full | 12 | half | 6 | **gf**
crisp romaine | thick, classic & creamy dressing | grana padano | buttery garlic ciabatta croutons | fresh lemon squeeze

mixed green salad

full | 10 | half | 5 | **gf**
traditional chopped salad | fresh romaine & crunchy iceberg | fresh tomato, carrot, cucumber and red onion | shredded, sharp white cheddar | garlic herb croutons

clean machine.

full | 18 | half | 9 | **gf** | **v**
shaved kale tossed in roasted lemon vinaigrette | sundried pomegranate arils | freshly sliced strawberries | quinoa | diced, ripe cukes & avocado | marcona almonds | finely chopped red onion | green apple | shaved, fresh fennel

freshly packed bowl o' veg ("salad").

full | 18 | half | 9 | **gf** | **v**
romaine | shaved green kale, cabbage, heirloom carrot & fennel | roasted pineapple vinaigrette | ripe avocado | chickpeas + fresh corn off the cob | tropical relish (mango, pineapple, & papaya) | cold, white rice | pickled fresno peppers + radish | diced cucumber | fritos | quesita cotija
v - w/o cheese

adds.

*** hand-pressed burger** | 9 | **gf**

*** grass fed burger** | 12 | **gf**

turkey burger | 9 | **gf**

****burger contains dairy**

veggie burger | 10 | **gf** | **v**

*** grilled, prime skirt steak** | mkt | **gf**

falafel | 8 | **gf** | **v** | **df**

wild salmon burger | 14 | **gf**

simply grilled salt & pepper chicken | 7 | **gf**

Baffoni's farm chicken | 10 | **gf**

grilled shrimp | 10 | **gf**

grilled or seared wild salmon | mkt | **gf**

carnitas | 22 | **gf**

authentically marinated, roasted and pulled pork butt | gooey, white cheddar cheese sauce | smoked salsa verde | sofrito lime crema | pickled & shaved radish, red onion & fresno peppers | black bean puree | quesita cotija | freshly squished guac & a wedge o' lime
**add 4oz of cotija cheese | +2

vegan | 21 | **gf** | **v**

crunchy corn chips | dairy free queso | shredded lettuce | warm, black bean puree | shredded lettuce | sliced black olives | diced, fresh tomato | salsa verde | freshly squished guac | dairy free sour cream | pickled fresno peppers

sandwiches.

our sandwiches come with house-made chips ...
or you can **upgrade** to something

b. sides chips...

old school chopped slaw | +1
cheddar dusted fries | +3
sweet potato fries | +3
hand-cut fries | +3

hi, my name is reuben | 20 | **gf +3 | k**

crunchy, buttery marble rye | gooey Swiss |
slowly simmered, extra lean corned beef, chopped & not
sliced (believe us, that matters!) | classic sauerkraut |
keto style reuben- no bread, in a bowl over 1,000 tossed,
shredded cabbage and finished with green onions

smoked turkey pub | 17 | **gf +3**

brown sugar maple mayo | crisp North Country bacon |
iceberg | sliced, vine-ripened tomato | shaved red onion |
ripe avocado | sharp, white cheddar cheese |
house brined, smoked & sliced fresh turkey breast

easy breezy steak & cheesy | 22 | **gf +3**

thinly shaved, seasoned and griddled sirloin | lots of
bubbly American and pepper jack cheese | cheddar cheese
dusted French fries | shredded lettuce | ripe tomato |
chipotle mayo | crunchy, buttered ciabatta roll

or have it plain... | 18 | **gf+2**

thinly shaved, seasoned and griddled sirloin |
bubbly American cheese | crunchy ciabatta roll

lil' Nemo | 18 | **gf +3**

cornflake, cornmeal and cornbread fried &
buffalo dipped haddock | buttery brioche bun with
melted, silky American | buttermilk ranch |
shaved carrot & cabbage slaw

dirty gurdy | 20 | **gf+3**

crunchy, toasted ciabatta bread | thin & crispy
chicken breast cutlet | bacon fat mayo | buffalo cheddar
cheese | pickled & fried jalapenos |
North Country bacon | pickled red onion

tacos.

warm flour or Siete cassava tortillas | **gf | v | +3**
(paleo, soy free, vegan, no gmo, grain free, egg free)
cassava tortillas +3 all served with freshly fried corn
tortilla chips & our own smoked salsa verde

celie's | 18 | **gf +3**

bacon-fat crisped, authentic, pulled pork carnitas |
sharp cheddar | pickled red onion | chicharron dust |
salsa verde | fresh cilantro & lime

buffalo bayou po' boy | 16 | **gf +3**

shrimp soaked in a buffalo buttermilk bath | lightly
battered & fried | dilly remoulade | shredded, crunchy
lettuce | diced tomato | bread and butter pickles | lemon

tofu + tot = tacos | 13 | **gf & v on Siete +3**

tofu chorizo & crispy tater tots | silky black bean spread |
crunchy cabbage slaw & thin baby bell pepper rings
dressed in roasted pineapple vinaigrette | creamy chipotle
sauce | freshly squished guac | pickled radish |
crushed fritos | lime

sides n' stuff.

hand-cut fries | 5 | **gf**

cheddar dusted fries | 5 | **gf**

sweet potato fries | 5 | **gf**

old school, chopped slaw | 2 | **gf**

side salad | 5 | **gf**

house-made chips | 3 | **gf**

tortilla chips w/salsa | 3 | **gf**

today's veggie | 5 | **gf**

adult kid mac & cheese | 8 | **gf+2**

simple, ooey and gooey | cream | butter | American

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b.y.o.b.

our burgers come “squished” with house-made chips ...or you can **upgrade** to something

b. sides chips...

old school chopped slaw | +1
cheddar dusted fries | +3
sweet potato fries | +3
hand-cut fries | +3

* **brisket & chuck patty** | 12 |

* **LaFrieda grass-fed & finished beef burger** | 14 |

our signature, all white meat turkey burger | 13 |

**burger contains dairy

blackie's veggie burger patty | 12 |

(jackfruit, aromatic veggies, plantain, yucca, mushrooms, black beans, poblano peppers, flax seed)

scratch-made, wild salmon burger | 13 |

bread options:

brioche
classic, buttery bulkie
ciabatta
marble rye
Texas toast
whole wheat pita

gf +3

little northern bakehouse white (vegan)
Udi's bulkie
Gillian's torpedo roll

cheese options:

cheddar | Swiss | American | quesadilla | +1

yancey's fancy buffalo cheddar |
pepper jack | gooey queso | +2

vegan cheese | +3

burgers.

diner burger | 15 | **gf +3** | **k**

classic buttery bun | special sauce | lettuce |
tomato | red onion | American cheese |

keto style diner- shredded romaine | special sauce |
white cheddar | red onion | tomato | chopped, squished
and griddled burger patty | melty cheese

smoky the bear | 18 | **gf +3**

our squished patty | butter toasted, thick-cut Texas toast |
melted pepper jack & gooey queso | cheddar dusted,
hand-cut fries | smoky bbq | crisp, North Country bacon |
crunchy, shredded lettuce | bread & butter pickles

tuscan turkey burger | 17 | **gf +3**

scratch made, super moist, all white meat turkey burger |
melted provolone | red wine vinaigrette dressed baby
spinach | sliced, vine-ripened tomato | thinly shaved red
onion | garlic lemon mayo | crunchy, roasted garlic oiled
and toasted ciabatta bread

**burger contains dairy

sauce options:

ketchup | mustard | mayo

dijon mustard | brown sugar maple mayo |
1000 | chipotle mayo | garlic lemon mayo |
smoky bbq | dilly remoulade | sofrito lime crema |
fermented chili sauce | bacon fat mayo | vegan mayo (v) |
garlic tahini ranch (v) | chipotle sauce (v) | +1

pizza sauce | black bean spread | +2

toppings:

sliced tomato | shaved red onion |
house-made pickles | lettuce

caramelized onions | red onion marmalade | +1

farm fresh egg | +1.50

ripe avocado | creamy whipped hummus | +2

North Country Smokehouse thick cut,
applewood smoked bacon | +2.50

guacamole | cheddar dusted fries | +3

sides n' stuff.

hand-cut fries | 5 | **gf**

cheddar dusted fries | 5 | **gf**

sweet potato fries | 5 | **gf**

old school, chopped slaw | 2 | **gf**

side salad | 5 | **gf**

house-made chips | 3 | **gf**

tortilla chips w/salsa | 3 | **gf**

today's veggie | 5 | **gf**

adult kid mac & cheese | 8 | **gf+2**

simple, ooey and gooey | cream | butter | American

a bigger bite.

cantina steak | mkt | **gf**

asada marinated, grilled and thinly sliced prime skirt steak | crispy, hand-cut fries | corn off the cob and bell pepper sauté | sliced, ripe avocado | Yucatan style salsa criolla | fresh cilantro

fish & chips | 20 | **gf+1**

tender & crunchy, cracker-meal dusted haddock | crispy, hand-cut fries | classic, sweet chopped coleslaw | traditional tartar OR dilly remoulade
½ shrimp | +1

a wild salmon in shades | mkt | **gf**

seared, wild salmon | brushed & broiled with a honey tangerine glaze | coconut basmati rice | silky, black bean puree | crunchy veggie slaw (red, green cabbage + a few pea tendrils) tossed in a roasted pineapple jalapeño vinaigrette | ripe, tropical fruit relish

carnitas bowl | 21 | **gf | k | v**

olive oil rice | bacon-fat crisped, authentic pulled pork carnitas | kale & cabbage slaw tossed in roasted lemon vinaigrette | shredded cheddar cheese | freshly squished guac | pickled red onion | fresh cilantro & lime

v - with tofu chorizo & vegan cheese

keto - with fresh lime & olive oil dressing, extra greens & cheese

chef's not so classic picatta | 24 | **gf+2**

thinly pounded & lightly dredged chicken breast cutlets pan-seared in olive oil til' golden | house-made, white wine chicken stock | lots of fresh lemon | whole butter | pecorino cheese | fresh arugula & heirloom tomato | spaghetti

pasta al limone | 18 | **gf+2**

spaghetti | simply prepared with fresh lemon | pecorino and grana | starchy pasta water & a touch of cream | fresh pea tendrils & asparagus

backyard bbq for two...or just you | mkt | **gf**

16oz., bbq-brined and glazed, grilled prime ribeye | applewood bacon and cheddar rice | sweet & decadent cornbread | juicy, fresh watermelon | bread & butter pickles | old school, chopped coleslaw | creamed kale with roasted garlic & sundried pomegranate arils

a modern eggplant moussaka | 23 | **gf | v**

a personal, bubbly baked casserole | lentils cooked low and slow with aromatic veggies, garlic, tomato, a hint of red wine and spices | layered between thin slices of eggplant | herbed, olive-oil tossed tater tots | locally-made, Barrett's farmesan & faux-cotta | dressed arugula

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clean livin'.

you make the choices, and leave the fun part to us!

all options in this section are naturally gluten, soy & dairy free

this menu addition came to life many years ago as we personally jumped on the clean eating train and soon realized there were many people looking to do the same. it has evolved over time to encompass selections which align with the latest movements in healthy lifestyle choices; seeing food as medicine and realizing even more through a pandemic, that at the end of the day, if we don't have our health, we truly don't have much.

this menu is here as a supplement to the house menu & brought to life with lots of research & passion. it's designed to give you choices that will promote good health. we want you to have somewhere to go that makes you feel whole, balanced and connected to a way of eating which works best for you...because that's what life is all about, right? balance. well, maybe balance with a touch of buff dip. ha, ha!

b. well
A&J

paleo

always gluten & grain free | quality meats & veggies | no dairy | limited sugar from natural sources & low glycemic fruit | nothing processed | fats coming from clean sources that don't promote inflammation in the body

vegan

all plants, all the time | no animal products whatsoever | practiced for moral reasons or implemented because some believe that plants are best for your overall health

pegan

essentially, a hybrid of paleo and vegan | a plate ratio that leans more toward 75% of each meal coming from plants while the remaining 25% consists of clean, animal protein

proteins:

portion sizes per the recommended daily protein intake of 4-6 oz per meal

grilled, prime skirt steak | 8oz | mkt |
grilled, white shrimp | 5pc | 10 |
grilled OR seared wild salmon | 6oz | mkt |
salt and pepper chicken | 6oz | 7 |
thin, grilled Baffoni Farms chicken breast cutlets | 6oz | 10 |
tofu chorizo | 4oz | 7 |
house veggie burger | 7oz | 10 |
(mushrooms, jackfruit, aromatic veggies, yucca, plantain, black beans, flax seed, poblano peppers)
wild salmon burger patty | 14 |
LaFrieda, grass-fed & finished ground beef patty | 6oz | 12 |
falafel | 8 | **gf** | **df** | **v** |
baked haddock | 4oz | 7 |
carnitas | 5oz | 8 |

clean carbs:

olive oil rice | 4 |
coconut rice | 6 |
zoodles aglio olio | 7 |
zoodles pomodoro | 7 |
quinoa pilaf | 6 |
roasted beets with tahini | 6 |

veggies & co:

½ mixed green (paleo vin or tahini ranch) | 5 |
½ kale & cabbage slaw w/fresh lime & evoo dressing | 6 |
ripe, crunchy watermelon | 5 |
tropical relish | 4 |
ripe heirloom tomatoes with salt and good olive oil | 7 |
creamy, whipped Israeli style hummus & veggie sticks | 6 |
baba ghanoush with cucumber spears | 6 |
tahini ranch with veggie sticks | 4 |
chef's veggie | 5 |
pickled veggies | 3 |
freshly squished guac & veggies | 7 |
½ ripe avocado with herby oil | 5 |
Israeli salad | 3 |

clean livin' sauces:

simple, fresh lime & olive oil dressing | 3 |
paleo buffalo sauce | 3 |
creamy chipotle sauce | 3 |
tahini ranch | 3 |
plum tomato basil sauce (warm) | 3 |
fermented chili sauce | 3 |

20% gratuity will be added to all parties of 8 or more. Thank you.

please inform your server of any food allergies.

*consumption of raw or undercooked foods of animal origin will increase your risk of foodborne illness.

consumers who are especially vulnerable to foodborne illness should only eat food from animals thoroughly cooked.

***** please let your server know if you would like separate checks at the beginning of your meal. checks may be split up to four ways. *****

sweet treats.

carrot cake | 10 | **gf**

our ooey, gooey & buttermilk-glazed, super moist cake | whipped cream cheese frosting | vanilla bean ice cream | creamy carrot coulis | fresh whipped cream | candied carrots

** contains coconut

double chocolate paleo cookie | 10 | **gf** | **df**

olive oil | eggs | dark chocolate | coconut sugar | almond flour

** contains nuts

cheesecake | 10 | **gf**

ask about savannah's creation this month!

keto lemon blueberry bar | 10 | **gf**

almond flour shortbread crust | lemon cheesecake | coconut crumble

**sweetened with swerve confectioners sugar | contains nuts

strawberry tart | 10 | **gf** | **df** | **v**

crisp oat crust | creamy strawberry ganache | topped with oat milk ice cream

**nut free

blackie's boston cream pie | 10

light, buttery cake | layers of creamy vanilla and chocolate custard | smothered in ganache

**nut free

frozen treats | 3 | **gf** | **df** | **v**

ask your server about our house sorbets & ice creams.

one or two scoops | 3 per scoop

“ a person is a person,
no matter how small. ”

— DR. SEUSS

SMALL FRIES.

for children 9 and younger only

mac n'... | **gf +2**

-cheese (white or orange sauce.....) | 9

-sauce | 6

-butta' | 5

all served with elbows

tendy's | 8 | **gf +1**

with chips and dipping sauce | ranch | bbq | honey mustard

grilled cheese | 6 | **gf +2**

buttery Texas toast | American | cut in 4 squares | tater chips

burger sliders | 9 | **gf +2**

mini, buttery brioche rolls | w/ or w/o American | chips

fish & chips | 8 | **gf**

one piece of fish | hand-cut fries | tartar

tacos | 8 | **gf +3**

warm, soft flour tortillas (2) | seasoned ground beef |
shredded white cheddar | 1, t, & black olives upon request |
tortilla chips & warm cheese sauce for dipping'

pulled pork sliders | 8 | **gf +2**

mini brioche rolls | melted American | bbq pulled pork |
chips & watermelon

tropical chicken | 11 | **gf**

grilled chicken tenders tossed in a honey tangerine glaze | coconut rice |
tropical salsa

or you can upgrade to something b. sides chips...

old school chopped slaw +1 | sweet potato fries +1.5 |

hand-cut fries +1.5 | cheddar dusted fries | +1.5

sundae | 6 | **gf**

two scoops of vanilla ice cream | chocolate cookie dough chunks |
chocolate sauce | whipped cream | sprinkles

** nut free.

blackie's faux'reo ice cream sando | 6 | **gf**

creamy vanilla bean ice cream sandwiched between
two rich, chocolatey cookies

** nut free.

b.