




# THE PARLOUR

A Fully Gluten-Free Menu

## BREAD & BITES

House-Made Bread 10   
Seasonal Butters Featuring Wild Moon

Sunflower & Mushroom Pate 17   
Rice Crackers, Miso Washed Vegetables

Wild Moon Lavender Ricotta 18   
Pistachio, Roasted Beets, Pickled Shallots,  
3 Sisters Honey, Toast


Charcuterie 22   
Local Cured Meats & Cheeses

## RAW

Pear Carpaccio 16   
Pickled Mustard Seed, Walnut, Wood Sorrel,  
Wild Moon Birch Reduction

Scallop Crudo\* 24  
Citrus Dashi, White Balsamic,  
Spring Onion, Crispy Shallot

Stone Fruit & Citrus Salad 18   
Beets, Fennel, Pistachio, Pear Ginger Vinaigrette


Ruby Romaine Caesar 17   
Cracked Parmesan, Pickled Radish,  
Chives, Cachatol Cheese

Shredded Savoy Cabbage 15   
Cucumber, Crispy Chickpeas,  
Green Goddess Dressing

## SHARED

Potatoes Romesco 15   
Charred Spring Onion Chimichurri

Berberé Cauliflower 18   
Butter Bean Hummus, Pomegranate, Toun

Oysters Wadsworth 24   
Scallion Butter, 'The Gray' Mystic Cheese,  
Salami, Bread Crumbs

Crab Cake Latkes 25   
Persillade, Crème Fraiche

Coconut Green Curry Mussels 21  
Lemongrass Kaffir Lime Broth, Toast

## ENTREES

Pan Roasted Chicken 34   
Peach Gravy, Confit Garlic Mash,  
Heirloom Carrots

Chickpea Miso Braised Cabbage 26   
Roasted Seacoast Mushrooms

Wild Caught Monk Fish 36   
Asparagus, Haricot Verts, Pommes Purée,  
Saffron Caper Cream

Shoreline Stew 35  
Mussels, Scallops, Shrimp, Wild Moon Birch  
Tomato Fennel Broth

*Hartford Flavor is Pleased to Partner with Local Purveyors  
Sub Edge Farm, Cato Corner Farm, Three Sisters Farms, Mystic Cheese Company,  
SeaCoast Mushrooms, Oui Charcuterie*



VEGAN



DAIRY

SHELLFISH



NUTS

\*Consuming Raw Or Undercooked Meats May Increase Your Risk of Foodborne Illness, Especially If You Have Certain Medical Conditions.  
Please Notify Your Server Of Any Allergies.



THE  
PARLOUR  
LUNCH

**BREAD & BITES**

House-Made Bread 10 

Wild Moon Butter, Seasonal Fruit Compote

Sweet Potato Flatbread 14 

Goat Cheese, Pomegranate, Kale

Charcuterie Board 15  

Local Cured Meats, Local Cheese, Walnuts, House Made Crackers

Wild Moon Lavender Ricotta Toast 13  

Pistachio, Roasted Beets, Pickled Shallots, Hilltop Apiary, Toast

**RAW**

Pear & Citrus Salad 15  

Beets, Fennel, Pistachio, Pear Ginger Vinaigrette

Wedge Caesar 15 

Cracked Parmesan, Pickled Radish, Chives, Catchalot Cheese

Kale Salad 13 

Carrots, Apple Vinaigrette, Asiago

**ENTREE**

Seasonal Soup 13 

House Made Bread, Wild Moon Butter

Berbere Cauliflower 18 

Butter Bean Hummus, Pomegranate, Toun

Grilled Chicken Sandwich 16 

Green Goddess, Arugula, Heirloom Tomatoes,  
Catchalot Cheese, House Made Bread

Pan Roasted Chicken 34 

Roasted Carrots, Potato, Seasonal Gravy

*Add house greens 7, Add chicken 12, Add Scallops 16, Add Shrimp 13*



 VEGAN  DAIRY  NUTS

*A Fully Gluten-Free Menu*

*Pre Fixe Menus Available for Business Lunches or Private Functions.*

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