





THE PARLOUR

A Fully Gluten-Free Menu

BITES

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

Charcuterie 22  
Local Cured Meats & Cheeses


Oysters Heburn 24 
Blue Point Oysters, Celeriac, Kale, Parmesan,
Citrus Gremolata, Salmon Roe

SHARED

Potatoes Romesco 15  
Charred Spring Onion & Chimichurri

Berbere Cauliflower 18 
Butter Bean Hummus, Pomegranate & Toun

Salmon Pastrami 16  
English Pea Puree, Mint, Basil, Spring Asparagus,
Pickled Shallots, Pea Tendrils, Lemon Crema


Crab Cake 25  
Citrus Marmalade, Lemon Creme Fraiche, Fennel &
Micro Arugula

Coconut Green Curry Mussels 21 
Persillade & Crème Fraiche


RAW

Roasted Beet and Citrus Salad 18  
Beets, Fennel, Pistachio & Pear Ginger Vinaigrette


Caesar Salad 17 
Romaine, Radicchio, Grana Padano, Garlic Bread
Crumbs & Classic Caesar Dressing

Seasonal Salad 18 
Sugar Snap Peas, English Cucumber, Chickpeas, Grape
Tomatoes, Watermelon Radish, Goat Cheese, Toasted
Sunflower Seeds & Vegan Green Goddess


ENTREES

Pan Roasted Chicken 34 
Fingerling Potatoes, Asparagus & Homemade
Chimichurri

Sea Scallops 36 
Cauliflower Coulis, Sugar Snap Peas, Fava Beans, Baby
Carrots, Pickled Shallots & Roasted Beet Vinaigrette

Cast Iron Duck 32 
Celery Root Puree, Roasted Mushrooms, Sautéed Garlic
Kale & Citrus Gastrique

Bison Sirloin 38
10oz Sirloin, Broccolini, Smashed Potato, Shallots
& Au Poivre Sauce

Fricassee of Spring Vegetables 25 
Bok Choy, Cauliflower, Sugar Snap Peas,
Fava Beans, Heirloom Tomatoes, Mushrooms
& Coconut Curry Sauce

Hartford Flavor is Pleased to Partner with Local Purveyors

 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.