



THE
PARLOUR
LUNCH

BITES

The Parlour Flatbread 14 

Kale, Mushrooms, Pomegranate & Goat Cheese

Charcuterie Board 15  

Local Cured Meats, Local Cheese, Walnuts & House Made Toast

Wild Moon Lavender Ricotta Toast 13 

Pistachio, Roasted Beets, Pickled Shallots & Hilltop Apiary Honey

Oysters Hepburn 24 

Blue Point Oysters, Celeriac, Kale, Parmesan, Citrus
Gremolata & Salmon Roe

RAW

Roasted Beet & Citrus Salad 18  

Beets, Fennel, Pistachio, Asian Pear & Ginger Vinaigrette

Caesar Salad 17 

Romaine, Radicchio, Grana Padano, Parmesan Frico & Classic
Caesar Dressing

Chopped Salad 18 

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

ENTREE

Seasonal Soup 11 

House Made Bread

Berbere Cauliflower 18 

Butter Bean Hummus, Pomegranate & Tourn

Grilled Chicken Sandwich 16 

Green Goddess, Arugula, Greenhouse Tomatoes and Aged Sharp Cheddar

Grilled Cheese 15 

Tomato Marmalade, Asian Pear, Arugula, Aged Sharp Cheddar

Fricassee Of Spring Vegetables 25 

Bok Choy, Cauliflower, Sugar Snap Peas, Fava Beans, Heirloom
Tomatoes, Mushrooms & Coconut Curry Sauce

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

 VEGAN  DAIRY  SHELLFISH  NUTS

A Fully Gluten-Free Menu

Pre Fixe Menus Available for Business Lunches or Private Functions.

Tiffany@hartfordflavor.com

