

THE PARLOUR

LUNCH

A Fully Gluten-Free Menu

SHARED

The Parlour Flatbread 14 
Goat Cheese, Squash, Mushrooms, Romesco

Charcuterie 15  
Local Cured Meats & Cheeses

Berbere Cauliflower 18 
Hummus, Pomegranate, Tourn

Hummus Plate 15 
Trio of Lemon, Red Pepper Harissa,
Caper Tapenade & Crudite

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

Oysters Stowe  
Baked with Cranberry Mushroom Stuffing,
Herb Butter, Grated Parmesan

SALADS

The Caesar 18 
Romaine, Grana Padano, Parmesan Crisps,
Caesar Dressing

Cranberry Apple Quinoa 18  
Arugula, Toasted Walnuts, Grated Parmesan,
Roasted Fennel Vinaigrette

Roasted Beet 18  
Pistachio, Asian Pear & Ginger Vinaigrette

ENTREES

Smoked Salmon Sandwich 14
Pear, Sweet Onion, Tomato, Greens,
Lemon Caper Vegan Mayo

Grilled Chicken Sandwich 16 
Green Goddess Dressing, Arugula,
Sliced Red Onion & Aged Sharp Cheddar

Waldorf Salad Sandwich 14 
Shredded Chicken with Apples, Raisins,
Walnuts, Celery, Grapes, Vegan Mayo

Burrata Sandwich 20 
Sliced Apple, Pumpkin Puree', Pickled Onion,
Arugula, Balsamic Reduction
+ Add Prosciutto 8

Crab Melt 24 
Cheddar, Red Onion, Pickles, Greens,
Lemon Dill Vegan Mayo

Corned Beef Reuben 20 
Swiss, Coleslaw, Thousand Island Dressing

Grilled Cheese 18 
Cheddar, Goat Cheese, Mushrooms,
Cranberry Sauce

Pulled Chicken Tacos (3) 18
Chipotle Braised Chicken, Pickled Shallot,
Bean Puree', Chipotle Aioli

Shrimp Tacos (3) 18
Plum Sauce, Slaw, Pickled Shallot,
Chipotle Aioli



VEGAN



NUTS



SHELLFISH



DAIRY



ALCOHOL

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.