

THE PARLOUR

A Fully Gluten-Free Menu

BITES

Wild Moon Lavender Ricotta 16   
Pistachio, Roasted Beets,
Pickled Shallots, Honey
Served with Toast

Charcuterie 22  
Local Cured Meats & Cheeses

Seasonal Oysters 24   
Baked with Cranberry Mushroom Stuffing,
Herb Butter, Grated Parmesan

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

SALADS

Roasted Beet 16  
Fennel, Pistachio,
Asian Pear & Ginger Vinaigrette

The Caesar 17 
Romaine, Grana Padano, Parmesan Crisps,
Caesar Dressing

Pumpkin 18 
Roasted Pumpkin, Red Gem Lettuce, Fennel,
Asian Pear, Pepitas, Pomegranate Seeds

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

Add Protein:
Hummus 6, Prosciutto 8, Chicken 12,
Shrimp 13, Duck 18, Bison 20

SHARED

Crab Cake Latkes 25  
Pumpkin Puree', Walnut Cream,
Fennel & Arugula Salad

Salmon Pastrami 18 
Parsnip Puree', Asian Pear, Pickled Shallot

Berbere Cauliflower 18 
Hummus, Pomegranate, Tourn

Roasted Stuffed Squash 18 
Mushroom Stuffing, Black Bean Puree',
Cranberry Sauce, Goat Cheese, Greens

Potatoes Romesco 15  
Green Goddess

ENTREES

Pan Roasted Chicken 28
Brussels Sprouts, Sautéed Mushrooms, Potato,
Sunchoke Foam

Catch of the Day MP
Pan Seared Seasonal Fish, Roasted Carrots,
Chicken Stock Braised Fennel, Parsnip Puree'

Cast Iron Duck 40
1 lb Duck Breast, House Made Plum Sauce
Garam Masala Roasted Squash,
Confit Sunchoke, Pomegranate

Bison Sirloin 50 
10 oz Sirloin, Broccolini, Honey Roasted Carrots,
Garlic Herb Mashed Potatoes, Truffle Demi-Glace

Seasonal Fricassee 25 
Squash, Potato, Mushroom, Spinach, Sunchoke,
Brussels, Creamy Polenta, Coconut Curry Sauce



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.



**Welcome to
Hartford Flavor Cocktail Parlour
and urban retreat
featuring creative libations,
gourmet gluten-free menus,
and a cozy game lounge.**

***For parties, bespoke events, and photo shoots, please email
events@hartfordflavor.com.***

***Enjoy the moment!
Phones are discouraged.***