

THE PARLOUR

LUNCH

A Fully Gluten-Free Menu

SHARED

The Parlour Flatbread 16  
Goat Cheese, Sweet Potato, Mushrooms,
Romesco

Charcuterie 24  
Curated Selection of Cured Meats & Cheeses

Berberé Cauliflower 15 
Hummus, Pomegranate, Toun

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

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

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

SALADS

The Caesar 16 
Romaine, Grana Padano, Parmesan Crisps,
Caesar Dressing

Orange Celery Root 18  
Mesclun Greens, Shaved Fennel, Grapes,
Orange Segments, Dill, Pomegranate Seeds,
Marcona Almonds, Honey Celery Vinaigrette

Asian Pear 15  
Pistachio, Asian Pear & Ginger Vinaigrette

ENTREES

Smoked Salmon Sandwich 24
Pear, Sweet Onion, Greens,
Lemon Caper Vegan Mayo

Grilled Chicken Sandwich 18 
Green Goddess Dressing, Arugula,
Sliced Red Onion & Aged Sharp Cheddar

Chicken Salad Sandwich 18 
Champagne Chicken Salad, Banana Peppers,
Arugula, Red Onion, Cheddar,
Green Goddess Dressing

Burrata Sandwich 18 
Sliced Apple, Beetroot Hummus, Pickled Onion,
Arugula, Balsamic Reduction
+ Add Prosciutto 8

Crab Melt 22  
Cheddar, Red Onion, Pickles, Greens,
Lemon Dill Vegan Mayo

Corned Beef Reuben 22 
Swiss, Coleslaw, Thousand Island Dressing

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

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

Shrimp Tacos (3) 18 
Cranberry 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.