



SNACKS & SHARES

SHARING IS CARING!

HONEY BLUE CHIPS (veg gf) House-Made Potato Chips, Von Trapp Mad River Blue Cheese, Scallions, Local Honey	14
PIMENTO & CHIPS (veg gf) House-Made Potato Chips & Pimento Cheese	9
PUB CHIPS Smack Your Mama Powder, House-Made Potato Chips, Smoked Cheese Sauce, Scallions, Bacon, Sour Cream	14
PHANTOM FRIES (s) Spicy Phantom Sauce, Blue Cheese Crumbles, Bacon, Scallions	14
CAJUN-TRUFFLE FRIES Parmesan, Truffle Oil, Cajun Seasoning, Herbs, Fancy Sauce	14
FRIED GREEN TOMATOES (veg) Creole Aioli, Mixed Greens, Lemon	11

WINGS (gf) <i>Brined, Fried, Tossed In Sauce</i> 6 pieces 12 pieces	12 20
CHICKEN BITES <i>Marinated, Fried, Tossed In Sauce, A Couple Pickle Bonus</i> 8 pieces 16 pieces	12 20
SAUCES BUFFALO CAJUN HONEY SWEET CHILI BBQ GARLIC PARM BLACKBERRY HABENERO (s) PHANTOM (s) ALABAMA	
ONLY ONE FLAVOR PER PORTION	

FLATBREADS

SUB CAULIFLOWER CRUST \$1 (gluten free)

CLASSIC ITALIANO (veg) <i>Mozzarella, Red Sauce, Olive Oil, Parm, Salt & Pepper</i>	15
GARLIC PARMESAN (veg) <i>Garlic, Parmesan, Herbs, Olive Oil, Mozzarella</i>	12
BLUE WINTER LOVE <i>Von Trapp Mad River Blue Cheese, Mozzarella, Bacon, Pear, Honey Vinaigrette</i>	17
 AVOCADO & MICRO (veg)  <i>Avocado, Arugula Microgreens, Tomato, Everything Seasoning</i>	14
HOT HONEY PEPPERONI <i>Pepperoni, Hot Honey, House-Made Pickled Jalapenos, Mozzarella, Red Sauce</i>	16
WHITE MUSHROOM <i>Mushroom, Caramelized Onions, Whipped Mascarpone, Balsamic Glaze, Parmesan</i>	16
DILL PICKLE <i>House-Made Dill Pickles, Mozzarella, Garlic, Ranch Dressing, Parmesan</i>	14

SANDWICHES

COMES WITH HOUSE-MADE CHIPS & PICKLE
SUB GLUTEN FREE BUN FOR FREE
SUB FRIES 1 | CAJUN FRIES 1 | TRUFFLE FRIES 3 | CHEESE FRIES 3

FRIED GREEN TOMATO <i>Bacon, Lettuce, Pimento Cheese, Creole Aioli, Texas Toast</i>	15
PIMENTO GRILLED CHEESE (veg) <i>Vermont Cheddar, Pimento Cheese, Texas Toast</i>	14
CHICKEN SALAD <i>Roasted Chicken, Cranberries, Lettuce, Tomato, Texas Toast</i>	14
SHORT RIB GRILLED CHEESE <i>Short Rib, Cheddar, Mozzarella, Texas Toast</i>	16
BACON CHICKEN RANCH <i>Fried Chicken, Bacon, Ranch, Lettuce, Tomato, Potato Bun</i>	15
BUFFALO CHICKEN <i>Fried Chicken, Von Trapp Mad River Blue Cheese, Buffalo Sauce, Pickles, Potato Bun</i>	15

vegan:vegan | veg:vegetarian | gf:gluten free | s:spicy

CHEF DE CUISINE | *Parker Smith*
GENERAL MANAGER | *Becca Yantosh*

SMALL PLATES

ENJOY AS AN APP\DINNER SIDE\SHAREABLE

 HOUSE PICKLED VEG (vegan gf) <i>Simple, Delicious... Around Since 2400 BC, Farmer's Choice Veg</i>	6
 SEASONAL HUMMUS (vegan gf) <i>Cauliflower Chips, Chef's Seasonal Hummus Flavor</i>	9
 CUCUMBER SLAW (vegan gf) <i>Fresh! Carrots, Red Peppers, Onions, Cilantro, Garlic, Vinegar</i>	7
 GREEN BEANS (vegan gf) <i>Sautéed Green Beans, Garlic, Parmesan (optional)</i>	7
 CARDAMOM CARROTS (vegan gf) <i>Roasted Gourmet Carrots, Cardamom, Salt, Honey Vinaigrette</i>	7
SMOKEHOUSE MAC & CHEESE (veg gf) <i>Smoked Cheese Sauce, Fusilli Corti Bucati Pasta</i>	9

SALADS & SOUPS

ADD ONS Chicken 6 | Beef Patty 4 | Veggie Burger 6 | Chicken Salad 6

CREAMY CORN CHOWDER (gf) <i>Bacon, Potato, Cheddar Cheese</i>	CUP 6 BOWL 9
SOUP OF THE MOMENT <i>A Handcrafted, Comforting Soup Prepared Fresh Each Day.</i>	CUP 6 BOWL 9
 HOUSE SALAD (vegan gf) <i>Mixed Greens, Cucumber Slaw, Tomatoes, House Dressing</i>	8
CAESAR SALAD <i>Baby Gem, Caesar Dressing, Radicchio, Croutons, Radishes</i>	11

Large PLATES

Chef Parker gettin' busy!

 MUSHROOM TRUFFLE PACCHERI (vegan) <i>House-Made Pasta! Umami Punch! Made Without cream! Parmesan (optional) (Paccheri is a large tubular pasta)</i>	22
CAJUN PAPPADELLE <i>Creole Chicken Cutlet, House-Made Pappardelle, Cajun Cream, Sautéed Spinach (Pappardelle is a wide, long pasta)</i>	22
CHICKEN POT PIE <i>House-Made Southern Biscuits, Slow Roasted Chicken, Medley of Vegetables, Cheddar Cheese</i>	17
ROASTED PORK TENDERLOIN (gf) <i>Pork Tenderloin, Bacon Fat Fluffy Potatoes, Cardamom Carrots, Apple Phantom King Tut IPA Reduction</i>	26
COUNTRY SHORT RIB <i>Sweet Potato Grits, Sautéed String Beans, Phantom Mythical Czar Stout Au Jus</i>	27
SMOKEHOUSE MAC & CHEESE (veg) <i>Smoked Cheese Sauce, Fusilli Corti Bucati Pasta</i> ADD ONS Chicken 6 Beef Patty 4 Veggie Burger 6 Chicken Salad 6	18
NEW ENGLAND FRIED CHICKEN <i>Drizzled with Hot Honey, Green Beans, Mac & Cheese</i>	22



WE'RE PROUD TO PARTNER WITH CONNECTICUT LIFESTYLE MEDICINE IN MIDDLETOWN, CT TO OFFER FLAVORFUL, PLANT-FORWARD OPTIONS THAT MAKE EATING OUT EASIER FOR THOSE FOLLOWING A HEALTHIER LIFESTYLE.

THEIR TEAM SPECIALIZES IN EVIDENCE-BASED LIFESTYLE MEDICINE—USING DIET AND LIFESTYLE TO PREVENT, TREAT, AND EVEN REVERSE CHRONIC CONDITIONS. ONE BIG PART OF THAT? MAKING HEALTHY EATING DOABLE IN REAL LIFE... INCLUDING WHEN YOU'RE OUT ENJOYING A MEAL WITH FRIENDS.

LOOK FOR THE **BEET WITH A HEARTBEAT!** THIS ICON HIGHLIGHTS DISHES THAT ARE PLANT-BASED—AND CONNECTICUT LIFESTYLE MEDICINE APPROVED!



Smashed BURGERS

We smash the patties on a high heat surface with beef tallow, then science takes over! The MAILLARD REACTION creates that desireable sear in proteins that provides amazing flavor.

ALL BURGERS COME ON A POTATO BUN WITH FRIES & PICKLES. THE DEFAULT OPTION FOR MOST BURGERS IS A SINGLE PATTY

LEVEL UP! HOW MANY QUARTER POUND PATTIES WOULD YOU LIKE?
SINGLE | DOUBLE \$4 | TRIPLE \$8

FRENCH FRY UPGRADES

CAJUN FRIES	1
TRUFFLE FRIES	2
CHEESE FRIES	2
SUB SIDE OR SALAD	3

BURGER UPGRADES

ADD CHEESE	1
ADD BACON	2.5
ADD FRIED EGG	4
SUB GLUTEN FREE BUN	FREE
SUB SWEET POTATO BURGER	FREE

LEVEL UP! ADD A PATTY - DOUBLE \$4 | TRIPLE \$8

CLASSIC <i>Lettuce, Tomato, Fancy Sauce</i>	12
BACON CHEESE <i>American Cheese, Bacon, Lettuce, Pickles, Chopped Onions, Fancy Sauce</i>	14
HIGGABAMA HARDWARE <i>American Cheese, Fried Egg, Bacon, Pickles, Alabama Sauce</i>	15
OKLAHOMA <i>Onions, American Cheese, Pickles, Fancy Sauce</i> <i>(An Oklahoma-style onion burger is a smashburger where a ball of ground beef is smashed into a pile of paper-thin onions, caramelized and fused together!)</i>	14
SMOKEHOUSE <i>Vermont Cheddar, Barbecue Sauce, Onion Strings</i>	14
BACON JALAPENO (S) <i>House-Made Pickled Jalapenos, American Cheese, Bacon, Barbecue Sauce, Onion Strings</i>	15
MAD RIVER BLUES <i>Von Trapp Mad River Blue Cheese, Bacon</i>	14
SHROOMIN' ON TRUFFLES <i>Swiss, Fancy Sauce, Hot Honey, Pickles, Mushrooms, Pickled Jalapenos</i>	14
 OMEGA (veg) <i>House-Made Veggie Sweet Potato Burger, Mushrooms, Microgreens, Tomato</i>	14
CRAZY PHANTOM <i>Beer Cheese, Sautéed Onions, Bacon, Creole Aioli, Fried Green Tomato</i>	15
EVIL RABBIT <i>THREE Burgers Stacked High, Swiss, Cheddar & American Cheeses, Fried Egg, Pickles, Lettuce, Tomato, Onion Strings, Sautéed Mushrooms, Fancy Sauce - Take a Picture!</i> NO MODIFICATIONS	27

Beer MENU



KIDS FEED THE LITTLE ONES!

CHICKEN BITES <i>Our House-Made Chicken Bites with Fries</i>	8
BURGER <i>Plain Burger With Ketchup & Fries</i>	8
GRILLED CHEESE (veg) <i>American Cheese, Texas Toast & Fries</i>	8
BUTTERED PASTA (veg) <i>A Little Butter, Salt, Pepper</i>	7
MAC & CHEESE (veg) <i>Cheese Sauce, Fusilli Corti Bucati Pasta</i>	9

Craft

COCKTAILS

&

MOCKTAILS

HIGGANUM BELLE BOURBON, CARDAMOM, PEAR, GINGER Hometown Favorite! Garnished with a Candied Pear Wedge	14	CARROT CAKE FRESH CARROT JUICE, VANILLA, CREAM Cinnamon & Ginger Simple Syrup	9
IT'S ABOUT BLOODY THYME VODKA, BLOOD ORANGE, THYME SIMPLE Freshly Squeezed Blood Orange Juice, You Can't Go Wrong!	14	BLOODY ORANGE THYME FRESH BLOOD ORANGE JUICE, THYME SIMPLE A Blood Orange Is Our Favorite Fruit.	9
SMACK YA MAMA SPICY MARG TEQUILA, VODKA, BLACKBERRY SAUCE Spicy Margaritas Are Loved By All! Add Some Lime Juice and Simple Syrup & Feel The Burn!	14	PEAR PRESSURE FRESH PEAR JUICE, LEMON, ROSEMARY SIMPLE Add Some Ginger Beer & Release The Pressure	9
HEAVENLY RABBIT VODKA, CARROT JUICE, GINGER & CINNAMON SIMPLE, WHIPPED MASCARPONE Childhood Favorite Turns Cocktail! Garnished With A Carrot Ribbon & Cinnamon	14	CRANBERRY-ROSE SPARKLER CRANBERRY, ROSEMARY SIMPLE Sparkling And Delicious, Garnished With Cranberries	9

Yes WE HAVE DESSERT!

We ARE A SCRATCH KITCHEN

BUTCHERY, PICKLING, CRAFTING SAUCES, HOUSE-MADE PASTA, SALAD DRESSINGS, POTATO CHIPS AND MUCH MORE! MORE AND MORE RESTAURANTS ARE BUYING PROCESSED FOODS TO SAVE ON LABOR, WHICH MAKES SENSE FINANCIALLY, BUT THERE IS A COST TO YOU PHYSICALLY.

WE HAVE TRIED TO EVEN TAKE IT A STEP FURTHER BY MAKING SOME VERY TASTY HEALTHY DISHES TO ACCOMPANY THAT SMASH BURGER!



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CHEF DE CUISINE | Parker Smith
GENERAL MANAGER | Becca Yantosh