

TRADITIONS PUB

THIS MENU ONLY SERVED IN THE PUB.
MEAL PLAN PACKAGES INCLUDE: Soup or side salad, entrée and dessert.
Appetizers are not included with meal plans, however, feel free to add on to your meal.

STARTERS

CHICKEN WINGS 11.00
Choice of Buffalo, BBQ or sweet chili.
Served with Blue Cheese or Ranch.

FRIED MOZZARELLA 8.00 
Mozzarella coated in Parmesan
breadcrumbs and served with marinara sauce.

 BBQ PULLED PORK NACHOS 12.00
Corn tortillas, refried beans, diced onion,
scallions, Mexican cheese,
served with salsa and sour cream.

FRIED PORK DUMPLINGS 10.00
Served with a ginger, soy, sweet chili sauce.

SPINACH ARTICHOKE DIP 10.00 
Served with tossed Greek pita chips.

 SAUTÉED SALT & VINEGAR 
BRUSSEL SPROUTS 9.00

SOUPS & SALADS

Add to any salad: Bacon \$2, Chicken \$5, Shrimp \$6, Steak \$7, Lobster \$7

SOUP DU JOUR 7.00

 NEW ENGLAND SEAFOOD CHOWDER 8.00
Lobster, shrimp, haddock and ocean clams,
served with oyster crackers.

FRENCH ONION SOUP 7.00
Beef and chicken broth, Vidalia onions and
topped with a roasted baguette and Swiss cheese.

CAESAR SALAD 12.00 
Romaine lettuce tossed in Caesar dressing,
topped with Parmesan croutons and shaved
Asiago cheese.

 SPINACH SALAD 13.00 
Fresh berries, dried apricots, goat cheese,
roasted pecans, and Balsamic dressing.

 HOUSE SALAD 12.00 
Cherry tomatoes, red onions, cucumbers,
carrots, radishes and choice of dressing.

 WEDGE SALAD 13.00 
Iceberg lettuce, smoked bacon, red onion,
fine herbs and Blue Cheese dressing.

Add a side salad: House \$6, Caesar \$7

SANDWICHES AND BURGERS

All sandwiches and burgers are served with a pickle and french fries.
Substitute Parmesan truffle fries (\$2) or onion rings(\$2).

* TRADITIONS BURGER 12.00

8oz. grass-fed beef, Romaine lettuce and tomato, topped with our house-sauce and served on a
Brioche bun. Make it a house-made, Veggie Burger \$9. Gluten-Free Available.

Add cheese or additional toppings for \$1 each: Cheddar, Pepperjack, American, Blue,
or Havarti Dill, Sautéed Onions, Mushrooms or Jalapeños. Add Bacon \$2.

TURKEY & BACON PANINI 12.00
Field greens, tomato, red onion and cranberry mayonnaise.

PULLED PORK SANDWICH 12.00
Served with fresh coleslaw and BBQ sauce.

CHICKEN OR EGGPLANT PARMESAN 12.00 
Garlic Ciabatta roll, chicken or eggplant breaded and lightly fried,
topped with marinara sauce, Provolone and Parmesan cheese.

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ENTRÉES

POTATO GNOCCHI WITH FALL VEGETABLES 18.00 ^Y
Served with a sage and Parmesan cream.

 *10 OZ. SIRLOIN STEAK 24.00

Little Field Farm vegetables, choice of potatoes or rice and served with a sage butter.

 12 OZ. FRENCH CUT BONE-IN PORK CHOP 24.00

Little Field Farm vegetables, choice of potatoes or rice and served with a roasted apple butter.

 8 OZ. ATLANTIC SALMON 20.00

Little Field Farm vegetables, choice of potatoes or rice and served with a maple walnut butter.

CHICKEN POT PIE 19.00

Braised chicken breast, roasted carrots, Vidalia onions,
green peas with a Béchamel sauce and puff pastry.

FISH & CHIPS 18.00

8 oz. filet of haddock, deep fried and served with french fries, fresh coleslaw and remoulade.

TRADITIONS MAC N' CHEESE 16.00 ^Y

Rich Cheddar, Parmesan and Pepperjack sauce over Cavatappi pasta
and baked with Ritz crumbs and topped with pea tendrils.

Add: Bacon \$2, Lobster \$7, Chicken \$5, Buffalo Chicken \$5

 POT ROAST 19.00

Braised beef shoulder, bone broth, roasted carrots,
Vidalia onions and celery, served with garlic bread.

DESSERTS

Be sure to save room for a decadent and delightful way to end your meal.
Check with your server for tonight's specials.

 PLEASE NOTE THAT IT WILL TAKE ADDITIONAL TIME TO PREPARE SPECIALTY MEALS.
PLEASE LET YOUR SERVER KNOW IF THERE ARE ANY ALLERGIES IN YOUR PARTY.

^Y Vegetarian.

* MEAT TEMPERATURE GUIDE

Rare - Cool red center | Medium Rare - Warm red center | Medium - Warm pink center, touch of red
Medium Well - Warm brown, pink center | Well Done - Hot brown center, no pink

* CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH
OR EGGS MAY INCREASE THE RISK OF FOODBORNE ILLNESS.