

# 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

### BONE-IN WINGS 11.00

Fried and tossed with our Buffalo sauce, served with carrots, celery and Blue cheese.  
Also available in BBQ and Sweet Chili.

### CRAB DIP - 10.00

Broiled lump crab with garlic, shallot, and fresh herbs in a light cream. Served with pita chips.

### FRIED MOZZARELLA 8.00

Fresh Buffalo Mozzarella, coated in Parmesan breadcrumbs and served with house-made marinara sauce.

### COCONUT SHRIMP - 11.00

Three jumbo shrimp coated in shredded coconut flash fried and served with a ginger Mandarin dipping sauce and a sweet chili sauce.

### CRISPY CALAMARI 10.00

Served with a roasted garlic marinara sauce.

### QUESADILLA - 6.00

Grilled tortilla with Monterrey cheddar cheese.  
Add: Chicken \$5, Chorizo \$6, Steak \$7

### EDAMAME DUMPLINGS 10.00

Served with a ginger soy dipping sauce.

## SOUPS & ENTRÉE SALADS

### SEAFOOD CHOWDER - 8.00

Sautéed celery, onion, lobster, shrimp and clams, simmered in a light cream and finished with diced potatoes.

### CAESAR SALAD - 12.00

Crisp Romaine lettuce tossed in our house-made Caesar dressing.  
Add: Chicken \$5, Shrimp \$6, Steak \$7

### GAZPACHO - 7.00

Chopped cucumbers, bell peppers, onion, celery, garlic, jalapenos chilled in a lemon tomato based stock.

### CHEF SALAD - 18.00

Crisp garden greens topped with ham, turkey and Swiss cheese.

Side Salad: House \$6 | Caesar \$9

## SANDWICHES AND BURGERS

All sandwiches and burgers are served with hand-cut fries or upgrade to onion rings \$2.00

### \* TRADITIONS' BURGER 12.00

Our beef blend burger, grilled to your liking and served on a brioche bun with lettuce, tomato and onion.

Make it a house-made, Veggie Burger 9.00

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

### FLATBREAD PIZZA 10.00

Oven baked flatbread topped with a four cheese blend and fire-roasted marinara sauce.  
Add Pepperoni or Roasted Onion and Peppers for \$1.25

### TURKEY CLUB JR 12.00

House-smoked turkey breast, served on two slices of bread, topped with bacon, lettuce and tomato with your choice of toasted White, Wheat, or Rye.

### REUBEN SANDWICH 12.00

Grilled corned beef and sauerkraut topped with Swiss cheese and served on grilled Rye with 1,000 Island Dressing.

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## ENTRÉES

### \*NY STRIP 24.00

12 oz. NY strip grilled to your liking, accompanied with potato or rice and vegetable of the evening.

### CAROLINA BBQ RIBS 23.00

Dry rubbed and cooked low and slow. Based in an Eastern Carolina BBQ sauce.

### CHICKEN OR EGGPLANT PARMIGIANA 19.00

Chicken or eggplant breaded and lightly fried, served over linguini and topped with house-made marinara.

### GRILLED SALMON 20.00

Grilled Atlantic salmon filet with a cilantro lime finish, accompanied with potato or rice and vegetable of the evening.

### ROASTED HALF CHICKEN 17.00

Dry-rubbed and roasted 1/2 chicken served with potato or rice and vegetable of the evening.

### NEW ENGLAND BAKED HADDOCK 18.00

Haddock with fresh bread crumbs, baked with lemon herb butter, accompanied with rice and vegetable.

### VEGETABLE STIR FRY 17.00

Fresh garden vegetables, flash sautéed in sesame oil, fresh ginger, garlic and teriyaki sauce, served with rice.

Add: Chicken \$5, Shrimp \$6, Steak \$7

## DESSERTS

Be sure to save room for a decadent and delightful way to end your meal. \$6 each.



ALL MENU ITEMS CAN BE MADE GLUTEN FREE FOR AN ADDITIONAL \$2.  
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.

### \* 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.