

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.

FRIED MOZZARELLA 8.00

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

CRISPY CALAMARI 10.00

Served with a roasted garlic marinara sauce.

EDAMAME DUMPLINGS 10.00

Served with a ginger soy dipping sauce.

CRAB DIP - 10.00

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

COCONUT SHRIMP - 11.00

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

QUESADILLA - 6.00

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

SOUPS & ENTRÉE SALADS

SEAFOOD CHOWDER - 8.00

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

GAZPACHO - 7.00

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

CAESAR SALAD - 12.00

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

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.

TRADITIONS PUB

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.