



# FRONTIER

## soup & salad

See add-ons to enhance your salad  
Gluten-free croutons available

### SOUP

(Cup or Bowl) Ask server for daily specials

### FRONTIER HOUSE SALAD

Organic mixed greens, cucumber, carrot, shaved Parmesan, croutons, and red wine vinaigrette (Half or Full) | 7/10

### CAESAR SALAD

Springworks Farm romaine, red onion, tomato, croutons, Caesar dressing, topped with shaved Parmesan (Half or Full) | 8/12

### DELICATA SALAD

Organic mixed greens, spinach, roasted delicata squash, dried apricot, radish, cucumber, cashews & walnuts, with sage & lavender vinaigrette | 12.5

### SUSHI RICE BOWL

Edamame, pickled cucumber, shredded carrot, radish, teriyaki cauliflower, and greens on sushi rice, topped with nori, sesame, and yum yum sauce | 13.5

## ADD-ONS

GRILLED FAROE ISLAND SALMON  | 8

HERBED PORK TENDERLOIN  | 5.5

GRILLED ALL-NATURAL CHICKEN  | 5

JERK CHICKEN  | 5.5

APPLEWOOD SMOKED BACON  | 2.5

BUTTERMILK & RICE FLOUR FRIED LOCAL HADDOCK  | 5.5

WHITE ANCHOVY  | 3

BAKED MARINATED LOCAL TOFU   | 3

HOUSEMADE FALAFEL   | 5

HOUSEMADE KIMCHI    | 2

 Gluten-Free |  Vegan |  Spicy

## starter

### FRONTIER SLIDER\*

Local Caldwell Farm beef slider topped with arugula and choice of one sauce | 6.5

YUM YUM SAUCE | CITRUS MAYO | KIMCHI RÉMOULADE  
ROASTED SHALLOT CREMA

### FRIED FISH TACO

Deep fried local haddock, carrot & cayenne slaw, and kimchi rémoulade served on choice of soft corn or soft flour tortilla | 6.5

### KALE & SQUASH TACO

Roasted squash, marinated kale, and cauliflower with tahini sauce, sesame seeds, and lime, served on choice of soft corn or soft flour tortilla | 6.5

### FRIED BRUSSELS SPROUTS

Tossed with tamari & yuzu and topped with toasted sesame | 8

### MUSHROOM BRUSCHETTA

Locally cultivated mushrooms, tomato, onion, and fresh herbs, topped with prune-infused balsamic vinaigrette, on baguette with garlic oil | 11

### LOCAL POTATO FRIES | 7

### SWEET POTATO FRIES | 8

Served with ketchup and choice of one sauce

YUM YUM SAUCE | CITRUS MAYO | KIMCHI RÉMOULADE  
ROASTED SHALLOT CREMA

Additional sauce | 1

### CURRIED MUSSELS

Mussels, roasted shallot, and lime leaf in a coconut curry broth, topped with scallion and served with grilled naan, baguette, or gluten-free bread | 15.5

### VEGAN NACHOS

Yellow corn tortilla chips, corn & black bean salsa, and cashew romesco sauce | 13

All dishes produced in a facility with gluten. Upon request all efforts will be made to accommodate a gluten allergy.  
\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk for food-borne illness, especially if you have certain medical conditions.

## \*marketplate\*

Inspired by food markets around the world, our MarketPlates combine fresh global flavors with a dash of artistry. Try one of our featured plates or create your own. Share as a starter or enjoy as a meal

### MIDDLE EASTERN MARKETPLATE

Falafel, Winter Hill Farm feta, cucumber & tomato, seasonal hummus, crispy artichoke, harissa chutney, tzatziki sauce, grilled naan | 17

### CHEESE & CHARCUTERIE MARKETPLATE

Herbed roasted pork tenderloin, Serrano ham, two rotating local cheeses, marinated olives, confit orange slices, confit garlic spread, toasted nuts, fresh radish with sea salt, grapes, baguette, crostini | 18

### GLOBAL MARKETPLATE

Taste the World

Create your own MarketPlate from the items below

**MEAT** Serrano Ham | 5  
Calabrese Salami | 5  
Ham | 4  
White Anchovy | 3

**CHEESE** Rotating Local Cheese | 5  
Silvery Moon Brie | 4  
Pineland Farm Cheddar | 4  
Winter Hill Farm Feta | 4

**BREAD** Ciabatta  | 2.5  
Baguette  | 2.5  
Naan | 2.5  
Gluten-Free Bread  | 2.5

**MISCELLANEOUS** Falafel   | 5  
Marinated Olive | 4  
Crispy Artichoke Heart | 3  
Seasonal Hummus | 3  
Harissa Chutney | 3  
Tzatziki | 2  
Confit Orange Slices | 2  
Grapes | 2  
Whole Grain Mustard | 1

## burger & sandwiches

Served with local potato fries & Maitland Farm spicy pickle  
Substitute sweet potato fries | 1 house salad | 2  
Caesar salad | 2.5  
Gluten-free bread available

### FRONTIER BURGER\*

Caldwell Farms beef, pepper jack cheese, bacon & shallot jam, on a brioche bun | 16

### JERK CHICKEN SANDWICH

Jerk-rubbed grilled chicken breast, carrot & cayenne slaw, roasted shallot crema, pickled red onion, on a brioche bun | 15

### MUSHROOM MELT

Local mushrooms, butternut squash, bell peppers, and choice of cashew romesco or cheddar cheese, with steak sauce on ciabatta | 14

Add bacon | 2.5 Add chicken | 5

## maines

### KOMBU SALMON

Grilled Faroe Island salmon cured with seaweed, served on quinoa with Napa cabbage & cucumber salad, topped with confit orange and unagi sauce | 25

### BOLOGNESE

Local lamb sausage and braised short rib slow cooked with tomato, garlic, red wine, finished with cream, tossed with penne, and topped with shaved Parmesan | 26

### CLAMS & GUANCIALE

Littleneck clams, guanciale, roasted artichokes, garlic, and fresh herbs in a cream sauce tossed with linguine, garnished with crispy leeks | 26

### GULF OF MAINE FISH & CHIPS

Buttermilk & rice flour fried haddock served with tartar sauce and local potato fries | 20

### KOREAN NOODLE BOWL

Root vegetables, rice noodles, carrot slaw, and kimchi in bone broth with choice of sliced pork tenderloin or baked marinated tofu | 24

Substitute salmon | 2.5

### FRIED GRAIN BOWL

Carrot, dried apricot, bell pepper, garlic & scallion, tossed with lightly fried farro seasoned with citrus & agave, served with sautéed kale and baked marinated tofu | 19

THANK YOU FOR SUPPORTING LOCAL FOOD, ARTS, & CULTURE

NATIVE MAINE • HARBOR FISH MARKET • FARM FRESH CONNECTON • LALIBELA FARM • GO-EN MISO • CALDWELL FARMS • AROUND THE WELL FARM • FISHBOWL FARM • MERRYMEETING FARM • SPRINGWORKS FARM • WOLFE'S NECK FARM • CRYSTAL SPRING FARM • SIX RIVER FARM • LOVE BIRDS FARM • HAHN'S END • SPRING DAY CREAMERY • WINTER HILL FARM • FUZZY UDDER CREAMERY • TOOTS ICE CREAM

### Frontier Studios

Your meal supports our arts and cultural programming

### Gulf of Maine Culinary Partner

Responsibly harvested seafood from fishermen and purveyors right here in the Gulf of Maine

### We Compost It!

From the Table to the Farm

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