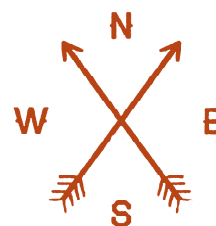


LUNCH MENU



Welcome to The First Post. We are confident that you will enjoy our traditional-style food with an innovative twist. Our hope is that we are your meeting place for friends to share memories and good times. - Cheers!

- STARTERS -

SCOTCH EGGS*

sausage wrapped soft-boiled egg, sweet dijonnaise | 10

SHRIMP TEMPURA*

jumbo shrimp, honey-sriracha mayo, cilantro, asian slaw | 14

FRIED BRUSSELS SPROUTS ++

pancetta, pine nuts, calabrian chili, parmesan, aged balsamic | 10

PIEROGIES

locally sourced potato & goat cheese pierogies, sweet peppers, caramelized onions, kale, everything seasoning, truffled sour cream | 11

CHAR GRILLED WINGS*

housemade buffalo sauce, celery, carrots, bleu cheese | 14

CRAB DIP*

crab, cream cheese, old bay chips | 15

CALAMARI*

flash-fried, honey lemon aioli, housemade pomodoro sauce, grated parmesan | 14

CHARRED OCTOPUS*++

caramelized fennel & goat cheese polenta, tomato chutney, arugula, pepperoncini vinaigrette | 18

BURRATA

butternut squash, fried kale, red onion, bacon, apple cider vinaigrette, grilled sourdough | 14

SEARED TUNA*GF

spicy sesame seared, smashed avocado, chili crisp, cilantro | 17

- SOUPS & SALADS -



SOUP AND SALAD PAIRING*

bowl of our cream of crab soup served with a market salad - mixed greens, tomato, cucumber, onion, assorted cheeses, croutons, choice of dressing | 13

POST CAESAR WITH GRILLED CHICKEN* ++

romaine hearts, radish, carrots, cream cheese croutons, soft-boiled egg, aged parmesan, housemade dressing | 17

SALMON SALAD* ++

everything seasoning seared salmon, lettuce wedge, butternut squash, feta, red onion, fried brussels sprout leaves, mustard vinaigrette | 20

CHOPPED SHRIMP SALAD*GF

sweet & spicy grilled shrimp, romaine hearts, sweet corn, avocado, cilantro, tomatoes, crispy bacon, ancho lime ranch | 18

CHOPPED GREEK SALAD* ++

grilled chicken, romaine hearts, warm halloumi cheese, feta, roasted red peppers, tomato, cucumber, olives, red onion, crispy filo, honey, sesame seed, greek vinaigrette | 18

BLACKENED STEAK COBB*

cajun grilled steak, arcadian mix, avocado, tomatoes, onion, bacon, bleu cheese crumbles, bleu cheese dressing | 21

	CUP	BWL
CREAM OF CRAB	6	8
CHEF'S CHOICE	4	5
FRENCH ONION	8	
CAESAR SALAD++	6	
MARKET SALAD++	5	

Please inform your server of any food allergies upon your arrival.

GF indicates the item is prepared gluten free

++ indicates the item can be prepared gluten free but must be requested that way

*Consuming raw or under-cooked meats, fish, shellfish or eggs may increase your risk of foodborne illness

Parties of 10 and larger are subject to automatic 18% gratuity

Dinner rolls available upon request

- PETITE PASTAS AND SALAD -

lunch pasta portions are plated with choice of small market salad - *GF pasta available upon request.

VEGETARIAN PASTA housemade truffled ricotta gnocchi, wild mushrooms, arugula, truffled cream sauce | 15

BRAISHED SHORT RIB STROGANOFF* roasted wild mushrooms, caramelized onions, fried shallots, buttered paccheri, traditional stroganoff sauce | 19

SHRIMP & SAUSAGE MARSALA** roasted mushrooms, caramelized onions, spinach, marsala cream, rigatoni | 19

CHICKEN ORECCHIETTE** sauteed chicken, oven dried tomatoes, prosciutto, mozzarella, spinach, tomato cream, orecchiette pasta | 15

SHRIMP PUTTANESCA** sauteed shrimp, pancetta, roasted tomatoes, olives, capers, caramelized leeks, shallots, garlic, calabrian chili peppers, pomodoro, orecchiette, fried basil | 18

- BETWEEN BREAD -

Served with chips & a pickle - substitute fries for \$2 - gluten free bun \$2.00

PORTOBELLO MELT ++

grilled portobello, roasted red pepper, grilled zucchini, provolone, grilled sourdough | 11

GOUDA ONION BURGER*

smoked gouda, caramelized onion, arugula, roasted tomato mayo, country white bun | 13

POST STEAK SANDWICH**

tomato jam, gruyere, roasted garlic mayo, arugula, artisan roll | 15

NASHVILLE CHICKEN SANDWICH

spicy fried chicken, bread & butter pickles, lettuce, tomato, mayo, country white bun | 12

HONEY SRIRACHA CHICKEN*

grilled chicken breast, honey sriracha glaze, avocado, japanese mayo, sweet soy slaw, country white bun | 11

POST BURGER* ++

CAB burger, lettuce, tomato, smoked bacon, aged cheddar, mayo, country white bun | 13

CRAB CAKE BLT*

house crab cake, bacon, lettuce, tomato, mayo, toasted english muffin | 17

NEW ENGLAND LOBSTER ROLL*

chilled lobster, aioli, herbs, spices, frankfurt roll, mixed greens with house dressing, fries | 27

SEARED TUNA SANDWICH**

spicy sesame seared tuna, cucumber, avocado, wasabi mayo, sweet soy greens, artisan roll | 16

BEYOND BURGER ++

meatless burger, roasted mushrooms, gruyere, roasted garlic mayo, lettuce, tomato, country white bun | 12

- LUNCH ENTREES -

STEAK FRITES* USDA choice flank steak, mixed greens, truffle vinaigrette, french fries, mushroom demi-glace | 24

SALMON*^{GF} spicy maple glazed salmon, sweet potato, country sausage, charred red onion, kale | 28

FISH & CHIPS* beer battered fresh fish, caper tartar sauce, french fries, house country slaw | 20

OVEN BAKED CRAB CAKES* old bay fries, grilled asparagus, corn relish, roasted red pepper cream | 32

SCALLOPS & GRITS*^{GF} pan seared scallops, andouille sausage, spicy creole sauce, cheddar grits | 29

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