

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
- COCONUT SHRIMP*** house made sweet & sour sauce, mango, cilantro | 14
- FRIED BRUSSELS SPROUTS*** ++ greek yogurt, bacon, dried cherries, maple syrup | 10
- PIEROGIES** potato pierogies, bacon, caramelized onions, dandelion greens, garlic chips, sriracha 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*** GF duck fat fingerling potatoes, romesco, chorizo, olives, sherry vinaigrette | 18
- BURRATA*** ++ grilled sourdough, mixed greens, white balsamic, olive oil, truffle salt | 14
- SEARED TUNA*** sesame & black pepper seared, sriracha pepper puree, mango, ginger, fried shallots, scallions | 17

SIDE SOUPS AND SALADS

- CAESAR SALAD** ++ romaine hearts, croutons, parmesan, housemade dressing | 6
- MARKET SALAD** ++ mixed greens, tomato, onion, cucumber, shredded cheddar, croutons, choice of dressing | 5
- FRENCH ONION SOUP** ++ caramelized onions, croutons, gruyere, provolone, fried onion | 8
- CREAM OF CRAB SOUP*** lump crab, old bay, chives CUP | 6 BOWL | 8
- CHEF'S CHOICE SOUP** soup of the day, ask your server for details CUP | 4 BOWL | 6

ENTREE SALADS

- SOUP AND SALAD PAIRING*** bowl of our cream of crab soup served with a market or caesar salad | 13
- POST CAESAR WITH GRILLED CHICKEN*** ++ romaine hearts, radishes, carrots, cream cheese croutons, soft-boiled egg, aged parmesan, housemade dressing | 17
- SALMON SALAD*** GF peppercorn salmon, mixed greens, tomato, avocado, feta, bacon, onion, honey mustard | 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, tomatoes, cucumber, olives, red onions, crispy filo, honey, sesame seed, greek vinaigrette | 18
- STEAK COBB SALAD*** cajun grilled flank steak, arcadian mix, avocado, tomatoes, onion, bacon, bleu cheese crumbles, bleu cheese dressing | 21

Please inform your server of any food allergies upon your arrival. Parties of 10 and larger are subject to automatic 18% gratuity
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

PETITE PASTAS AND SALAD

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

TRUFFLE MUSHROOM GNOCCHI house made ricotta gnocchi, roasted mushrooms, arugula, truffle cream | 13

SAUSAGE PACCHERI* italian sausage ragu, spinach, aged parmesan | 18

SHRIMP PRIMAVERA*++ sauteed shrimp, bacon, caramelized onions, peas, arugula, parmesan cream, orecchiette| 22

CHICKEN ORECCHIETTE*++ sauteed chicken, oven dried tomatoes, prosciutto, mozzarella, spinach, tomato cream, orecchiette pasta | 16

CRAB PESTO*++ jumbo lump crab, calabrian chili, roasted tomatoes, pesto cream, linguine, parmesan sourdough crumbs | 19

BETWEEN BREAD

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

PORTOBELLO MELT++ grilled portobello, roasted red peppers, grilled zucchini, provolone, grilled sourdough | 11

GOUDA ONION BURGER*++ caramelized onions, smoked gouda, roasted tomato aioli, arugula, country white bun | 13

POST STEAK SANDWICH*++ sirloin tips, sweet peppers, caramelized onions, provolone, hot pepper mayo, artisan roll | 15

BBQ CHICKEN MELT*++ grilled breast, cheddar, house made bbq, bread & butter pickles, fried onions, roasted garlic mayo, bibb lettuce, tomato, country white bun | 12

LAMB BURGER* lamb & beef blend, feta, tomatoes, pickled red onion, lettuce, tzaziki, country white bun | 12

POST BURGER*++ lettuce, tomato, smoked bacon, aged cheddar, mayo, country white bun | 13

CRAB CAKE SANDWICH* house crab cake, lettuce, tomato, tartar sauce, country white bun | 17

SEARED TUNA SANDWICH*++ sesame and black pepper seared, arugula, roasted tomatoes, red onion, sweet soy caesar, artisan roll | 17

BEYOND PATTY MELT+ plant based patty, grilled rye, gruyere, american cheese, caramelized onions | 12

LUNCH ENTREES

STEAK FRITES* USDA choice flank steak, mixed greens, truffle vinaigrette, french fries, mushroom demi-glace | 25

SALMON*GF truffle honey glaze, pesto mashed potatoes, spring succotash, chili oil | 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

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