

HEIDAWAY

STARTERS

BEET DIP DUO	roasted red beet dip, roasted yellow citrus beet dip, corn tortillas, cucumbers, radishes...DF - GF - VG - HAS NUTS!	\$12
CRISPY POTATO & CAULIFLOWER BITES	tossed in breadcrumbs & nutritional yeast with chipotle aioli & lemon aioli...DF - GF - VG	\$6
HANDCUT FRIES	served with rosemary ketchup...DF - GF - VG	\$5
2 TACOS (CHOOSE 1 TYPE)		
CHIPOTLE CHICKEN:	hand pulled chicken, corn tortillas, lime crema, chipotle aioli, black bean salsa...\$8	
SHRIMP:	wild caught marinated shrimp, corn tortillas, lime crema, chipotle aioli, black bean salsa ...\$10	
VEGGIE:	roasted broccoli, cauliflower & mushrooms, corn tortillas, lime crema, chipotle aioli, black bean salsa...\$8	

SALADS & BOWLS

SALAD & BOWL ADD-ONS: GRILLED CHICKEN BREAST \$7, GRILLED SHRIMP \$9, FISH OF THE DAY \$MKT

MIXED GREEN SALAD	red onion, pickled cherry tomatoes, cucumbers, radishes, dijon tarragon vinaigrette...DF - GF - VG	\$11
BEET SALAD	chilled cooked beets, arugula, whipped goat cheese, toasted cashews, balsamic glaze, herb oil...DF* - GF - VG*	\$11
SWEET & SAVORY BOWL	roasted sweet potatoes, red onion, baby kale, crispy chickpeas, maple gastrique...DF - GF - VG	\$14
MEDITERRANEAN BOWL	farro, cucumbers, feta, kalamata olives, red onion, pickled radishes & tomatoes, basil vinaigrette...DF* - VG*	\$15
WARM HARVEST BOWL	roasted butternut & acorn squash, roasted shallots, dried cherries, pine nuts, kale, fig vinaigrette...DF - GF - VG	\$15

SANDWICHES

HEIDAWAY BURGER	2 thin TA Farms grass-fed beef patties, cheddar cheese, tomato, red onion, pickles, special sauce, sesame seed bun, hand cut fries...DF* - GF*	\$15
PORTOBELLO	balsalmic & herb marinated whole portobello cap, lemon aioli, farm greens, red onion, tomato, poppy seed onion roll, hand cut fries...DF - GF* - V (roll not vegan)	\$11
VEGGIE BURGER	sweet potatoes, black beans, jasmine rice, herbs, farm greens, sesame seed bun, red onion, tomato, chipotle aioli, hand cut fries...DF - GF* - V(roll not vegan)	\$14

ENTREES

SCALLOPS FARMERS BOWL	butternut puree, toasted quinoa, braised greens, spiced cashews...DF - GF - HAS NUTS!	\$28
VEGAN "MAC" BAKE	cauliflower cream, roasted veggies, gluten free bread crumbs...DF - GF - VG	\$18
1/2 or WHOLE HERB ROASTED CHICKEN	baby potatoes, cauliflower, broccoli, mushrooms, arugula, creamy chicken jus...DF* - GF	\$24/\$35
FISH OF THE DAY	served with chef's seasonal selection - ask server for details	\$MKT
WHOLE BAKED FISH	squash hash (butternut, acorn squash, roasted shallot, dried cherry, pine nut), pumpkin curry...DF - GF	\$MKT
BUTCHER'S BLOCK	crispy baby potatoes, chef seasonal veggie - ask server for details	\$MKT

KID'S(UNDER 12 ONLY)

GRILLED CHICKEN	boneless chicken breast with veggies & fries...DF - GF	\$10
CHEESEBURGER	TA Farms grass-fed beef patty, cheddar cheese, sesame seed bun, hand cut fries...DF* - GF*	\$10
PASTA MARINARA	gluten free noodles, marinara sauce...ADD: Chicken \$7, Shrimp \$9...DF - GF - VG	\$7

BEVERAGES

MAINE ROOT SODAS	MEXICOLA, DIET MEXICOLA, LEMON-LIME, ROOT BEER, LEMONADE	\$3
FRESH BREWED ICE TEA		\$3
COLD BREW COFFEE		\$5

V - VEGETARIAN VG - VEGAN GF - GLUTEN FREE DF - DAIRY FREE *ITEMS CAN BE PREPARED THAT WAY

OUR KITCHEN DOES USE NUTS, GLUTEN PRODUCTS, DAIRY PRODUCTS, AND OTHER POSSIBLE ALLERGENS.
PLEASE LET YOUR SERVER KNOW IF YOU HAVE ANY DIETARY RESTRICTIONS OR ALLERGIES SO THAT WE CAN TRY OUR BEST TO ACCOMMODATE THEM. ENJOY!
CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.