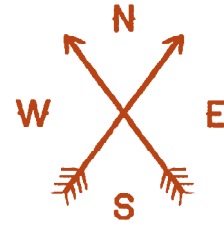


# LUNCH MENU



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

## - STARTERS -

### CALAMARI\*

flash-fried, honey lemon aioli, house made pomodoro sauce | 11

### BURRATA

strawberry rhubarb compote, prosciutto, pistachios, black pepper, arugula, balsamic, grilled sourdough | 11

### DIPS & CHIPS

olive tapenade, tzatziki, smoked tuna, pita chips | 9

### LOBSTER RANGOON\*

fried wonton, lobster, cream cheese, scallions, garlic, house made sweet & sour sauce | 15

### CHARRED BRUSSELS SPROUTS GF

smoked bacon, parmigiano, apple relish | 8.5

### CRAB DIP\*

goat cheese, crab, spinach, parmesan, oven roasted tomatoes, pita chips | 12

### SHRIMP TEMPURA\*

jumbo shrimp, honey-sriracha mayo, asian slaw | 12

### GUACAMOLE

house made with avocado, onions, tomato, cilantro, queso fresco, cumin salt tortilla chips | 9

### LAMB MEATBALLS\*

tzatziki sauce, pita bread, fresh herbs | 10

### GRILLED OCTOPUS\*GF

santorini fava puree, caper grape pine nut vinaigrette | 14

### SEARED TUNA\*

spicy sesame seared yellowfin, guacamole, red peppers, scallions, fried wontons | 15

### PORK TAQUITOS

pork carnitas, cilantro, red onion, coriander sour cream, ancho oil | 9

## - SOUPS & SALADS -



### CREAM OF CRAB

CUP 5 | BWL 7

### CHEF'S SOUP

CUP 3.5 | BWL 4.5

### FRENCH ONION

6.5

### CAESAR SALAD

4

### MARKET SALAD

4



### SALMON SPINACH SALAD\*GF

bacon jam roasted salmon, baby spinach, mushrooms, roasted red onions, soft-boiled egg, bacon dressing | 16.5

### SUMMER TUNA SALAD\*

spicy seared tuna, edamame, cucumber, avocado, mandarin oranges, mixed greens, baked wontons, wasabi soy vinaigrette | 17

### POST CAESAR WITH GRILLED CHICKEN\*

romaine hearts, radish, carrots, cream cheese croutons, soft-boiled egg, aged parmesan, house made dressing | 13.5

### CHOPPED SHRIMP SALAD\*GF

sweet & spicy grilled shrimp, fresh greens, sweet corn, avocado, cilantro, tomatoes, crispy bacon, ancho lime ranch | 14

### CHOPPED GREEK SALAD\*

grilled chicken, warm halloumi cheese, feta, roasted red peppers, tomato, cucumber, olives, red onion, crispy filo, honey, sesame seed, greek vinaigrette | 14

### POST STEAK SALAD\*GF

steak medallions, fresh greens, tomatoes, grilled zucchini, portobello mushrooms, crumbled bleu cheese, roasted red pepper, red onion, bleu cheese dressing | 15

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

- Gluten Free Requests - our facility is not a 100% gluten free environment please ask your server for special requests.

## - BETWEEN BREAD -

served with maui onion chips & a pickle  
add fries for \$2

### POST GRILLED CHEESE

caramelized onions, gruyere and provolone cheeses,  
grilled sourdough bread | 8

### PORTOBELLO MELT

grilled portobello mushroom, roasted red pepper,  
grilled zucchini, provolone cheese, grilled sour-  
dough bread | 9

### SALMON BURGER\*

house made salmon burger, lemon caper dill  
mayo, lettuce, tomato, country white bun | 10

### POST STEAK SANDWICH\*

charred port onions, roasted garlic mayo, arugula,  
gruyere, artisan roll | 11

### REUBEN

corned beef, sauerkraut, 1000 island, gruyere,  
grilled rye served closed | 10

### CALIFORNIA GRILLED CHICKEN\*

bacon, lettuce, tomato, avocado mayo, crumbled  
maui onion chips, country white bun | 10

### TURKEY CROISSANT

turkey breast, arugula, dijonnaise, gruyere, toasted  
butter croissant | 8

### POST BURGER\*

CAB burger, lettuce, tomato, smoked bacon, aged  
cheddar, mayonnaise, country white bun | 11

### LAMB BURGER\*

tzatziki, cucumber, tomatoes, pickled red onion,  
lettuce, feta cheese, country white bun | 11

### FRENCH ONION BURGER\*

CAB burger, bechamel, gruyere, provolone,  
charred port onions, country white bun | 11

### NEW ENGLAND SEAFOOD ROLL\*

lobster, shrimp, scallops, lump crab, house dressing,  
frankfurt roll, mixed greens, fries | 19

### FRIED FISH SANDWICH\*

beer battered fresh fish, caper tartar, tomato,  
lettuce, country white bun | 11

### CRAB CAKE SANDWICH\*

broiled crab cake, roma tomato, caper tartar,  
lettuce, country white bun | 15

### SEARED TUNA SANDWICH\*

spicy sesame seared tuna, cucumber, avocado,  
wasabi mayo, sweet soy greens, artisan roll | 14

## - LUNCH ENTREES -

**STEAK FRITES\*** USDA choice flank steak, mixed greens, truffle vinaigrette, french fries, housemade  
steak sauce | 19

**SALMON\*** GF brown sugar glaze, sweet corn relish, warm potato crab salad, sautéed spinach | 22

**FISH & CHIPS\*** beer battered fresh fish, caper tartar sauce, french fries, house country slaw | 17

**OVEN BAKED CRAB CAKES\*** old bay fries, grilled asparagus, sweet corn relish, roasted red  
pepper cream | 24

**SEARED SEA SCALLOPS\*** GF dayboat scallops, spring pea and mushroom risotto, carrots, truffle  
vinaigrette | 24

## - PETITE PASTAS AND SALAD -

lunch pasta portions are plated with dressed mixed greens \*Gluten free pasta available upon request.

**SPRING VEGETARIAN PASTA** peas, mushrooms, roasted carrots, olive oil, mint ricotta, linguine | 11

**BISTRO SHRIMP SCAMPI\*** sauteed shrimp, tomato, roasted garlic, basil, light wine cream,  
linguine | 14

**SHRIMP & SAUSAGE PEPPERONATA\*** sauteed shrimp & sausage, peppers, caramelized  
onion, tomato cream sauce, fresh mozzarella, rigatoni | 13

**CHICKEN ORECCHIETTE\*** sauteed chicken, oven dried tomatoes, prosciutto, mozzarella,  
spinach, tomato cream, orecchiette pasta | 12

**CAVATAPPI PESTO\*** sauteed chicken and shrimp, oven roasted tomatoes, fresh mozzarella, pesto  
cream, cavatappi pasta | 13

**CRAB & CORN\*** jumbo lump crab, sweet corn, oven roasted tomatoes, arugula, parmesan cream,  
spaghetti | 14

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