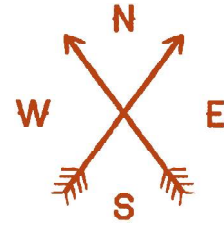


LUNCH MENU



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

grilled peaches, arugula, toasted almonds, olive oil, aged balsamic, honey, buttered sourdough | 11

DIPS & CHIPS

olive tapenade, tzatziki, smoked tuna, grilled pita | 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, grilled pita | 12

SHRIMP TEMPURA*

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

GUACAMOLE

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

LAMB MEATBALLS*

tzatziki sauce, grilled pita, 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 CHOICE

CUP 3.5 | BWL 4.5

CAESAR SALAD

4

MARKET SALAD

4

FRENCH ONION

6.5

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 GYRO*

tzatziki, cucumber, tomatoes, pickled red onion,
lettuce, pita bread | 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, summer corn and scallion risotto, carrots, roasted tomato
vinaigrette | 24

- PETITE PASTAS AND SALAD -

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

SUMMER VEGETARIAN PASTA corn, cherry tomatoes, arugula, mozzarella, peas, 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