



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

- LETTUCE WRAPS*** grilled chicken, pickled carrots & cucumbers, cilantro, thai peanut sauce, sweet ginger soy | 13
- CALAMARI*** flash-fried, honey lemon aioli, housemade pomodoro sauce, grated parmesan | 14
- MINI GYROS*** slow roasted porchetta, tomatoes, red onion, seasoned shoestring fries, tzatziki | 13
- CRAB DIP*** crab, cream cheese, old bay chips | 15
- FRIED BRUSSELS SPROUTS**** apple relish, bacon, aged parmesan, cheddar grits | 10
- CHAR-GRILLED WINGS*** house buffalo sauce, celery, carrots, bleu cheese | 14
- SCOTCH EGGS*** sausage wrapped soft-boiled egg, sweet dijonaise | 10
- BURRATA**** tomato confit, garlic, shallots, olive oil, pancetta, basil, aged balsamic, garlic bread | 14
- SEARED TUNA TATAKI*** sesame and black pepper seared, cucumber, ponzu sauce, tempura scallions | 17
- CHARRED OCTOPUS**** fingerling potatoes, capers, onions, fried oregano, lemon vinaigrette | 18
- SEA SCALLOPS**** pan seared, asparagus, lemon pepper pesto, calabrian chili oil, grilled ciabatta | 20
- SHRIMP TEMPURA*** jumbo shrimp, honey-sriracha mayo, cilantro, asian slaw | 14
- MUSHROOM RAVIOLI** locally sourced porcini & ricotta ravioli, applewood smoked bacon, caramelized onions, parmesan cream | 11
- POKE BOWL*** yellowfin tuna, housemade poke sauce, brown sushi rice, avocado, grilled pineapple, seaweed salad, edamame, scallions, fried maui onions | 17

SIDE SOUPS & 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

- POST CAESAR WITH GRILLED CHICKEN*** ++ romaine hearts, radishes, carrots, cream cheese croutons, soft-boiled egg, aged parmesan, housemade dressing | 17
- SALMON SALAD***_{GF} spicy maple glaze, romaine hearts, roasted squash, pecans, raisins, red onions, apple bacon vinaigrette, shaved brussels sprouts | 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
- BLACKENED STEAK WEDGE*** iceberg lettuce wedge, roasted tomatoes, bacon, bleu cheese crumbles, fried onions, 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

FROM THE FARM

- HIBACHI STEAK*** flank steak, herb mashed potatoes, wasabi butter, tempura asparagus, shiitake soy jus | 25
- RIBEYE*** _{GF} roasted fingerling potatoes, french green beans, mushroom demi-glace | 36
- GRILLED MEATLOAF*** bacon wrapped & grilled, herb mashed potatoes, garlic broccolini, bbq demi-glace | 22
- FILET MIGNON*** _{GF} herb mashed potatoes, asparagus, charred bleu cheese onion, red wine demi-glace | 39
- SURF & TURF*** _{GF} filet, grilled lobster tail, herb mashed potatoes, grilled asparagus, brandy peppercorn cream | 59
- SIRLOIN & CRAB CAKE*** herb mashed potatoes, french green beans, roasted red pepper cream, corn relish | 36
- ROASTED CHICKEN*** _{GF} hot honey glaze, herb mashed potatoes, bacon brussels sprouts | 23
- PRIME PORK CHOP*** _{GF} slow roasted & grilled, bacon brussels sprouts, cheddar grits, apple pork jus | 25
- KOREAN BBQ SHORT RIB*** korean bbq braised, kimchi fried rice, broccolini, scallions, fried soy onions | 28

FROM THE SEA

- SALMON*** _{GF} spicy maple glaze, sweet potatoes, 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*** herb mashed potatoes, old bay butter, french green beans, corn relish, roasted red pepper cream | 32
- SEA SCALLOPS*** _{GF} truffle vinaigrette, caramelized onion & bacon risotto, heirloom carrots | 36
- CIOPPINO*** ₊₊ seafood stew: shrimp, scallops, fish, crab, mussels, clams, tomatoes, onions, fennel, grilled ciabatta, uni butter | 27

SPECIALTY PASTAS

accompanied by a market or caesar salad - *GF pasta available upon request

- VEGETARIAN PASTA*** ₊₊ spinach, pinenuts, roasted tomatoes, roasted red peppers, caramelized onions, tomato cream, rigatoni | 18
- ANGEL HAIR SHRIMP*** ₊₊ sauteed shrimp, pancetta, pomodoro, pesto cream | 28
- PACCHERI BOLOGNESE*** slow cooked ground beef, veal, and pork, pomodoro cream | 23
- SHRIMP & SAUSAGE MARSALA*** ₊₊ roasted mushrooms, caramelized onions, spinach, marsala cream, rigatoni | 25
- CHICKEN ORECCHIETTE*** ₊₊ oven dried tomatoes, prosciutto, mozzarella, spinach, tomato cream | 21

BETWEEN BREAD

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

- 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
- POST STEAK SANDWICH*** ₊₊ sirloin tips, sweet peppers, caramelized onions, provolone, hot pepper mayo, artisan roll | 15
- SEARED TUNA SANDWICH*** ₊₊ sesame & black pepper seared, arugula, roasted tomatoes, red onion, sweet soy caesar, artisan roll | 17
- LAMB BURGER*** ₊₊ lamb & beef blend, feta, tomato, pickled red onion, lettuce, tzatziki, country white bun | 12
- NEW ENGLAND LOBSTER ROLL*** chilled lobster, aioli, herbs, spices, frankfurt roll, mixed greens with house dressing, fries | 28
- BLACK & BLEU BURGER*** ₊₊ cajun rubbed burger, bleu cheese, lettuce, tomato, roasted garlic aioli, country white bun | 13
- GRUYERE CHICKEN MELT*** ₊₊ grilled breast, roasted mushrooms, caramelized onions, gruyere, roasted garlic mayo, bibb lettuce, tomato, country white bun | 12
- BEYOND PATTY MELT** plant based patty, gruyere, american cheese, caramelized onions, grilled rye | 12