

# 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
- SHRIMP TEMPURA\*** jumbo shrimp, honey-sriracha mayo, cilantro, asian slaw | 14
- FRIED BRUSSELS SPROUTS\*** ++ apple relish, bacon, parmesan, cheddar grits | 10
- MUSHROOM RAVIOLI** locally sourced porcini & ricotta ravioli, applewood smoked bacon, caramelized onions, parmesan 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\*++** fingerling potatoes, capers, onions, fried oregano, lemon vinaigrette | 18
- 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

## 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\***<sup>GF</sup> spicy maple glaze, roasted squash, pecans, raisins, red onion, apple bacon vinaigrette, romaine hearts, shaved brussels sprouts | 20
- CHOPPED SHRIMP SALAD\***<sup>GF</sup> 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

## PETITE PASTAS AND SALAD

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

**VEGETARIAN PASTA**++ spinach, pine nuts, roasted tomatoes, roasted red peppers, caramelized onions, tomato cream, rigatoni | 13

**PACCHERI BOLOGNESE**\* slow cooked ground beef, veal, and pork, pomodoro cream | 18

**SHRIMP & SAUSAGE MARSALA**\*++ roasted mushrooms, caramelized onions, spinach, marsala cream, rigatoni | 19

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

**ANGEL HAIR SHRIMP**\*++ sauteed shrimp, pancetta, pomodoro, pesto cream | 22

## 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

**BLACK & BLEU BURGER**\*++ cajun rubbed burger, bleu cheese, lettuce, tomato, roasted garlic aioli, country white bun | 13

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

**GRUYERE CHICKEN MELT**\*++ grilled chicken breast, roasted mushrooms, caramelized onions, gruyere, 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

**NEW ENGLAND LOBSTER ROLL**\* chilled lobster, aioli, herbs, spices, frankfurt roll, mixed greens with house dressing, fries | 28

**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**\*<sup>GF</sup> 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**\* old bay fries, grilled asparagus, corn relish, roasted red pepper cream | 32

---

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