



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

- CALAMARI*** flash-fried, honey lemon aioli, housemade pomodoro sauce, grated parmesan | 14
- CRAB DIP*** crab, cream cheese, old bay chips | 15
- FRIED BRUSSELS SPROUTS**** greek yogurt, bacon, dried cherries, maple syrup | 10
- CHAR-GRILLED WINGS*** house buffalo sauce, celery, carrots, bleu cheese | 14
- SCOTCH EGGS*** sausage wrapped soft-boiled egg, sweet dijonaise | 10
- BURRATA**** grilled sourdough, mixed greens, white balsamic, olive oil, truffle salt | 14
- SEARED TUNA*** sesame & black pepper seared, sriracha pepper puree, mango, ginger, fried shallots, scallions | 17
- CHARRED OCTOPUS*** ^{GF} duck fat fingerling potatoes, romesco, chorizo, olives, sherry vinaigrette | 18
- SCALLOPS**** pan seared, tomato fennel broth, feta, oregano, fried capers, olive oil, grilled sourdough | 17
- COCONUT SHRIMP*** house made sweet & sour sauce, mango, cilantro | 14
- PIEROGIES*** local potato pierogies, bacon, caramelized onions, dandelion greens, garlic chips, sriracha sour cream | 11
- POKE BOWL*** yellowfin tuna, housemade poke sauce, brown sushi rice, avocado, grilled pineapple, seaweed salad, edamame, scallions, fried maui onions | 17
- SHRIMP TACOS*** ^{GF} chili rubbed shrimp, smashed avocado, corn pico, spicy lime crema, cabbage, cilantro | 15

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} peppercorn salmon, mixed greens, tomato, avocado, feta, bacon, onion, honey mustard | 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
- STEAK COBB SALAD*** cajun grilled flank steak, arcadian mix, avocado, tomatoes, onion, bacon, bleu cheese crumbles, 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

NY STRIP*^{GF} duck fat fingerling potatoes, spring succotash, parmesan truffle butter | 35

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* filet, grilled lobster tail, herb mashed potatoes, grilled asparagus, red wine demi-glace, caramelized leek fondue | 59

SIRLOIN & CRAB CAKE* herb mashed potatoes, french green beans, roasted red pepper cream, corn relish | 36

ROASTED CHICKEN* herb mashed potatoes, spring succotash, lemon thyme jus | 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} truffle honey glaze, pesto mashed potatoes, spring succotash, chili oil | 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

SEARED SCALLOPS*^{GF} spring vegetable risotto, baby carrots, pepperoni vinaigrette | 29

CIOPPINO*⁺⁺ seafood stew: shrimp, scallops, fish, crab, mussels, clams, tomatoes, onions, fennel, grilled sourdough, uni butter | 27

SPECIALTY PASTAS

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

TRUFFLE MUSHROOM GNOCCHI house made ricotta gnocchi, roasted mushrooms, arugula, truffle cream | 18

SHRIMP PRIMAVERA*⁺⁺ sauteed shrimp, bacon, caramelized onions, peas, arugula, parmesan cream, orecchiette | 28

SAUSAGE PACCHERI* italian sausage ragu, spinach, aged parmesan | 23

CRAB PESTO*⁺⁺ jumbo lump crab, calabrian chili, roasted tomatoes, pesto cream, linguine, parmesan sourdough crumbs | 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

GOUDA ONION BURGER*⁺⁺ caramelized onions, smoked gouda, roasted tomato aioli, arugula, country white bun | 13

BBQ CHICKEN MELT*⁺⁺ grilled breast, cheddar, house made bbq, bread & butter pickles, fried onions, roasted garlic mayo, bibb lettuce, tomato, country white bun | 12

BEYOND PATTY MELT plant based patty, gruyere, american cheese, caramelized onions, grilled rye | 12