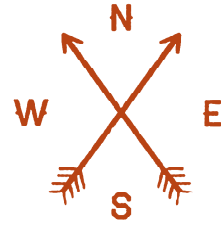


LUNCH MENU



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 dijonaise | 10

SHRIMP TEMPURA*

jumbo shrimp, honey-sriracha mayo, cilantro, asian slaw | 14

FRIED BRUSSELS SPROUTS ++

smoked bacon, feta, bread & butter pickles, roasted peanuts, nashville hot honey | 10

SMOKED MOZZARELLA RAVIOLI

locally sourced ravioli, roasted mushrooms, peas, truffle cream, fried leeks | 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++

mortadella, roasted peppers, white balsamic, crushed pistachios, grilled ciabatta | 14

SEARED TUNA*

sesame seared, edamame hummus, yuzu vinaigrette, chili threads, fried leeks | 17

- SOUPS & SALADS -



SOUP AND SALAD PAIRING*

bowl of our cream of crab soup served with a market salad - mixed greens, tomato, cucumber, onion, assorted cheeses, croutons, choice of dressing | 13

POST CAESAR WITH GRILLED CHICKEN* ++

romaine hearts, radishes, carrots, cream cheese croutons, soft-boiled egg, aged parmesan, housemade dressing | 17

SALMON SALAD*^{GF}

bacon jam, roasted red onions, mushrooms, soft boiled egg, baby spinach, hot bacon dressing | 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

CREAM OF CRAB

CUP | BWL

6 | 8

CHEF'S CHOICE

4 | 5

FRENCH ONION

8

CAESAR SALAD++

6

MARKET SALAD++

5

Please inform your server of any food allergies upon your arrival.

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

Parties of 10 and larger are subject to automatic 18% gratuity

Dinner rolls available upon request

- PETITE PASTAS AND SALAD -

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

VEGETARIAN PASTA black pepper cavatelli, pomodoro, whipped herb ricotta, olive oil | 13

SPICY SAUSAGE RIGATONI* sweet italian sausage, roasted red peppers, caramelized onions, calabrian chile tomatoe 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

SEAFOOD PESTO** shrimp, seared scallops, crab, oven roasted tomatoes, pesto cream, linguine | 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

CHILE QUESO BURGER*

chile rubbed burger, guacamole mayo, queso, pico de gallo, arugula, cilantro, country white bun | 13

POST STEAK SANDWICH**

sweet peppers, caramelized onions, provolone, hot pepper mayo, artisan roll | 15

CALI CHICKEN*

grilled chicken breast, smoked bacon, guacamole mayo, maui onion chips, 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 BLT*

house crab cake, bacon, lettuce, tomato, mayo, toasted english muffin | 17

NEW ENGLAND LOBSTER ROLL*

chilled lobster, aioli, herbs, spices, frankfurt roll, mixed greens with house dressing, fries | 28

SEARED TUNA SANDWICH*

sesame seared, grilled pineapple, caramelized onions, sriracha hoisin mayo, cabbage, artisan roll | 17

OLDE ENGLISH BEYOND BURGER ++

meatless patty, toasted english muffin, grilled tomatoes, cheddar | 12

- LUNCH ENTREES -

STEAK FRITES* USDA choice flank steak, mixed greens, truffle vinaigrette, french fries, mushroom demi-glace | 25

SALMON*^{GF} honey garlic glaze, fingerling potatoes, roasted mushrooms, peas, leeks, truffle aioli | 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

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