



# LUNCH



## Veggies and Starters

GF	Brussels Sprouts – pancetta + balsamic + brown sugar	\$8
V GF	Zucchini – romesco sauce + herbs	\$6
V GF	Carrots – honey + ricotta + herbs	\$6
V GF	Roasted Mushrooms – whipped garlic aioli + herbs	\$6
V GF	Sweet Potato Wedges – maple syrup + herbs	\$6
V GF	Cauliflower – mustard + thahini + shallots	\$6
	French Onion Soup – cipollini onion + crouton + fontina cheese	\$5
	Seasonal Soup – Chefs choice	\$5
V	Hummus – evoo + chickpeas + tomato + cucumber + pizza flatbread	\$8
	Meatballs – tomato sauce + Parmesan + basil	\$7

## Salads Add ons... salmon \$5 / scallops \$6 / roasted chicken breast \$4

V GF	Beet – arugula + orange zested goat cheese + roasted red and gold beets + candied walnuts + lemon vinaigrette	\$10/6
	Hale Caesar – avocado Caesar + multi-grain croutons + Parmesan + sun dried tomato	\$11/7
GF	Ember Cobb – bibb lettuce + shredded chicken + pancetta + buttermilk blue cheese + sunflower seeds + grape tomato + avocado + hard boiled egg + house made ranch	\$14/8
V GF	Quinoa and Spinach – marinated cucumber + grape tomato + feta + pistachio + lemon vinaigrette	\$11/7
GF	House salad – arugula + ricotta salata + radish + pistachios + lemon vinaigrette	\$9/5

## Pasta (GF) Pasta available \$2

V	Baked Ziti – tomato sauce + mozzarella + Parmesan + spinach	\$10
*GF	Oak Roasted Salmon – ricotta gnocchi + tomato + capers + spinach + piccata cream sauce	\$14
	Meatballs – tagliatelle pasta + meatballs + tomato sauce + Parmesan + basil	\$12

Please inform server of any dietary restrictions  
 GF (gluten free) V (vegetarian)  
 \* (could contain undercooked meats, egg or seafood)

## Pizza 8" pizza (GF) crust + \$3 (cooked in same oven)

v	Margherita – tomato + mozzarella + basil + Parmesan	\$9
v	Forager – wood fired mushrooms + truffle + sage + goat cheese + roasted garlic	\$10
	Slightly South of Seacoast – tomato + meatballs + taleggio cheese + Parmesan + fennel + banana pepper	\$11
	Ember – oak roasted chicken + tomato + basil + mozzarella + whipped ricotta + piquillo pepper jam	\$11
	Boone Hall – Italian sausage + prosciutto + sopressata + tomato + arugula + romano	\$13
	Plain Jane – tomato + pepperoni + mozzarella + Parmesan	\$11
	Verde – pesto + mozzarella + Parmesan + roasted red peppers	\$10
	Calzone – meatballs + tomato + mozzarella + ricotta + side tomato sauce (not available GF)	\$11

Add ons... meat: \$3 / veggie: \$2 / cheese: \$1.50

## Sandwiches All served with choice of... house salad, Caesar salad or veggie.

Choice of multi-grain or pizza bread (Meatball comes on hoagie roll).

	Meatball – meatballs + mozzarella + Parmesan + Italian herbs + tomato sauce + toasted hoagie roll	\$12
	Roasted Chicken – oven roasted chicken breast + avocado + fontina cheese + bibb lettuce + tomato + pickled red onion + sriracha aioli	\$12
v	Veggie – hummus + zucchini + spinach + roasted red peppers + caramelized onions + garlic aioli	\$10
v	Caprese – fresh mozzarella + roma tomato + basil + balsamic glaze	\$10
	Ember Burger – two 4oz beef patties + white cheddar + bacon onion jam + bibb lettuce + tomato + brioche bun	\$13

## Desserts

	Nutella S'mores Pizza – toasted marshmallows + almonds + caramel sauce + powdered sugar	\$9
	Ice Cream – 3 flavor sampler, ask server for selection	\$8.25
	Seasonal Dessert – ask server for details	\$MKT

Hids menu available · #emberkitchen

3.29.18



GlowFisch Hospitality Group

