GF GLUTEN FREE
V OVO–LACTO VEGETARIAN

*U: Consuming raw or under cooked meats, poultry, seafood, shellfish, oysters, or eggs may increase your risk of foodborne illness especially if you are pregnant or have certain medical conditions. If you have chronic illness of the liver, stomach or blood or have immune disorders, you are at a greater risk of serious illness from raw oyster and should eat oysters fully cooked.

LUNCH
11:30 am to 5:30 pm

SOUPS

PASTA FAGIOLI 15
MINESTRONE 15

SALADS

GF CHICKEN 20
Chicken, Celery, Fennel
Baby Greens, Citrus Vinaigrette

GF NEW ENGLAND SEAFOOD 26
Lobster, Shrimp, Crab
Chives, Avocado, Baby Greens

GF CLASSIC NICOISE 20
Imported Italian Tuna
Avocado, Cucumber
Onions, Nicoise Olives, Boiled Egg

U GF GRILLED SALMON 24
Baby Greens, Hard Boiled Egg
Cucumber, Sauce Verde

U SMOKED SALMON 24
Avocado, Dill Aioli, Whole Wheat Bread

POLPO CHICKEN PANINI 20
Mozzarella, Roasted Peppers
Pesto Mayonnaise

ITALIAN SAUSAGE & PEPPERS 20
Italian Sausage, Peppers, Onions
Sesame Hero

TUNA MELT 20
Sliced Tomato, Swiss
Whole Wheat Bread

ITALIAN HERO 20
Prosciutto, Mortadella
Salami, Peppers, Provolone
Sesame Hero

POLPO HAM & CHEESE PANINI 18
Cotto Ham, Swiss, Sesame Bastone

CHICKEN PARMESAN HERO 20
Melted Parmesan, Marinara Sauce
Sesame Hero

Served with French Fries or Mixed Greens

BURGERS

U POLPO BURGER 22
Organic Grass-Fed Angus Beef Burger
or Impossible Burger
Lettuce, Tomato, Red Onion

BACON
CHEDDAR
AMERICAN CHEESE
SWISS CHEESE
BLUE CHEESE
HOT PEPPERS

1.50 each

Served with French Fries or Mixed Greens

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