

# Blue Dahlia

## BISTRO

### SALADES

*all served with organic mesclun greens and bread. house-made basil walnut pesto is vegan.*

<b>Goat Cheese Salad</b> with walnuts, parmesan, tomato, extra virgin olive oil ☒	11.50
<b>Mozzarella Salad</b> with basil, tomato, basil pesto ☒	10.95
<b>Salade Niçoise</b> with seared rare Ahi tuna, hard egg, potato, green beans, olive ☒	15.25
<b>Maryland Crab Cake Salad</b> with roasted red pepper aioli, basil pesto ☒	15.50
<b>Garbanzo Bean Salad</b> with cucumbers, tomato, basil pesto v ☒	9.95
<b>Black Bean Salad</b> with avocado, tomato, cilantro, lime, mango, corn, bell pepper v ☒	9.95
<b>Mesclun Greens Salad</b> with tomato, cucumber, basil pesto v ☒	7.25
add egg salad 3.75 tuna salad 4.25 chicken salad 4.75	
add sliced cold smoked salmon or seared tuna steak	7.00
add gluten free Maryland Crab Cake	8.25
add avocado 2.75 add fresh tofu with pesto 4.95	

### SANDWICHS POUR LES ENFANTS

<b>Child's Sandwich</b> turkey & cheese, ham & cheese, Nutella & jam, or peanut butter & jam	7.25
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### TARTINES

*open faced sandwiches with freshly-baked whole wheat bread, butter, & organic produce*

<b>Ham &amp; Gruyère</b> with Dijon mustard, cornichons	8.95
<b>Tuna Salad</b> EVOO base with basil, capers, white beans, onion, sun-dried tomatoes	8.95
<b>French Goat Cheese</b> with olive tapenade, roasted red peppers, shaved parmesan	9.95
<b>Chicken Salad</b> with dried cranberries, walnuts and cranberry chutney	8.95
<b>Roasted Turkey</b> with avocado, tomato and red pepper aioli	8.50
<b>Blue Dahlia Brie</b> with walnuts and apricot jam	8.75
<b>Hummus</b> with avocado, sprouts, chopped tomato v	8.75
<b>Sliced Cold Smoked Salmon</b> with herbed cream cheese, fresh dill	10.25
<b>Organic Egg Salad</b> with olive oil, dill, touch of cayenne, capers	8.25
<b>Prosciutto &amp; Mozzarella</b> with pesto, sun-dried tomatoes	10.75
<b>Roast Beef</b> with caper creme fraiche	8.75

*gluten-free bread from local Wild Wood Bakehouse available for \$2 upcharge*

### PLATS DU SOIR *entrees available after 5pm. all served with freshly-baked bread*

<b>Rustic French Meatloaf</b> beef, pork, mushrooms, onion, garlic and herbs	16.50
<b>Seared Ahi Sashimi Tuna Steak</b> served rare with lemon pepper ☒* with side of zucchini, yellow squash, cashews and greens	17.50
<b>Mussels Dijon</b> with white wine, cream, dijon-based broth ☒	14.50
<b>Mussels Provençal</b> with tomato, herbs, garlic-based broth ☒	14.50
<b>Ratatouille</b> served over Israeli couscous, topped with shaved parmesan v ☒	14.25
<b>Porcini Ravioli</b> with basil pesto, shaved parmesan, mesclun greens	13.95
<b>Coq au Vin Blanc</b> chicken, mushrooms, garlic, capers, prosciutto, all cooked in a white wine cream sauce	16.50

**we love and use local and organic ingredients when possible!**

# Blue Dahlia

## BISTRO

### PETIT DÉJEUNER

*breakfast available all day*

<b>Butter Croissant</b>		2.50
<b>Flavored Croissant</b>	strawberry cream cheese or chocolate hazelnut	3.50
<b>Organic Egg Frittata</b>	ask for today's feature, with bread, organic greens ☼	10.25
<b>Soft-Boiled Eggs</b>	with organic greens, bread <b>available until noon on weekdays</b> ☼*	6.25
<b>French Crêpes</b>	with Vermont maple syrup, Ghirardelli chocolate sauce, berries	6.50
<b>Belgian Waffles</b>	topped with berries, with a side of Vermont maple syrup	6.95
<b>Blueberry Blintzes</b>	with sweet ricotta	7.25
<b>Parisian Sandwich</b>	ham, havarti, tomato, butter on fresh baguette, with choice of dijon or dill cream cheese <i>please no substitutions</i>	7.95
<b>Fruit Salad</b>	cantaloupe, honeydew, mango, berries v	5.00
<b>Greek Yogurt</b>	topped with fresh berries	4.95
<b>Homemade Granola</b>	with fresh berries v	6.95
<b>Parfait</b>	yogurt, granola, fresh berries	6.00
<b>Bread Basket</b>	for two, freshly-baked with Nutella, assortment of jam v	6.95

### SPÉCIALITÉS DE LA MAISON *Platters and boards serve 2*

<b>Cheese Board</b>	five assorted cheeses, olives, apple, jam	18.95
<b>Meat Board</b>	selection of three meats, Port Salut cheese, cornichons, olives, apple, nuts	19.50
<b>Hummus &amp; Taboule Platter</b>	with mesclun greens, olives, sun dried tomato v	12.50
<b>Smoked Trout Platter</b>	with garbanzo and olive salsa	16.50
<b>Truffled Mousse Pâté Platter</b>	with cornichons, pear	17.50
<b>Soupe du Jour</b>	bowl of soup housemade with organic & local vegetables <small>(when available)</small> v	6.50

### BOISSONS *all espresso drinks are 2 oz. shots*

<b>Organic Coffee</b>	2.50	<b>Pellegrino</b>	2.50/3.75
<b>Espresso or Americano</b>	2.75	<b>Iced Tea or Soft Drink</b>	2.25
<b>Macchiato</b>	3.00	<b>Hibiscus Mint Herbal Iced Tea</b>	2.50
<b>Cappuccino</b>	3.50	<b>Organic Maine Root Sodas</b>	3.75
<b>Latte</b>	4.00	<b>Orangina</b>	2.95
<b>Mochaccino</b>	4.50	<b>Homemade Lemonade</b>	2.95
<b>Flavored Shot</b>	caramel, vanilla, lavender, seasonal .50	regular, mint or pomegranate	
<b>Café au Lait</b>	3.00	<b>Orange Juice or Apple Cider</b>	1.95/3.95
<b>Chai Tea Latte</b>	4.25	<b>Milk</b>	regular, soy, or almond 3.75
<b>Extra espresso shot</b>	.70	<b>Steamed Chocolate Milk</b>	4.50
		with Ghiradelli Chocolate on the side	
		<b>Tea Embassy</b>	organic loose leaf tea 3.50

v can be made vegan

☼ can be made gluten free

\* consuming raw or undercooked food may increase your risk of food-borne illness, especially if you have certain medical conditions