



OUR SALAD

Local, sustainably harvested sweet leaf lettuces, organic celery, organic carrots, toasted sesame seeds, Atlantic Sea Farms Maine sea kelp, our homemade ginger-tamari vinaigrette

individual	9.50
bowl (serves 6-8 people)	40.00

No Boundaries Salad options - (individual / bowl)

1st veggie -	add	3.00/ 5.25	Two or more veggies -	add	3.00 / 6.25
Specialty Cheeses -	add	4.75 / 10.75	Humanely raised meats -	add	5.00 / 10.00

Veggies - organic red onions ~ Kalamata olives ~ organic mushrooms ~ oven-roasted red bell peppers
sulfate-free sundried tomatoes ~ fresh pineapple ~ tomatoes ~ organic black beans & roasted corn mix

Specialty Cheeses - Flying Goat Farm goat cheese ~ Great Hill Dairy blue cheese

Humanely raised meats - free-range chicken ~ smoked free range Kalua pork ~ No. Country Smokehouse bacon

OUR SIGNATURE FLATBREADS

Our dough is made daily from 100% organic wheat that is milled into white flour.

Then we add stone ground whole grain flour from Maine Grains.

One 16" flatbread is generally enough for two people

		Lg (16")	Sm (12")
The Forager - Local mushroom medley tossed in our red wine thyme reduction, local goat cheese, creamy braised leeks, whole milk mozzarella, Parmesan, blend of garlic, lemon zest, parsley			
add North Country Smokehouse bacon	5.00 / 4.00	23.50	17.25
Southwest - Organic black beans and roasted corn mix, tomatoes, whole milk mozzarella, jalapeño peppers, Parmesan, garlic oil, Southwestern Ranch drizzle and fresh cilantro after the bake			
add roasted free-range chicken	5.00 / 4.00	24.00	17.25

FLATBREADS with our organic tomato sauce

Jay's Heart - Our organic tomato sauce, whole milk mozzarella, Parmesan cheese, garlic oil, our own blend of organic herbs	19.00	14.75
Pepperoni & Mushroom - All-natural, uncured pepperoni with organic mushrooms, our organic tomato sauce, whole milk mozzarella, Parmesan cheese, garlic oil, our blend of organic herbs	24.00	17.25
Portsmouth Community Flatbread - Organic tomato sauce, organic caramelized onions, organic mushrooms, whole milk mozzarella, Parmesan cheese, garlic oil, our blend of organic herbs	22.00	16.25
Vegan - Organic tomato sauce, organic caramelized onions, organic mushrooms, Kalamata olives, vegan cheese, homemade garlic oil, our own blend of organic herbs	23.75	17.00

Before placing your order, please inform your server if a person in your party has a food allergy

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THE FLATBREADS without tomato sauce

	Lg (16")	Sm (12")
Cheese & Herb - Whole milk mozzarella, Parmesan, garlic oil, our own blend of organic herbs	17.75	13.75
Our Maple Fennel Sausage - Our own nitrate-free maple-fennel sausage, organic sulfate-free sundried tomatoes, organic caramelized onions, organic mushrooms, whole milk mozzarella, Parmesan, homemade garlic oil, our blend of organic herbs	26.50	18.25
Mopsy's Kalua Pie - Your choice - smoked free-range kalua pork or oven-roasted free range chicken, homemade organic mango BBQ sauce, organic red onions, fresh pineapple, local artisan goat cheese, whole milk mozzarella, Parmesan, garlic oil, our organic herbs	26.50	18.25
Coevolution - Imported Kalamata olives, fresh organic rosemary, organic red onions, local artisan goat cheese, fire-roasted sweet red peppers, whole milk mozzarella, Parmesan, homemade garlic oil, our own blend of organic herbs		
add maple fennel sausage	5.00 / 4.00	
	24.00	17.25
Chicken Bacon Ranch - Oven roasted free-range chicken, North Country Smokehouse bacon, tomatoes, organic red onions, whole milk mozzarella, Parmesan, homemade garlic oil, our blend of organic herbs, our housemade Ranch dressing	27.50	19.00

12" gluten free Hillside Lane Farm crusts available...add 5.50

NO BOUNDARIES BREADS - start with a Cheese & Herb, Jay's Heart or plain dough

~ add your choice of sauce, veggies, cheeses and meats

Sauces - organic tomato sauce ~ organic mango BBQ sauce

Veggies - fire-roasted red peppers ~ organic red onions ~ sulfate-free organic sun-dried tomatoes
organic mushrooms ~ organic caramelized onions ~ Kalamata olives ~ organic rosemary ~ organic herbs
fresh pineapple ~ tomatoes ~ organic black beans & roasted corn mix ~ jalapeño peppers

Cheeses - mozzarella ~ Parmesan

Specialty Cheeses - Flying Goat Farm goat cheese ~ Great Hill Dairy blue ~ vegan cheese

Meats - pepperoni ~ maple fennel sausage ~ Kalua pork ~ roasted chicken ~ No. Country Smokehouse bacon

Sauces & Veggies	add	2.50 ea / 2.00 ea
Cheeses	add	3.75 ea / 3.00 ea
Specialty Cheeses	add	4.75 ea / 3.25 ea
Humanely raised meats	add	5.00 ea / 4.00 ea

No Boundaries breads begin with garlic oil and end with Parmesan and our blend of fresh organic herbs

12" gluten free Hillside Lane Farm crusts available...add 5.50

Join us for our "Community Bakes: Pizza with Purpose" every Tuesday when we donate a portion of each flatbread sold to a local, non-profit organization. Ask about upcoming Community Bakes or for an application for your group!

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DESSERTS served with a choice of Walpole Creamery all-natural ice cream

Strawberry Rhubarb Crisp – Strawberry & rhubarb fruit with a hint of elderflower syrup and our maple oat streusel crisp topping. Warmed in our wood fired oven and served with all-natural vanilla ice cream (crisp without ice cream is gluten free & vegan)	9.50
Barbara’s Homemade Brownie Sundae – Warmed in our wood-fired oven and served With all-natural ice cream, warm homemade chocolate sauce and our whipped cream sweetened with maple syrup. (plain brownie available gluten free & vegan)	9.50
Riverside Farm Cider Donut Sundae – Warmed in our wood-fired oven, and served with all- natural ice cream, homemade caramel sauce, and our homemade maple syrup-sweetened whipped cream	9.50
Scoop of Ice Cream – Walpole Creamery all-natural Tahitian vanilla or Dutch chocolate	4.50
Maine Root Float – Root beer, mandarin-orange or blueberry soda with all-natural vanilla ice cream	8.00

BEVERAGES FOR EVERYONE

Fresh Squeezed Lemonade	3.25	Organic Apple Juice	3.25
Fountain Sodas Coke, Diet Coke, Ginger Ale, Sprite	3.00	Milk Regular or Chocolate Milk	3.00
K & M draft root beer	3.00	Freshly Brewed Iced Tea	2.75
Maine Root Sodas Root beer, Blueberry Mandarin Orange, Ginger Brew	3.50	Half & Half Our lemonade & iced tea	3.75
		White Heron Organic Teas Portsmouth	3.50
		White Heron Organic Coffee Portsmouth Regular & Decaf	3.75

Flatbread Company @Home is now available to take with you ~ Our Vinaigrette, Sauce, Dough, Bloody Mary Mix

We add a 2% kitchen appreciation fee to the food on each check
100% of this fee will be split between our entire Heart of House team

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