



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	8.75
bowl (serves 6-8 people)	37.00

No Boundaries Salad options - (individual / bowl)

1st veggie - add 2.00 / 4.25	Two or more veggies - add 3.00 / 6.25
Cheeses - add 2.75 / 8.75	Clean, chemical free meats - add 4.00 / 9.00

Veggies - organic red onions ~ Kalamata olives ~ organic mushrooms ~ oven-roasted red bell peppers
sulfate-free sundried tomatoes ~ fresh pineapple ~ tomatoes

Cheeses - local artisan goat cheese ~ Great Hill Dairy bleu cheese ~ Parmesan

Meat - roasted chicken ~ smoked free range Kalua pork ~ No. Country Smokehouse bacon ~ Calabrese Salami

OUR SEASONAL SIGNATURE FLATBREADS

Our dough is made daily from 100% organic wheat that is milled into white flour and the wheat germ restored
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 4.00 / 3.00	23.50	17.25
Mama Mia - Calabrese salami, Castelvetrano olives, organic red onions, ricotta, whole milk mozzarella, Parmesan cheese, our organic herbs, local apiary hot honey	25.50	17.75

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	18.50	14.00
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	22.25	16.75
Portsmouth Community Flatbread - Organic tomato sauce, organic caramelized onions, organic mushrooms, whole milk mozzarella, Parmesan cheese, garlic oil, our blend of organic herbs	21.50	15.25
Vegan - Organic tomato sauce, organic caramelized onions, organic mushrooms, Kalamata olives, vegan cheese, homemade garlic oil, our own blend of organic herbs	22.75	16.75

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



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
Homemade Sausage - Our own homemade 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	22.75	17.25
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	23.75	17.75
"The P.E." - 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 4.00 / 3.00	22.75	16.25
Chicken Bacon Ranch - Maine Family Farm 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	23.75	16.50

12" gluten free flatbreads 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

Cheeses - mozzarella ~ Parmesan ~ Valley View Farm goat cheese ~ Great Hill Dairy blue ~ ricotta

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

Sauces & Veggies	add	2 ea / 1.50 ea
Cheeses	add	2.75 ea / 2 ea
Vegan Cheese	add	3.75 / 2.25
Clean, chemical-free meats	add	4 ea / 3 ea

Free Form breads begin with garlic oil and end with Parmesan and our blend of fresh organic herbs

12" gluten free flatbreads 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)	8.00
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)	8.00
Riverside Farm Cider Donut Sundae – warmed in our wood-fired oven, and served with all-natural ice cream and our homemade maple syrup-sweetened whipped cream	8.00
Peace of Mind Chocolate Chip Cookie Dough Whoopie Pie – warmed in our wood-fired oven, served with all-natural ice cream and our homemade maple syrup-sweetened whipped cream	8.25
Scoop of Ice Cream	3.50
Maine Root Float – root beer, mandarin orange or blueberry soda with all-natural vanilla ice cream	7.00

BEVERAGES FOR EVERYONE

Fresh Squeezed Lemonade	3.25	Organic Apple Juice	3.25
Fountain Sodas Coke, Diet Coke, Ginger Ale, Sprite	2.75	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	3.00	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

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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