



KEEP EACH OTHER WELL

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 ~ Roma tomatoes ~ roasted corn ~ fresh cilantro

Specialty Cheeses - Flying Goat Farm goat ~ Great Hill Dairy blue ~ Parmesan ~ fresh mozzarella ~ Cotija

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

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") |
|--|----------|----------|
| Pesto Margherita -Homemade basil & spinach pesto, fresh mozzarella, organic Roma tomatoes, whole milk mozzarella, Parmesan cheese, garlic oil, our blend of organic herbs | 23.00 | 17.50 |
| Street Taco - Earthen oven braised beef birria, whole milk mozzarella, roasted corn, organic Roma tomatoes, organic red onions, Cotija, fresh cilantro, chipotle aioli | 29.00 | 20.50 |

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 | 18.25 |
| 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

pmouth- 5-2-25



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 ~ basil spinach pesto
- 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 ~ organic Roma tomatoes ~ roasted corn ~ fresh cilantro
- Cheeses** - whole milk mozzarella ~ Parmesan
- Specialty Cheeses** - Flying Goat Farm goat cheese ~ Great Hill Dairy blue ~ vegan cheese ~ fresh mozzarella ~ Cotija
- Meats** - pepperoni ~ maple fennel sausage ~ Kalua pork ~ roasted chicken ~ No. Country Smokehouse bacon
beef birria

| | | |
|-----------------------|-----|-------------------|
| 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 ends with 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!



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 Mint Chip | 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 | 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

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