



## 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	<b>8.75</b>
bowl (serves 6-8 people)	<b>37.00</b>

### No Boundaries Salad options - (individual / bowl)

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

**Veggies** - organic red onions ~ Kalamata olives ~ organic mushrooms ~ oven-roasted red bell peppers sulfate-free sundried tomatoes ~ fresh pineapple ~ tomatoes ~ dried cranberries ~ Maine potatoes butternut squash ~ spinach

**Cheeses** - Flying Goat Farm goat cheese ~ Great Hill Dairy blue cheese ~ Parmesan ~ fontina

**Meat** - roasted 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")
<b>Harvest</b> - Local, oven roasted butternut squash, fresh sage, kale, ricotta, dried cranberries, whole milk mozzarella, Parmesan cheese, garlic oil, our blend of organic herbs			
add maple fennel sausage	4.00 / 3.00	21.50	15.25
<b>Pemberton Potato Pie</b> - Green Thumb Maine potatoes, rosemary cream sauce, oven roasted garlic, spinach, Fontina, whole milk mozzarella, Parmesan, our garlic oil, our blend of organic herbs			
add North Country Smokehouse bacon	4.00 / 3.00	21.50	15.25

## FLATBREADS with our organic tomato sauce

<b>Jay's Heart</b> - Our organic tomato sauce, whole milk mozzarella, Parmesan cheese, garlic oil, our own blend of organic herbs	18.50	14.00
<b>Pepperoni &amp; Mushroom</b> - 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
<b>Portsmouth Community Flatbread</b> - Organic tomato sauce, organic caramelized onions, organic mushrooms, whole milk mozzarella, Parmesan cheese, garlic oil, our blend of organic herbs	21.50	15.25
<b>Vegan</b> - 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")
<b>Cheese &amp; Herb</b> - Whole milk mozzarella, Parmesan, garlic oil, our own blend of organic herbs	17.75	13.75
<b>Our Maple Fennel Sausage</b> - 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	22.75	17.25
<b>Mopsy's Kalua Pie</b> - 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
<b>Coevolution</b> - 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
<b>Chicken Bacon Ranch</b> - 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 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 ~ rosemary cream 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 ~ dried cranberries ~ Maine potatoes ~ butternut squash ~ spinach

**Cheeses** - mozzarella ~ Parmesan ~ Flying Goat Farm goat cheese ~ Great Hill Dairy blue ~ fontina

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

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 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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pmouth- 9-15-23



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

<b>Cinnamon Apple Crisp</b> – Local MacIntosh apples baked with cider, maple syrup and cinnamon, topped with a maple oat streusel crisp topping. Warmed in our wood fired oven, served with vanilla ice cream. (crisp w/o ice cream is gluten free & vegan)	<b>8.00</b>
<b>Barbara’s Homemade Brownie Sundae</b> – 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)	<b>8.00</b>
<b>Riverside Farm Cider Donut Sundae</b> – warmed in our wood-fired oven, and served with all- natural ice cream, homemade caramel sauce, and our homemade maple syrup-sweetened whipped cream	<b>8.00</b>
<b>Scoop of Ice Cream</b>	<b>3.50</b>
<b>Maine Root Float</b> – root beer, mandarin orange or blueberry soda with all-natural vanilla ice cream	<b>7.00</b>

**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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