



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	4.00 / 7.25
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 spinach
roasted Maine fingerling potatoes ~ peperonata

Specialty Cheeses - Sunset Acres goat cheese ~ Great Hill Dairy blue cheese ~ Parmesan

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

OUR ENTRÉE SALADS

Chicken Bacon Ranch - North Country Smokehouse bacon, roasted Maine Family Farms free-range chicken on a bed of sweet leaf lettuces, Maine tomatoes, red onion, our housemade ranch dressing **17.75**

Aroostook Fire Roasted Potato and greens- Warm fire-roasted Maine fingerling potatoes, shaved Parmesan, scallions, fire-roasted red onions on a bed of sweet leaf lettuces, dill crème fresh, our ginger tamari vinaigrette

add North Country Smokehouse bacon....	\$5.00	add local hardboiled egg...	\$3	15.25
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NO BOUNDARIES FLATBREAD - 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 ~ roasted Maine fingerling potatoes
organic spinach ~ Kalamata olives ~ organic rosemary ~ organic herb mix ~ fresh pineapple
tomatoes ~ peperonata ~ creamy leeks ~ gremolata

Cheeses - whole milk mozzarella ~ Parmesan

Specialty Cheeses - Sunset Acres goat cheese ~ Great Hill blue cheese ~ vegan cheese - pink peppercorn ricotta

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

Sauces & Veggies	add	2.50 ea / 2.00 ea
Cheeses	add	3.75 ea / 3.00 ea
Specialty Cheeses	add	4.75 / 3.25
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

Before placing your order, please inform your server if a person in your party has a food allergy pland- 2-7-25

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, goat cheese, creamy braised leeks, whole milk mozzarella, Parmesan, our gremolata (garlic, lemon zest, parsley) add North Country Smokehouse bacon 5.00 / 4.00	23.50	17.25
Beef Brasato – Earthen oven beef braised in our organic tomato sauce, pink peppercorn ricotta, a medley of peperonata braised peppers, whole milk mozzarella, Parmesan, topped with our housemade gremolata (garlic, lemon zest, parsley)	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
Casco Bay 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	23.50	17.00

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, Sunset Acres 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, Sunset Acres 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 – 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	27.50	19.00

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

Blueberry Lemon Cheesecake – Our housemade maple oat crumb, organic lemon cardamom cheesecake with Maine blueberries, and topped with maple sweetened whipped cream. Available for dine in only (gluten free)	9.00
Cinnamon Apple Crisp – 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)	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
Momma Santos's Chocolate Chip Banana Bread – 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	9.50
Scoop of Ice Cream – Walpole Creamery all-natural Tahitian vanilla or Dutch chocolate	4.50
Maine Root Float – Maine Root soda (Root Beer, Orange-Mandarin, Lemon-Lime or Blueberry) With all-natural vanilla ice cream	8.00

BEVERAGES FOR EVERYONE

Fresh Squeezed Lemonade On the rocks or hot	3.25	Freshly Brewed Iced Tea	2.75
Maine Root Organic Sodas Mexican Cola, Diet Cola, Root Beer, Ginger Ale, Sarsaparilla, Blueberry, Orange - Mandarin, Ginger Brew, Lemon lime	3.50	Our Own Sweet Tea	3.25
Organic Apple Juice	3.25	Arnold Palmer 1/2 iced tea -1/2 lemonade	3.75
San Pellegrino Sparking Water 1/2 L	4.00	Home Grown Herb & Tea Portland, ME <u>Organic Teas</u> - Gunpowder green, Earl Grey, English Breakfast	3.50
Oakhurst of Maine Milk Regular or Chocolate Milk	3.00	<u>Organic Herbal</u> - Simply Minty, Lemon Squeezer, Seasonal Blend	
		Rwanda Bean Coffee Portland, ME Regular & Decaf	3.75

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

We automatically add 20% gratuity to parties of 10 or more
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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pland- 2-7-25