



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	<b>3.00 / 5.25</b>	Two or more veggies -	add	<b>3.00 / 6.25</b>
Specialty Cheeses -	add	<b>4.75 / 10.75</b>	Humanely raised meats -	add	<b>5.00 / 10.00</b>

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

**Specialty Cheeses** - Flying Goat Farm goat ~ Great Hill Dairy blue ~ Parmesan ~ Fontina ~ smoked Gouda

**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")**

**Orchard Chutney** - Homemade savory apple & Calabrian pepper chutney, smoked Gouda, organic red onions, baby spinach, whole milk mozzarella, Parmesan, our garlic oil, organic herb mix

**add smoked free-range kalua pork** **5.00 / 4.00** **21.50** **15.25**

**Pemberton Potato Pie** - 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** **5.00 / 4.00** **21.50** **15.25**

## 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** **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- 1-1-26



## 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		<b>17.75</b>	<b>13.75</b>
<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		<b>26.50</b>	<b>18.25</b>
<b>Mopsy's Kalua Pork</b> - smoked free-range kalua pork, homemade organic mango BBQ sauce, organic red onions, fresh pineapple, local artisan goat cheese, whole milk mozzarella, Parmesan, garlic oil, our organic herbs	<b>oven roasted free-range chicken also available</b>	<b>26.50</b>	<b>18.25</b>
<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	<b>add maple fennel sausage</b>	<b>5.00 / 4.00</b>	<b>24.00</b>
			<b>17.25</b>

<b>Chicken Bacon Ranch</b> - 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		<b>27.50</b>	<b>19.00</b>
--	--	--------------	--------------

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 - our tomato sauce ~ mango BBQ sauce ~ rosemary cream sauce, savory apple & Calabrian pepper chutney

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 tomatoes ~ fresh pineapple ~ spinach ~ local potatoes

Cheeses - whole milk mozzarella ~ Parmesan

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

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

<u>Sauces &amp; Veggies</u>	<u>add</u>	<u>2.50 ea / 2.00 ea</u>
<u>Cheeses</u>	<u>add</u>	<u>3.75 ea / 3.00 ea</u>
<u>Specialty Cheeses</u>	<u>add</u>	<u>4.75 ea / 3.25 ea</u>
<u>Humanely raised meats</u>	<u>add</u>	<u>5.00 ea / 4.00 ea</u>

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!

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

pmouth- 1-1-26



## 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>9.50</b>
<b>Homemade Brownie Sundae</b> – made with NH free-range eggs, fair trade chocolate and toasted brown butter. Warmed in our oven and served with Walpole Creamery's all-natural vanilla ice cream, homemade chocolate sauce and our whipped cream sweetened with maple syrup	<b>9.50</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>9.50</b>
<b>Scoop of Ice Cream</b> – Walpole Creamery all-natural Tahitian vanilla or Mint Chip	<b>4.50</b>
<b>Root Beer Float</b> – Root beer, mandarin-orange or blueberry soda with all-natural vanilla ice cream	<b>8.00</b>

## 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
		Half & Half	3.75
Maine Root Sodas Root beer, Blueberry Mandarin Orange, Ginger Brew	3.50	Our lemonade & iced tea 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

pmouth- 1-1-26