



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 ~ 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

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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 Pork – 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 oven roasted free-range chicken also available	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 – 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

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!

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

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
Homemade Brownie Sundae – 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	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
Root Beer 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	3.00	Milk	3.00
Coke, Diet Coke, Ginger Ale, Sprite		Regular or Chocolate Milk	
K & M draft root beer	3.00	Freshly Brewed Iced Tea	2.75
Maine Root Sodas	3.50	Half & Half	3.75
Root beer, Blueberry Mandarin Orange, Ginger Brew		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

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