

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	10.00
bowl (serves 6-8 people)	49.00

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 ~ asparagus ~ grilled artichokes

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

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

OUR SEASONAL 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")
Beef Brasato - Earthen oven beef braised in our organic tomato sauce, lemon zest and black peppercorn ricotta, a medley of peperonata braised peppers, whole milk mozzarella, Parmesan	30.00	21.50
Spring Equinox - Lemon roasted asparagus, creamy artichoke sauce, grilled artichoke hearts, organic red onions, whole milk mozzarella, Parmesan, topped with our housemade gremolata (garlic, lemon zest, parsley)	26.00	19.50
add North Country Smokehouse bacon	5.00 / 4.00	

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	20.00	15.50
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	25.50	19.25
Portsmouth Community Flatbread - Organic tomato sauce, organic caramelized onions, organic mushrooms, whole milk mozzarella, Parmesan cheese, garlic oil, our blend of organic herbs	23.25	17.00
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- 4-03-26



FLATBREADS without tomato sauce

	Lg (16")	Sm (12")
Cheese & Herb - Whole milk mozzarella, Parmesan, garlic oil, our own blend of organic herbs	18.50	14.50
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	27.50	19.25
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	28.00	19.25
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	25.25 / 18.00
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	29.00	20.50

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 - our tomato sauce ~ mango BBQ sauce ~ creamy artichoke 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 tomatoes ~ fresh pineapple ~ peperonata ~ asparagus ~ grilled artichokes

Cheeses - whole milk mozzarella ~ Copper Kettle Parmesan

Specialty Cheeses - Flying Goat Farm goat cheese ~ Great Hill Dairy blue ~ vegan cheese ~ lemon black pepper ricotta

Meats - pepperoni ~ maple fennel sausage ~ Kalua pork ~ roasted chicken

No. Country Smokehouse bacon ~ braised beef

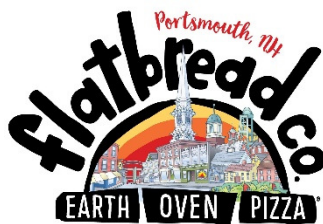
Sauces & Veggies	add	2.50 ea / 2.00 ea
Cheeses	add	1.75 ea / 1.50 ea
Specialty Cheeses	add	4.75 ea / 3.25 ea
Humanely raised meats	add	5.00 ea / 4.00 ea

No Boundaries breads begin with garlic oil and end 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



DESSERTS served with a choice of Annabelle's all-natural ice cream

Wild Blueberry Crisp – Maine wild blueberries, with a 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)	10.00
Homemade Brownie Sundae – made with free-range eggs, fair trade chocolate and toasted brown butter. Warmed in our oven and served with all-natural vanilla ice cream, homemade chocolate sauce and our whipped cream sweetened with maple syrup	10.00
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
Ice Cream – single or double scoop of Annabelle's all-natural ice cream	3.00 / 5.75
Ice Cream Float – Root beer, birch beer or orange soda with all-natural vanilla ice cream	8.00

BEVERAGES FOR EVERYONE

Fresh Squeezed Lemonade	3.25	Apple Juice	3.25
Fountain Sodas Cola, Diet Cola, Ginger Ale, Lemon-Lime	3.00	Milk Regular or Chocolate Milk	3.00
K & M draft root beer	3.00	Freshly Brewed Iced Tea	2.75
Maine Root Ginger Brew	3.50	Half & Half Our lemonade & iced tea	3.75
Boylan's Bottled Sodas Root beer, Birch beer, orange	3.50	White Heron Organic Teas Portsmouth	3.50
Homemade Shirley Temple	4.00	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