

# THE SOCIAL

FOOD & DRINK  
MONTPELIER, VT

## DINNER

The Social is proud to be a local-first restaurant and a member of the Vermont Fresh Network. We work with many Vermont farms and producers that grow and make great food. Some of our partners include 802 Coffee, Back Beyond Farm, Cabot, Jasper Hill, LedgeEnd Farm, Misty Knoll, Klinger's, Bar Hill, & Montpelier Vineyards.

*Much of our menu is diet / health requirement friendly. Items are designated with symbols. Some items automatically meet requirements, for others read the green addition / substitution text. 🌱 = Vegan 🌾 = Gluten-Free 🍷 = Keto 🥛 = Dairy-Free*

## BITES & APPS

### FOCACCIA WITH TRIO OF BUTTERS

Fresh, Warm Focaccia with three Butters: Sea Salt, Maple, & Rosemary...\$5

### BLACKENED SHRIMP

Cajun-Style with Cilantro-Cream Sauce...\$10.5

Gf ● Df

### BACON-WRAPPED DATES

Dates stuffed with Goat Cheese & wrapped in Bacon...\$7.5

Gf

### HERBED POLENTA STICKS

Sautéed for a crispy exterior, served with our House Aioli...\$6.5

Gf

### HONEYED & HERBED CHEVRE

Goat Cheese whipped with Herbs & local Honey...\$7

Gf

### SMOKED CARROT DIP

Roasted Carrots, Lemon, Spices...\$6.75

V Gf

### ROASTED RED PEPPER HUMMUS

House Hummus, Roasted Red Peppers...\$6.75

V Gf

*For our Dips: ~ Choose from Tortilla Chips, Pita Bread, or Veggie Sticks. ~ Sub for Almond Crackers (Gluten-Free, Vegan, & Dairy Free)...\$1 ~*

## MEAT & CHEESE BOARD

Pick two Cheeses (**Jasper Hill Alpha Tolman, Jasper Hill Bayley Hazen Blue, Aged Cheddar, Brie, Manchego, Smoked Gouda**), Prosciutto, Salami, Cornichons, Maple Pecans, Focaccia, & Seasonal Jam...\$22 ~ *Add additional Cheeses, each...\$4 ~ Make it just a Cheese Board with 3 Cheeses...\$19 ~ Replace Focaccia with Almond Crackers or Veggie Sticks...free ~*

## SALADS

### HOUSE SALAD

Mixed Baby Greens, Cucumbers, Blistered Cherry Tomatoes, Radish, Roasted Pepitas...\$8.5...side salad portion...\$5 ~ *Add Ham, Turkey, or Salami (full salad portion only)...\$2 ~ Add Roasted Chicken (full salad portion only)...\$4 ~ Add Salmon (full salad portion only)...\$6 ~*

V Gf ● Df

### FALL QUINOA SALAD

Quinoa with Arugula, Walnuts, Cherry Tomatoes, Apples & Citrus Dijon Vinaigrette...\$11...side salad portion...\$6

V Gf Df

**Dressings:** Apple-Cider Dijon (Keto), Caesar (Gluten-Free), Ginger-Peanut (Vegan), Italian, Blue Cheese, Ranch, Greek, Balsamic.

### GRILLED CAESAR SALAD

Grilled Romaine, Blistered Tomatoes, Garlic Croutons, Grated Parmesan...\$10...side salad portion...\$6 ~ *Add Roasted Chicken (full salad portion only)...\$4 ~ Add Salmon (full salad portion only)...\$6 ~*

V ● Df

### BUTTERNUT SQUASH SALAD

Roasted Butternut Squash, Baby Spinach, Dried Cranberries, Chevre, Pepitas...\$11...Side Salad portion...\$6.5

Gf

## SOUPS

*Add a square of Focaccia, a slice of White or Whole Wheat Bread...\$1...a slice of Gluten-Free or Keto Bread...\$1.25*

### GARLICKY TOMATO

An uplifted Tomato soup served with or without Croutons...cup...\$5...bowl...\$8

Gf

### CHICKEN NOODLE

Bone Marrow Stock & Juices from our Slow-Roasted Chicken with Pappardelle Egg Noodles & Hardy Vegetables, ...cup...\$5...bowl...\$8

### CRAB BISQUE

A delicate cream-based soup with large Lump Crab...cup...\$6...bowl...\$10

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## LARGE PLATES

### SLOW-ROASTED CHICKEN

Local Chicken from Misty Knoll Farm in Vermont. With a Thyme-Basil-Rosemary Gravy...\$15



### DUCK CONFIT

Served with a Cranberry Chutney...\$17



### BEEF BOLOGNESE

Grass-Fed Beef from Vermont's Back Beyond Farm slow-cooked for hours with three types of Tomatoes, fresh Herbs, & tossed with Rigatoni...\$15 ~Swap for Gluten-Free Penne...\$1 ~



### WILD MUSHROOM RISOTTO

Made ladle-by-ladle with our House Vegetable Stock, White Wine, Parmesan, Herbs, & Wild Mushrooms...\$16



### SCALLOPS L'ORANGE

Orange & White-Wine Sauce...\$17.5



### LOBSTER RAVIOLI

Paired with Lemon-Butter Sauce...\$18

### SALMON

Smoked Paprika & Honey Glaze...\$15



### SIX VEGETABLE LASAGNA

Zucchini, Portabella Mushrooms, Red & Green Peppers, Spinach & Plum Tomatoes with a scratch Tomato sauce, Ricotta, Mozzarella, & Parmesan ...\$14

## BLACK ANGUS CERTIFIED CHOICE STEAKS

Served with our Red Wine Demi-Glace

~ Add Black Peppercorn Sauce...\$2.5 ~ Fancy it up with The Social's Oscar style (Lump Crab & Rosemary Butter)...\$10 ~



NY Strip, 10oz....\$24

Filet Mignon, 6oz....\$25

Filet Mignon, 8oz....\$29

## SMALL PLATES

### GARLICKY KALE

Fresh Garlic, Lemon, & a bit of Apple Cider Vinegar for depth...\$5.5...Shareable for two...\$9



### BRUSSEL SPROUTS

Pan-Braised, with Manchego Cheese & Red Onions. A side for one...\$5...Shareable for two...\$8.5



### WILD MUSHROOMS

Parmesan, White Wine, Parsley & Black Pepper. A side for one...\$6.5...Shareable for two...\$11



### DOUBLE WHIPPED POTATOES

Skin-on Red Potatoes, Butter & Cream. A side for one...\$4.5...Shareable for two...\$7.5

### SQUASH CAPRESE

Roasted Butternut Squash, Fresh Mozzarella, Tomatoes, Basil Pesto, & Aged Balsamic Reduction...\$5.5...Shareable for two...\$9



### PEPPERED HONEY-BUTTER CORN

Sweet Corn with a tangy Honey-Cream sauce, accented with freshly crushed Peppercorns. A side for one...\$5...Shareable for two...\$8



## TRUFFLED OR NOT MAC'N'CHEESE

Three Cheeses, Panko breadcrumbs, & the choice: To Truffle, or not to Truffle. A side for one...\$6...Shareable for two...\$10

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## SOFT DRINKS

### FRENCH PRESSED COFFEE

Featuring local 8oz Coffee: House Blend or Decaf...\$3 ~ *Swap Milk or Cream with Almond Milk or Oat Milk...\$.50 ~*

V Gf K Df

### ICED COFFEE

Glass of Iced Coffee, brewed in-house...\$3 ~ *Swap Milk or Cream with Almond Milk or Oat Milk...\$.50~*

V Gf K Df

### MILK & "MILK"

Whole Milk or Chocolate Milk...\$2.5...Almond Milk or Oat Milk...\$3

Gf

### ORANGE JUICE, GRAPEFRUIT JUICE, APPLE JUICE, OR LEMONADE

...\$3

V Gf Df

### SODAS

Can or Glass of Coca-Cola, Diet Coke, Coke Zero, Cherry Coke, Sprite, Sprite Zero, Barqs Root Beer, Dr. Pepper...\$2

V Gf

### SPARKLING WATER

One bottle of San Pellegrino Sparkling Water...\$4.5

V Gf K Df

### HOT TEA

A cup of loose leaf English Breakfast, Earl Gray, Green, White or Jasmine...\$2.5

V Gf K Df

### ICED TEA

A cup of our Iced Tea (Black), brewed in-house...\$2.5

V Gf K Df

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