

# THE SOCIAL

FOOD & DRINK

MONTPELIER, VT

## LUNCH

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

### 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

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

## 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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## SANDWICHES

Our sandwiches come on pressed & toasted Klinger's Focaccia. Feel free to change the bread to preference. Our diet / allergy references in this section of the menu refer to the sandwich fillings, excluding cheese. ~ *Replace Focaccia with White or Honey Wheat...free ~ Replace Focaccia with Gluten-Free or Keto Bread...\$1 ~*

### SINGLE MEAT

Choose from Ham, Turkey, Bacon, Mortadella, or Genoa Salami, with Arugula, Tomatoes, Provolone, Mayo...\$8.50 ~*Sub Mayo for Red Wine Vinegar...free ~*

Gf Df

### CAPRESE

Fresh Mozzarella, Tomatoes, Fresh Basil, Arugula, Balsamic Vinaigrette...\$9

V Gf K

### GRILLED CHEESE

Cheddar, Smoked Gouda, Caramelized Onions...\$8.75 ~*Add Ham...\$1 ~*

Gf K

Add a ½ portion of soup or salad to a sandwich...\$4.5

### HAM & BRIE

Depending on your mood, go tangy with Dijon Mustard or sweet with Blackberry Jam or sliced Apples...\$8.75

Gf

### ITALIAN

Genoa Salami, Hard Salami, Capicola, Mortadella, Provolone, Arugula, Tomatoes, Red Wine Vinegar & Oregano...\$9.75

Gf Df

### THE SOCIAL CLUB

A double decker featuring Smoked Turkey, Bacon, Cucumbers, Arugula, Mayo, and a touch of Ranch...\$9.75

Gf Df

Add Kettle Potato Chips...\$1.5

V Gf Df

### TURKEY REUBEN

Smoked Turkey, Sauerkraut, Swiss Cheese & House-made Russian Dressing...\$10.75

Gf Df

### CHICKEN PESTO

Our slow-roasted Chicken with Basil Pesto, Tomato, Mozzarella Cheese, & Arugula...\$10.25

Gf K Df

### CHICKEN BACON RANCH

Our slow-roasted Chicken with Bacon, Ranch, Provolone, Tomatoes, Arugula...\$11.25

Gf Df

## GOLDEN MENU - FOR THOSE 60+

### ½ (SIMPLER) SANDWICH

Choose from Single Meat, Grilled Cheese, Caprese, or Ham & Brie...\$6.5

### ½ (SPECIALTY) SANDWICH

Choose from any of our fancier sandwiches...\$7

### HOUSE SALAD

½ Portion with Mixed Baby Greens, Cucumbers, Blistered Cherry Tomatoes, Radish, Roasted Pepitas & Choice of Dressing...\$4.5

### HOUSE SALAD WITH PROTEIN

½ Portion of our House Salad with Ham, Turkey, or Salami...\$6 ~  
*With Roasted Chicken...\$8 ~*

Gf K Df

### CUP OF HOUSE-MADE SOUP

Garlicky Tomato, Southwest Corn Chowder, or Crab Bisque...\$4.75

### SOUP & SALAD COMBO

Cup of Soup & ½ Portion of Salad...\$10...make it a ½ portion of Butternut Squash Salad or Quinoa...\$11

### SANDWICH & SALAD COMBO

½ of Any Simpler Sandwich & ½ Portion of Salad...\$10.25...½ of any Specialty Sandwich & ½ Portion of Salad...\$11.25

### SOUP & SANDWICH COMBO

½ of Any Simpler Sandwich & ½ Cup of Soup...\$10.75...½ of any Specialty Sandwich & ½ Cup of Soup...\$11.75

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## SOFT DRINKS

### FRENCH PRESSED COFFEE

Featuring local 802 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

### ICED CHAI LATTE

Glass of Iced Chai Latte, sweet and spicy...\$3 ~ *Swap Milk with Almond Milk or Oat Milk...\$.50~*

V Gf

### MILK & "MILK"

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

Gf

### 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

### 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

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

...\$3

V Gf Df

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