



BAINBRIDGE'S NEIGHBOURHOOD PUB

231 parfitt way sw, on the waterfront, 206.842.0969

UNIQUELY
BAINBRIDGE

SINCE 1991



Watch our chalkboards for daily specials made from the 'freshest' nutrient-packed local ingredients

BURGERS

PUB BURGER* PLATTERS

All are fresh, Pub-ground, Harlow Cattle Co., Grass-fed Beef, grilled to order & served on a Pane d'Amore® burger bun with lettuce, tomato & mayo Served with our Pub-cut fries

The Pub Original with cheese, grilled onion & mayo	\$13.95
Swiss Melt grilled mushrooms, caramelized onions & Swiss	\$13.95
The Works bacon, grilled mushrooms & cheese	\$14.95
Bacon & Cheddar 'nuff said	\$14.95
The Pub BBQ Pub-made BBQ sauce, cheddar & bacon	\$14.95
The Black & Bleu bacon, bleu cheese & grilled onion	\$14.95

PORTABELLA VEGGIE BURGER \$11.95

A whole grilled & marinated mushroom topped with tomato, lettuce, pesto aioli & melted mozzarella cheese On a fresh Pane d'Amore® burger bun Served with Pub-cut fries fried in trans-fat free canola oil

PUB BBB.L.T. \$11.95

Not really a burger, but enough bacon to eat like one! Six strips, (yes six!) of smokey Montana bacon on toasted organic whole wheat sourdough with lettuce, tomato & mayo Served with either a cup of soup or a side salad with choice of dressing

Looking for that Skinless Boneless Chicken Breast? Well, like our beef, pork and fish buying practices, we primarily buy whole chickens too — on the hoof or on the fin, as it were. Only two breasts come on any chicken... so, if we are out, we're sorry. By purchasing whole animals we can better manage the nutrient level of our food and not encourage unhealthy farming practices.

SUBSTITUTE SIDE SALAD OR SOUP FOR FRIES \$2.50

* The Health Department warns that consuming raw or undercooked meats may increase your risk of foodborne illness

FARMERS CLOSE TO HOME

Our vision is regional — regional, organic, and sustainable. The products supplied by our local, farmer-owned farms are important to our collective survival. In addition, by supporting organic farmers regionally it gives you, our customer, lots of delicious, high-quality, fresh products. Regional, organic production builds the local economy and allows rural communities to protect the environment in which their children are raised. It wasn't that long ago that two corporate-anonymous tractor trailers supplied our foodstuffs. Today, we've engaged as many as fourteen local, farmer-owned farms — many on-island — where more often than not the farmer him or herself makes the delivery. Relationships matter!

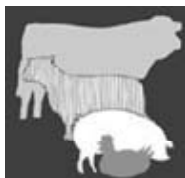
POUTINE

CLASSIC MONTRÉAL	\$8.95
The Canadian classic prep of a plate of our fries topped with Mt. Townsend Creamery® Cheese Curd smothered in Pub-made beef or chicken gravy	
BOURGUINONNE	\$12.95
Ground beef, sautéed mushrooms & caramelized onions in Pub-made beef gravy over a plate of Pub-cut fries w/ Mt. Townsend Creamery® Cheese Curd	
VANCOUVER	\$11.95
Roasted chicken with bacon pieces & Pub-made chicken gravy over a plate of Pub-cut fries with Mt. Townsend Creamery® Cheese Curd	
SWEET PAPAS	\$8.95
Pepper seasoned yam fries with black beans, melted pepperjack cheese, mango salsa & sour cream	

LOCAL GRASS-FED BEEF



Becky Weed, owner of Harlow Cattle, Co. on a 320 acre homestead in Spanaway, WA, is the Pub's exclusive herdsman. Becky and her husband Mark raise their Hereford, Black Angus cross that have been on the ranch since the 1950s. The cattle are 100% grass-fed.



A mobile slaughter trailer, operated for just over a year now by Puget Sound Meat Producers Cooperative slaughters the beef under inspection where it receives its first USDA stamp.



Once harvested the beef is broken down, under inspection where it gets its second USDA stamp, by Tracy Smaciarz, owner of Heritage Meats, in Rochester, WA. Tracy used to cut meat alongside his father, but now owns the entire operation that specializes in grass-fed meat products.

Read more about these and our other farmers and growers on our blog at www.parfittway.com

SOUP BOWLS

RIBOLLITA	\$10.95
A hearty Tuscan bread soup made of tomatoes, garlic, mushrooms, zucchini, spinach, white beans & vegetable broth Ladelled over a thick slice of grilled rustic organic bread Served with a side Caesar salad	
SOUP OF THE DAY	bowl \$5.95 cup \$4.95
Made fresh & served with fresh focaccia	

LOCAL SEAFOOD

PAN FRIED OYSTERS	\$12.95
Five plump Dabob Bay oysters lightly panko breaded, panfried & served with lemon, tartar sauce Pub-fries & cole slaw	
OYSTER SANDWICH	\$10.95
Three plump Dabob Bay oysters, lightly panko breaded & pan fried Served on a Pane D'Amore® burger bun with lettuce, tomato & tartar sauce With Pub-cut fries	
ASIAN SALMON BOWL	\$15.95
Charbroiled wild salmon filet served over organic brown rice, fresh organic spinach & warm Asian slaw with our ginger vinaigrette	
GRILLED SALMON SANDWICH	\$14.95
Wild salmon filet charbroiled Served on a Pane D'Amore® burger bun with lettuce, tomato & our Pub-made tartar sauce With Pub-cut fries	
FISH AND CHIPS	\$12.95
Consistently voted Bainbridge's favourite! Pub-made beer-batter dipped Pacific cod Served with traditional Pub-cut fries, cole slaw, lemon & Pub-made tartar sauce	
STEAMED CLAMS	\$13.95
Steamed Baywater Salish Blue clams in white wine & lots of garlic Served with Pane D'Amore® ciabatta bread	
PUB CLAM CHOWDER	\$12.95
A New England Classic using local, in the shell, Baywater Salish Blue clams, potato, onion, bacon & cream base Sautéed to order with white wine & Garnished with a traditional pat of butter	
OR TRY SUBSTITUTING OUR HOUSE SMOKED SALMON	

All menu items available until 10:30 PM Items in **RED** served until closing [corn chips substituted for fries]

We deep fry exclusively in trans-fat free Canola oil. Rather than landfill the waste oil, we use it to heat our hot water.

VISA, MASTERCARD, DISCOVER, AMERICAN EXPRESS & COLD HARD CASH ALWAYS ACCEPTED, NO PERSONAL CHECKS For parties of 8 or more 20% service charge automatically included

WASHINGTON BAKERS

PUB-BAKED ORGANIC POTATO

A large WA russet baker with butter & sour cream	\$3.95
Add: Roasted & pulled Ranger® Chicken & Gravy	\$4.95
Roasted & pulled Natural® Pork & BBQ Sauce	\$4.95
Chicken or Beef Gravy from our own stock	\$1.50
Beef Bourguinonne Gravy	\$7.95
Sautéed Market Vegetables	Mkt
Garden Green Garbanzo® Hummus	\$1.95
Mt. Townsend Creamery® Cheese Curd	\$1.95
Pico de Gallo	\$.95

GREENS & SALADS

SMOKED SALMON TARTINE	\$10.95
Pub-smoked, Pacific wild salmon, goat cheese, capers & red onion served on fingers of grilled organic whole wheat sourdough bread On a bed of organic salad greens	
PUB FAVOURITES SALAD	sm \$6.95 lg \$8.95
Fresh Butler Green Farms organic greens & vegetables with your choice of dressing Served with Pane D'Amore® ciabatta bread See Additions Below	
PUB CAESAR SALAD	sm \$5.95 lg \$7.95
Crisp organic romaine lettuce tossed with traditional Caesar dressing made with garlic, lemon, anchovies & olive oil, with Pub-made garlic croutons & parmesan See Additions Below	
SALAD ADDITIONS (price added to price of salad)	
Roasted & pulled Ranger® Free-Range Chicken	\$4.95
Roasted & pulled BBQ Natural Pork	\$4.95
Salmon filet, Peppered Cod, Smoked Salmon	\$7.95
Grilled Marinated Portabella Mushroom	\$4.95

BAR FOOD

FLASH FRIED CALAMARI	\$10.95
Rings & tentacles dusted, deep-fried & served with our pesto aioli	
GARDEN GREEN HUMMUS	\$6.95
Green chickpeas, tahini & roasted garlic with fresh veggies Served with Pane d'Amore® baguette crisps	
SMOKED SALMON SPREAD	\$7.95
Pub-smoked Sockeye with Willapa Hills Sheep Yogurt Cheese Dip Served with Pane d'Amore® baguette crisps	
OYSTER SHOOTER*	\$2.50
A single plump Dabob Bay in a shot glass with cocktail sauce	
OYSTER SLIDERS	\$5.95
A single plump Dabob Bay, breaded & fried Served on a Pane D'Amore® mini-bun with our tartar sauce Standard order of 2 Each Additional Slider: \$2.95	
GARDEN GREEN GARBANZOS	\$3.95
Palouse Green Chickpeas blanched with star anise & Kosher salt	
PUB QUESADILLA	\$10.95
Shredded roasted free range chicken or pulled Natural pork between two whole wheat grilled flour tortillas With chipotle glaze, melted cheddar & black bean aioli Topped with pico de gallo, sour cream & sliced avocado	
PUB NACHOS	\$7.95
Tortilla chips, cheddar, tomatoes, olives, green onions & Pub-made pico de gallo with sour cream	
Add 1/2 Avocado	\$2.00
Add shredded chicken or Natural pork or black beans	\$4.95 \$2.95