



## Appetizers

Kale & Chickpea Chicken Soup	parsley	3. <sup>95</sup> /7. <sup>95</sup>
Roasted NJ Corn Chowder	smoked paprika croutons, scallions	3. <sup>95</sup> /7. <sup>95</sup>
House Made Warm Soft Pretzels	spicy Ghost Pony cheese sauce, TR honey mustard	7. <sup>95</sup>
Yellowfin Tuna Tartare	lime-miso vinaigrette, pickled ginger, wasabi aioli, crispy sesame wontons	14. <sup>95</sup>
Crispy Calamari	spicy aioli, parsley	13. <sup>95</sup>
Cuban Sandwich Spring Rolls	smoked ham, pulled pork, chopped pickles, swiss cheese, TR honey mustard for dipping	12. <sup>95</sup>
Mexican Street Corn & Avocado Toast	corn, crumbled feta, smashed avocado, cherry tomato, cilantro, lime	11. <sup>95</sup>
Hickory Smoked Wings	Coastal Carolina Gold BBQ, house made blue cheese dressing	10. <sup>95</sup>
NOLA Crab Cake	<i>Blu</i> colossal crab, cajun rémoulade, creamy slaw	14. <sup>95</sup>
Just Made Creamy Blue Cheese Potato Chips	warm fried chips, creamy melted blue cheese alfredo	9. <sup>95</sup>
Burrata & Tomatoes	white balsamic vinaigrette, baby arugula, heirloom tomatoes, ciabatta crostini	13. <sup>95</sup>
Blue Point Oysters (Connecticut)	served by the half-dozen with cocktail sauce, mignonette, hot sauce	16. <sup>50</sup>

## Salads

Farmer's Market Salad	local greens, carrot, cucumber, cherry tomatoes, corn, white balsamic vinaigrette	11. <sup>95</sup>
Caesar Salad	shredded romaine, crispy croutons, Caesar dressing, shaved pecorino romano	11. <sup>95</sup>
Skewered Salmon Salad	soy glazed, kale, shredded cabbage, red onion, wonton, lime-miso vinaigrette	16. <sup>95</sup>
Char-broiled Steak Salad	arugula, spiced walnuts, carrot, crumbled blue cheese, blue cheese dressing	16. <sup>95</sup>
Grilled Chicken Salad	kale, shaved parmesan cheese, roasted peanut vinaigrette, chopped peanuts	14. <sup>95</sup>

## Power Lunch Trio 14.<sup>95</sup>

- cup of soup du jour, side farmer's market salad & choice of
- Fried Chicken Sandwich toasted bun, pickles, creamy slaw, swiss cheese
  - Pulled Pork Sandwich toasted bun, creamy slaw, BBQ sauce
  - Pan Seared Salmon lemon pepper aioli

## Sandwiches

Pressed Turkey Avocado	turkey, avocado, bacon, red onion, chipotle mayo, ciabatta	12. <sup>95</sup>
Thanksgiving Sandwich	turkey, brioche stuffing, cranberry chutney, sage mayo, brioche toast	12. <sup>95</sup>
Fried Chicken Sandwich	creamy house-made slaw, swiss cheese, pickles, toasted challah bun, fries	15. <sup>95</sup>
Cheddar Burger	cheddar cheese, fries	14. <sup>95</sup>
Trap Rock Burger	pepper jack cheese, caramelized onions, herb aioli, fries	18. <sup>95</sup>
Vegetarian Black Bean Burger	caramelized onions, cheddar cheese, mixed baby greens, herb aioli, fries	16. <sup>95</sup>
Brisket Grilled Cheese Sandwich	pepperjack cheese, caramelized onions, sourdough, jus, fries	16. <sup>95</sup>

## Mains

Southwestern Halibut Fish Tacos	pico de gallo, smashed avocado, flour tortillas	25. <sup>95</sup>
New England Lobster Roll	farmers salad, <i>Old Bay</i> fries, buttery toasted brioche bun	24. <sup>95</sup>
Atlantic Halibut	pan roasted, creamy roasted corn & baby heirloom tomato risotto	32. <sup>95</sup>
Trap Rock BBQ Ribs	BBQ sauce, creamy house-made slaw, fries	21. <sup>95</sup>
Buttermilk Fried Chicken	summer salad of baby watermelon, peaches, corn, feta, baby arugula, honey-lime vinaigrette	22. <sup>95</sup>
Pan Seared Pepper Crusted Salmon	horseradish aioli, NJ tomato, baby arugula and TR bacon "BLT" salad	25. <sup>95</sup>
Prime NY Strip Steak	grilled zucchini, confit cherry tomatoes, balsamic onions	29. <sup>95</sup>
Pan Seared Scallops	local roasted corn grits, melted heirloom tomatoes	25. <sup>95</sup>
Filet Mignon	roasted corn & baby heirloom tomatoes, lobster compound butter	34. <sup>95</sup>

## Sides

Corn Tempura Shishito Peppers	lime-miso soy glaze	6. <sup>95</sup>
Trap Rock Mac and Cheese/with Pulled Pork		6. <sup>95</sup> /9. <sup>95</sup>
Fries/Cajun Parm Fries	herb aioli	5. <sup>95</sup> /7. <sup>95</sup>
House-Made Slaw	green cabbage, slaw dressing	5. <sup>95</sup>

\*Please make your server aware of any allergies or dietary restrictions\*