



**Whip**  
Bar & Grill

*Lunch Menu*



## *Soups*

### **Homemade New England Corn Chowder**

our signature soup for over 30 years | 5.75

### **Homemade Soup du Jour**

5.75

## *Appetizers*

### **Prince Edward Island Mussels**

steamed in white wine, garlic butter and fresh herbs | 11.95

### **Artisanal Cheese Plate**

a trio of local cheeses, dried and fresh fruit, candied pecans, stone fruit chutney and crostini | 15.95

### **Maine Crab Cake**

100% crab meat with mustard seed aioli; served on a bed of baby arugula and orange supremes | 12.95

### **Maple Buffalo Wings**

tossed in maple cayenne sauce with celery, carrots and blue cheese dressing | 10.95

### **Chilled Citrus Poached Shrimp**

served with charred lemon, spicy remoulade sauce on a bed of baby kale | 13.95

### **Crispy Calamari**

served with citrus sriracha aioli and sweet chili sauce | 11.95

### **Sesame Seed Crusted Ahi Tuna**

seared rare with avocado mousse, pickled ginger, wasabi and sweet chili vinaigrette | 11.95

## *Salads*

### **Caesar Salad**

romaine lettuce, homemade croutons, caesar dressing, parmesan cheese | full 9.95 | half 6.95

### **Summer Salad**

frisée and baby arugula with shaved asparagus, marinated baby carrots, grape tomatoes and Granny Smith apple vinaigrette | full 9.95 | half 6.95

### **Baby Iceberg Salad**

bacon, crumbled blue cheese, shaved red onions, grape tomatoes and green goddess dressing | full 9.95 | half 6.95

### **Mesclun Salad**

with shaved garden vegetables tossed in maple balsamic vinaigrette | full 9.95 | half 6.95

*Salad additions: chicken 5, shrimp 8, salmon 8, six ounce New York strip 12*

## *Lunch*

### **The Whip Burger**

Vermont grass-fed beef with Cabot sharp cheddar cheese, lettuce, tomato, onion, mayonnaise and Major Grey's chutney on a homemade roll with fries | 13.95

### **Black Bean Veggie Burger**

homemade bean and garden veggie burger with lettuce, tomato, onion and basil aioli on a homemade roll with fries | 11.95  
add Cabot sharp cheddar cheese or swiss | .75

### **Basic Burger**

Vermont grass-fed beef with lettuce, tomato and onion on a homemade roll with fries | 12.95  
add Cabot sharp cheddar cheese or swiss | .75

### **BBQ Pulled Pork**

cola braised pork with coleslaw, sharp cheddar and scallions served on a homemade bun with fries | 13.95

### **Grilled Marinated Chicken Breast**

with avocado, lettuce, tomato, smoked bacon and basil aioli served on a homemade bun with fries | 13.95

### **Classic Reuben**

grilled rye bread with corned beef, Swiss cheese, sauerkraut and Russian dressing with fries | 12.95

### **"The Starr"**

fresh roasted turkey breast, Swiss cheese, applewood smoked bacon, lettuce, tomato and mayonnaise on homemade honey oat bread with fries | 11.95

### **Green Mountain Club**

fresh roasted turkey breast, Black Forest ham, Cabot sharp cheddar cheese, applewood smoked bacon, lettuce, tomato, mayonnaise on homemade honey oat bread with fries | 12.95

### **Tuna Salad Sandwich**

all-white, dolphin-safe albacore tuna salad with celery, onions, lettuce and tomato on homemade honey oat bread with fries | 10.95

### **BLT and Cheddar**

warm applewood smoked bacon, lettuce and tomato with melted Cabot sharp cheddar on toasted homemade honey oat bread with fries | 10.95

### **Soup and a Half Sandwich**

half a Starr, half a Tuna Salad or half a BLT and Cheddar with choice of soup | 11.95



## *Lunch*

### **Seafood Diablo**

linguine with mussels, shrimp, squid and fresh seafood in a spicy tomato white wine broth | 21.50

### **Grilled Shrimp**

tossed in a rustic tomato sauce with spinach, wild mushrooms and eggplant;  
served over fettuccine | 21.50

### **Steak Frites**

grilled 6 oz Black Angus New York strip steak with arugula, oven dried tomato and fries | 15.95

### **Pan Roasted Salmon**

with lemon dill beurre blanc, crispy capers and herb parmesan risotto | 15.95

### **Grilled Flatbread of the Day**

homemade thin crust pizza dough, ask your server for today's preparation | 12.95

### **Fish and Chips**

fried filet of haddock with fries, coleslaw and lemon dill tartar sauce | 13.95



*A gratuity of 18% will be added for parties of 8 or more; a \$5.00 charge will be added to all split entrées.*

*The Vermont Department of Health advises that consuming raw or uncooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness.*