

STARTERS

CHICKEN FINGERS - Served spicy or barbeque. Comes with homemade bleu cheese dressing and celery sticks. \$8.49

DELICIOUS CRISPY WINGS - Chicken wings prepared spicy, hot or barbeque and served with celery and homemade chunky bleu cheese dressing for dipping. Order them without the sauce if desired. \$10.99

1 1/2 lbs for 10.99 1 lb for \$8.99 1/2 lb for \$4.99

SWEET POTATO FRIES - Tender sweet potato fries offer a healthier choice. Served with homemade Honey Dijon dipping sauce. \$5.25

CABOT CHEDDAR FRIES - Fries smothered in melted cheddar. \$6.99

Add bacon for \$1.99. Gravy for \$1.29.

BACON CHEDDAR POTATO SKINS - Idaho bakers with crispy bacon and cheddar cheese served with Cabot sour cream on the side. \$8.99

CALAMARI - Lightly seasoned calamari, deep fried and served with homemade marinara sauce. \$8.99

CONCH FRITTERS - Ample sampling of a famous Caribbean snack served with tartar sauce. \$8.99

TEX MEX NACHOS - Tortilla chips with spicy beef, refried beans, cheese sauce and cheddar cheese. Served with homemade salsa and Cabot sour cream. \$7.99

Add 6 oz grilled chicken breast for \$3.99. Add additional toppings each for \$1.29.

NACHOS GRANDE - Tortilla chips with cheddar cheese sauce, spicy beef, refried beans, olives, tomatoes, red onions, jalapeños, and cheddar cheese. Served with our homemade salsa and Cabot sour cream. \$9.99

Add 6 oz grilled chicken breast for \$3.99. Add guacamole dip for \$1.29

VEGGIE NACHOS - Tortilla chips with cheddar cheese sauce, refried beans, broccoli, tomatoes, red onions, mushrooms, black olives, and cheddar cheese. Served with homemade salsa and Cabot sour cream. \$8.99

SPANAKOPITA - Homemade Greek spinach and feta cheese pastry. \$6.49

CHIPS & GUACAMOLE DIP - A basket of tortilla chips served with Arvad's homemade guacamole dip. \$4.49

CHIPS & SALSA - Tortilla chips served with homemade salsa. \$3.49

GRAZIN' PLATTER - An assortment of crispy wings, mozzarella sticks and onion rings. Served with dipping sauce. \$10.99

CABOT QUESADILLA - Two flour tortillas stuffed with cheddar cheese grilled. Served with a side of our homemade salsa and Cabot sour cream. \$8.49

Add 6 oz grilled chicken for \$3.99. Add guacamole dip for \$1.29.

BASKET OF ONION RINGS - Onion rings beer battered and deep fried golden brown. \$5.25

MOZZARELLA STICKS - Mozzarella cheese sticks lightly breaded outside and soft and chewy inside. Served with homemade marinara sauce. \$8.99

SOUPS

FRENCH ONION SOUP - Homemade french onion soup served in a crock and topped with a crouton, Swiss and provolone cheeses and broiled. \$5.99

CHEF'S SOUP OF THE DAY - Bowl \$4.50 Cup \$3.50

NEW ENGLAND CLAM CHOWDER - A rich heavy cream base with chunks of potatoes, Ipswich clams and a hint of smokiness. Bowl \$4.99 Cup \$3.99

SALADS

HOMEMADE DRESSINGS: Bleu Cheese, Creamy Dill, Honey Dijon, Balsamic Vinaigrette, Buttermilk Ranch

BABY SPINACH SALAD - Fresh baby spinach topped with Gorgonzola cheese, candied walnuts, grape tomatoes and bacon crumbles. Drizzled with a homemade Vermont maple Dijon vinaigrette. \$9.49

CAESAR - Romaine lettuce, homemade croutons and freshly shaved parmesan cheese tossed with Caesar dressing. Feel free to add anchovies. \$7.99
Add grilled 6 oz chicken breast or fried calamari \$3.99

MOUNTAIN OUTRAGEOUS - Romaine lettuce, piled high with sliced marinated grilled chicken breast, cheddar cheese, carrots, red cabbage, cucumbers, tomatoes, bacon, red onions, and black olives. \$9.99

SANTA FE CHICKEN - Romaine lettuce with guacamole dip, tomatoes, cucumbers, spicy fried chicken strips, red onions and cheddar cheese, and garnished with tortilla chips. Served with homemade salsa. \$9.99

MEXICAN LAYERED SALAD - A large house salad with refried beans, Mexican beef, pulled pork, cheese sauce, and cheddar cheese topped with guacamole dip and tortilla chips. Served with our homemade salsa. \$9.99

ASIAN CHICKEN SALAD - This salad starts with romaine lettuce and marinated grilled chicken topped with a sesame ginger sauce made with Mandarin oranges, red onions, and topped with carrots, sliced almonds and crunchy lo mein noodles. \$9.49

COMFORT FOOD

SPINACH AND PORTABELLA QUESADILLA - A flour tortilla stuffed with cheddar cheese, onions, peppers, sautéed spinach and portabella mushrooms. Served with rice. Homemade salsa and Cabot sour cream on the side. \$15.99

MEMPHIS PULLED PORK - In house slow cooked pork. Slow cooked for several hours and hand pulled. Smothered in Stephan's homemade sweet and tangy barbecue sauce. Served with garlic mashed potatoes \$16.99

QUESADILLA - Quesadilla served with a choice of filling and prepared with cheddar cheese, onions, peppers. Homemade salsa and Cabot sour cream served on the side. Served with rice. Fillings: pulled pork or grilled chicken. \$16.99

JALAPENO MAC AND CHEESE - Homemade jalapeno cheddar cheese sauce tossed with penne pasta, broccoli and baked. Served with house salad and dinner vegetable. \$14.99

BURRITOS - Topped with homemade salsa, cheddar cheese and served with rice. Cabot sour cream served on the side. Choice of filling: beef, pulled pork, refried beans. \$16.99

FISH TACOS - California cuisine with an Arvad's twist. Using baked spicy corn encrusted tilapia. \$17.99

ENTRÉES

All entrées include chef's choice of dinner vegetable and your choice of baked potato, fries, garlic mashed potato, or penne pasta with marinara. For an additional \$1.29 add onion rings or sweet potato fries.

- STEAK AU POIVRE** - 10 oz center cut Black Angus sirloin rubbed with black peppercorns, completed with a brandy cream sauce. \$21.99
- GORGONZOLA BEEF SIRLOIN** - Our beef sirloin grilled to desired temperature and topped with Gorgonzola cheese, fried onion strips and finished with garlic brown gravy. \$24.99
- ARVAD'S CENTER CUT SIRLOIN** - 10 oz center cut Black Angus beef steak. \$18.99
- SURF & TURF** - 10 oz center cut Black Angus steak grilled topped with two jumbo stuffed shrimp. \$22.99
- ENCRUSTED TILAPIA** - Tender flaky white fish with a spicy corn tortilla crust and baked. \$17.99
- CLAM DINNER** - Jumbo clam strips fried until golden brown. \$17.99
- BEER BATTERED SHRIMP** - 5 jumbo shrimp beer battered and deep fried. Served with tartar sauce and a choice of starch. \$17.99
- BAKED STUFFED SHRIMP** - Jumbo shrimp stuffed with our own recipe for crab stuffing and baked in drawn butter. \$18.99
- GRILLED OR BLACKENED SALMON** - 8 oz salmon filet. \$18.99
- POTATO ENCRUSTED TUNA** - Sushi grade tuna encrusted in seasoned potato and pan seared. Drizzled with a balsamic reduction. We serve this dish medium rare. \$19.99
- TERIYAKI CHICKEN** - Two marinated boneless, skinless, chicken breasts grilled. \$16.99

PASTA

For an additional \$1.99 add a garden salad or cup of clam chowder.

- CHICKEN PARMESAN** - Deep fried chicken breast topped with our homemade marinara sauce, provolone and parmesan cheese. Served over angel hair pasta. \$16.99
- CHIPOTLE CHICKEN BAKE** - Grilled chicken tossed with broccoli, grape tomatoes, jalapeños, and penne pasta finished with chipotle alfredo sauce and baked with Cabot cheddar cheese. \$18.99
- SHRIMP ALA VODKA** - Jumbo shrimp sautéed with grape tomatoes and garlic, in a vodka cream sauce tossed with penne pasta. \$19.99
- SALMON FLORENTINE** - Oven baked salmon topped with baby spinach, sherry cream sauce served over angel hair pasta. \$19.99
- FETTUCCHINE ALFREDO** - Fettuccini pasta tossed with alfredo sauce and sprinkled with fresh parmesan cheese. \$14.99
Add shrimp for \$4.99
- MEDITERRANEAN PASTA** - Fresh seasonal vegetables, sun dried tomatoes, spinach, sautéed and finished with a feta cheese white wine sauce. Served over angel hair pasta. \$16.99
- COCONUT SHRIMP** - Succulent shrimp with baby spinach, grape tomatoes, and lemon. Finished with a garlic coconut sauce served over angel hair pasta and topped with toasted coconut. \$19.99
- ROASTED GARLIC PORTABELLA AND SPINACH** - Portabella mushrooms, baby spinach, grape tomatoes sautéed in olive oil and finished with sherry, roasted garlic and a touch of heavy cream tossed with penne pasta. \$16.99
- LEMON PEPPER CHICKEN** - Chicken breast pan seared and finished with fresh lemon slices, cracked pepper, in a light garlic cream sauce. Served over angel hair pasta. \$18.99
- ROASTED RED PEPPER CHEESE TORTELLINI** - Cheese filled tortellini tossed with roasted red peppers, roasted garlic, and baby spinach in our alfredo sauce. \$16.99
- CHICKEN AND BROCCOLI ALFREDO** - A true classic. Sliced chicken sautéed with broccoli florets finished in our alfredo sauce. Tossed with fettucini pasta. \$18.99

Chicken is gluten free. To sub gluten free pasta add \$2. Limited quantities.

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SANDWICHES

To sub gluten free tortilla for bread add \$2.
Limited quantities.

All sandwiches include a choice of broccoli salad, cottage cheese, potato chips, coleslaw, or fries. For an additional \$1.29 add onion rings or sweet potato fries.

BISON BURGER - A leaner alternative that is lower in fat. \$9.79

Add Cabot cheddar cheese for \$1.49

CALIFORNIA CHICKEN - Marinated grilled chicken breast topped with guacamole dip and Cabot cheddar cheese. \$9.29

BUFFALO CHICKEN - Crispy fried chicken breast smothered with our famous hot wing sauce served with a side of homemade bleu cheese dressing. \$8.99

CHICKEN PARMESAN - Crispy fried chicken breast, topped with homemade marinara sauce, provolone cheese and garlic aoli. \$9.29

GRILLED CHICKEN SANDWICH - Marinated grilled chicken breast. \$8.25

ROADSIDE CHICKEN SANDWICH - Marinated chicken breast topped with barbecue sauce, sautéed onions, bacon, and melted Cabot cheddar cheese. \$9.29

MEMPHIS BBQ PORK SANDWICH - In house slow cooked pork. Slow cooked for several hours and hand pulled. Smothered in Stephan's homemade sweet and tangy barbecue sauce. \$9.49

VEGGIE PESTO BURGER - A low fat "Gardenburger" served with pesto then topped with melted Cabot cheddar cheese. \$8.99

SALMON BURGER - 100% Atlantic salmon made into a burger patty seasoned with Cajun spice. \$8.79

VERMONT BOYDEN BEEF BURGERS

Cambridge, Vermont family-operated farm. Grown naturally with no hormones.

ULTIMATE BURGER - A 1/3 pound of fresh Vermont Boyden beef grilled and topped with sautéed onions, green peppers, mushrooms, crispy strips of bacon and finished with barbecue sauce and melted Cabot cheddar cheese. \$10.79

CHEESEBURGER - a 1/3 pound fresh Vermont Boyden beef with a choice of American, Cabot cheddar, Provolone, Swiss or Gorgonzola cheese. \$9.49

Add bacon for \$.99

CALIFORNIA BURGER - 1/3 pound fresh Vermont Boyden beef smothered in guacamole dip and melted Cabot cheddar cheese. \$10.49

THE BOYDEN BURGER - 1/3 pound of fresh Vermont Boyden beef. \$8.49

GREEK BURGER - 1/3 pound Vermont Boyden beef topped with sundried tomatoes, provolone cheese and baby spinach. \$10.79

15% gratuity may be added to parties of 6 or more.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

THANK YOU

Dear Customer,

We'd like to take the time to thank everyone that has made our business successful for the past 20 years. We have been blessed owners striving still to this day to make your experience a high quality one. Since the beginning, we have used local products, recycled, and were one of the first to offer such an extensive beer list including Vermont made and rare beer.

We take pride in our knowledgeable staff. We take pride in the personal and friendly services we provide to our customers. We take pride in offering a wide variety of eclectic homemade foods. However, none of this would hold any meaning, without our dedicated customers, too many to list individually.

After 20 years of business, one of the perks is being able to help our community. It is not just financial help, but also volunteering, encouraging our staff and customers to be active members in the "community" too.

If you were to ask about our mission for the next 10 years we'd say, "Our determination to continue evolving to meet the needs of our customers, staff and community will not waver."

***Thank You,
Jeffrey and Maryanne Larkin***

For local happenings, up to date specials, live music and pub quiz information, or just some of Arvad's fun.

@ Arvads Grill and Pub

www.arvads.com

check out our monthly calendar

Please ask your server about our frequent diner program!

Gift cards available.