

MAIN STREET LUNCH GRILL AND BAR

SOUPS

NECI CLAM CHOWDER 5

✓ CHILLED SPINACH SOUP 4
LEMON INFUSED WHIPPED CREAM

SALADS

✓ MESCLUN AND HERB SALAD 6
SHERRY VINAIGRETTE OR BUTTERMILK DRESSING

WHOLE LEAF CAESAR SALAD 8
LA BRIOCHE TOASTED SOURDOUGH CROUTONS,
PARMESAN CHEESE SHAVINGS,
ADD:
-GRILLED BREAST OF CHICKEN 3.00
-SMOKED SALMON 4.00

CRAB AND BEET SALAD 8
LEMON OLIVE OIL VINAIGRETTE, TATSOI, PICKLED BEETS

STARTERS

GRILLED CALAMARI STEAK 9
HERB SALAD, SAFFRON AIOLI, LEMON OLIVE VINAIGRETTE

BACON AND MAINE SHRIMP TARTINE 11
TOASTED RYE BREAD, WILTED PEA SHOOTS, VERMONT SMOKE &
CURE BACON, MARINATED MAINE SHRIMP, WALNUT OIL

WELCOME TO NEW ENGLAND CULINARY INSTITUTE AT
THE MAIN STREET GRILL AND BAR, ONE OF
SEVERAL PRODUCTION LABS LOCATED IN
MONTPELIER. YOUR MEAL IS BEING PREPARED AND SERVED
BY OUR CULINARY, PASTRY & HOSPITALITY
STUDENTS ASSISTED BY THE INSTRUCTORS AND STAFF.
OUR GOAL IS TO SERVE DELICIOUS,
LOCAL AND SEASONAL FOODS WHILE TRAINING THE NEXT
GREAT CHEFS OF AMERICA.
PLEASE LET US KNOW HOW WE ARE DOING AND IF WE ARE
ACCOMPLISHING OUR GOALS.
WE ARE HAPPY TO ACCOMMODATE YOUR NEEDS BY
OFFERING ADDITIONAL SIDE DISHES TO SATISFY ANY REQUEST
YOU MAY HAVE.

118 MAIN STREET
MONTPELIER, VERMONT
(802) 223-3188
WWW.NECIDINING.COM

LUNCH

MONDAY—SATURDAY 11:30AM - 2:00PM

DINNER

TUESDAY—SATURDAY 5:30PM - 9:00 PM
MEDITERRANEAN LOUNGE MENU 5:30 PM - 9:00 PM

SUNDAY BRUNCH BUFFET
10:00AM - 2:00PM

LIVE MUSIC IN THE LOUNGE
TUESDAY NIGHTS

SANDWICHES

SMOKED SALMON CLUB 10
POACHED SALMON RILLETTE, HOUSE SMOKED SALMON, LETTUCE,
TOMATO, POTATO CHIPS

BBQ BRISKET SANDWICH 10
HOUSE COLE SLAW, MUSTARD VINAIGRETTE POTATO SALAD

✓ WARM VERMONT TOFU SANDWICH 9
TOASTED COUNTRY BREAD, CURRY CILANTRO SPREAD, MIZUNA, BEETS
AND PEA SHOOTS SALAD

LAMB KAFTA 11
LAVOSH BREAD, TZATZIKI, TABOULEH

BACK 40 BURGER 11
HOUSE MADE KAISER ROLL, HAND CUT FRIES, HOUSE MADE PICKLES
VERMONT CHEESE SELECTION: ADD 1.00
-CABOT CHEDDAR
-BAILEY HAZEN BLUE
VERMONT SMOKE & CURE BACON, ADD 1.00

ENTREES

✓ GOAT CHEESE AND MINT OMELET 9
CLASSIC ROLLED OMELET, SHAVED ASPARAGUS SALAD, WHEAT TOAST

PAN SEARED TROUT 11
GRENOBLOISE SAUCE, SOFT POLENTA, WILTED SWISS CHARD

SHELL PASTA 9
VERMONT HAM, PEAS, PEA SHOOTS, HERB COMPOUND BUTTER

MIXED GRILL 14
POTATO RÖSTI, TOMATO PROVENCEALE

BEEF STROGANOFF 11
RICE PILAF, JULIENNE CORNICHON

MERLAN COLBERT 10
FRIED WHOLE BREADED WHITING, BEURRE MAITRE D'HOTEL,
POMME A L'ANGLAISE

SIDES DISHES 3.50

HAND CUT FRIES
WILTED PEA SHOOTS
BUTTERED PEAS
SOFT POLENTA
POTATO SALAD
TABOULEH

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR
RISK OF FOOD BORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

19% GRATUITY WILL BE ADDED TO PARTIES OF EIGHT OR MORE.

✓ DENOTES VEGETARIAN SELECTION