



## STARTERS

<b>POPS*</b>		9.
<i>Kobe Beef, Blue Cheese &amp; Bacon Bites</i>		
<b>BISTRO SAMPLER</b>		10.
<i>Three Oyster Rockefeller, Two Pops</i>		
<b>POTSTICKERS -Chefs Selection</b>		9.
<b>ESCARGOT</b>		10.
<i>Garlic Butter, Croutons, Cheddar &amp; Asiago Cheese</i>		
<b>BISTRO CHIPS</b>	6.	8.
<i>House Chips, Blue Cheese Sauce, Green Onion, Blue Cheese Crumbles</i>		
<b>FRIED OYSTERS or ROCKEFELLER*</b>		12.
<i>Baked w/ Cream Spinach, Bacon, Asiago Cheese</i>		
<b>AHI TUNA*</b>	SM 8.	L G 15.
<i>Blackened w/ a Ginger, Cucumber Salad</i>		
<b>SWEET &amp; SOUR CALAMARI.</b>		9.
<i>Thai Chili Paste, Scallions, Sesame Seeds</i>		
<b>CRISPY ORANGE CHICKEN.</b>		9.
<i>Crispy Fried Chicken, Sweet Chili Orange Sauce, Mandarin Oranges</i>		
<b>BRUSCHETTA.</b>		8.
<i>Marinated Tomato, Shaved Asiago, Roasted Garlic Toast Points</i>		
<b>ARTISANAL CHEESE BOARD</b>		12.
<i>New England Cheeses, Prosciutto, Fig Paste, Fresh Baguette</i>		

## SALADS

<b>I.O.M. HOUSE SALAD</b>	w/ entree 3.	6.
<i>Baby Field Greens, Balsamic Vinaigrette, Dried Figs, Shaved VT Cheddar</i>		
<b>BISTRO CAESAR</b>	w/ entree 3.	6.
<i>Garlic &amp; Herb Toast Points, Shaved Parmesan Cheese</i>		
<b>POPS BISTRO'S WALDORF</b>		7.
<i>Poppyseed Dressing, Romaine Lettuce, Raisins, Apples, Candied Walnuts, Dried Cranberries</i>		
<b>THE WEDGE</b>		7.
<i>Tomatoes, Bacon, Green Onion, Blue Cheese Dressing and Crumbles or Ranch Dressing</i>		
<b>GREENLESS GREEK</b>		7.
<i>Tomato, Cucumber, Feta Cheese, Olives, Red Onion, Croutons</i>		

# ENTREES

<b>PRIME NY STRIP*</b> . <i>Choice of Two Sides</i>	<b>12 oz</b>	<b>28.</b>	<b>16 oz</b>	<b>36.</b>
<b>ATLANTIC SALMON. *</b>				<b>24.</b>
<i>Grilled Salmon, Sundried Tomato, Feta, Baby Spinach Risotto, Balsamic Drizzle</i>				
<b>AHI TUNA. *</b>				<b>24.</b>
<i>Blackened Ahi, Vegetable Fried Rice, Tempura Asparagus</i>				
<b>KOBE &amp; SHITAKE MUSHROOM MEATLOAF.</b>				<b>18.</b>
<i>Red Bliss Mashed &amp; Green Beans <u>Or</u> House Mac &amp; Cheese</i>				
<b>BAKED HADDOCK.</b>				<b>20.</b>
<i>Ritz Cracker &amp; Herb Topped, Sauté Spinach &amp; Vegetables</i>				
<b>BISTRO SCAMPI</b>				<b>22.</b>
<i>Large Shrimp, Roasted Tomato's, Baby Spinach, Angel Hair, Scampi Butter</i>				
<b>BEEF TENDERLOIN MEDALLIONS. *</b>		<b>2-4oz.</b>	<b>26.</b>	<b>3-4oz</b>
<i>Choice of Two Sides &amp; Béarnaise</i>				
<b>ROAST HALF CHICKEN.</b>				<b>20.</b>
<i>Citrus BBQ, House Potato Salad, Green Beans</i>				
<b>KOBE BEEF BURGER. *</b> <i>House Fries or Chips</i>			<b>10 oz</b>	<b>14.</b>
<b>LOBSTER MAC &amp; CHEESE.</b>				
	<b>¼ lb of Lobster meat</b>	<b>25.</b>	<b>½ lb of lobster meat</b>	<b>35.</b>

## *Mother's Day Specials*

<b>GRILLED SWORDFISH</b>	<b>26.</b>
<i>Sweet Potato Hash, Jicama-Fennel Slaw</i>	
<b>VEGETABLE RISOTTO</b>	<b>22.</b>
<i>Roasted Carrots, Zucchini, Yellow Squash. Local Mushrooms, Fir Roasted Peppers, Grilled Red Onion</i>	
<b>ROAST PRIME RIB of BEEF</b>	<b>25.</b>
<i>Roasted Garlic Mashed Potato, Green Beans, Baby Carrots</i>	
<b>LOBSTER RAVIOLI.</b>	<b>24.</b>
<i>Light Tomato Vodka Sauce</i>	
<b>JUMBO DAY BOAT SCALLOPS</b>	<b>28.</b>
<i>Apple Smoked Bacon, Pea &amp; Local Mushroom Risotto</i>	

### **THE SIDES 5.**

HOUSE FRIES	CHEDDAR MASH	LOBSTER MASHED ( <i>add \$3</i> )
ASPARAGUS	ONION STRINGS	ROASTED CARROTS
GREEN BEANS	SAUTÉ or CREAM SPINACH	VEGETABLE FRIED RICE
MAC & CHEESE	PARMESAN-GARLIC FRIES	HOUSE POTATO SALAD
<b>OUR FAMOUS LOBSTER MAC &amp; CHEESE (<i>add \$5</i>)</b>		