

# SMALL PLATES + SNACKS

## WINGS \$9

6 crispy chicken wings tossed in choice of sauce, served with house made blue cheese dressing, celery + carrots  
SAUCES: classic buffalo, kentucky bourbon, ginger teriyaki

## CHICKEN QUESADILLA \$12

chicken tinga, a blend of cheeses and salsa verde in a grilled flour tortilla. served with salsa fresco + sour cream

## CHICKEN TENDERS \$9

6 tender chicken strips, hand breaded + deep fried served with a choice of dipping sauce

## HOT PRETZEL + QUESO \$7

jumbo pub style salted pretzel, served with queso + bavarian mustard

## MAINLAND NACHOS \$9

homemade fried corn tortilla chips, blend of cheeses, pico de gallo, shredded lettuce, black beans, pickled red onion + jalapeno, chipotle cream, served with salsa, queso + sour cream

## GUAC + QUESO DIP \$9

homemade fried corn tortilla chips, fresh guacamole, warm queso + salsa

## SHORT RIB TOTCHOS \$13

salted tater tots, braised short ribs, caramelized onions and a blend of cheeses

## BUFFALO CAULIFLOWER \$8

crispy cauliflower, tossed house buffalo sauce + blue cheese crumbles, served with house blue cheese dressing

## SLIDERS \$11

3 mini burgers, grilled onions + pickles, american cheese

## MEATBALL SLIDERS \$10

house made mini meatballs, provolone cheese + marinara served on slider buns

## SHORT RIB MAC & CHEESE \$13

creamy mac + cheese topped with braised short rib

## CHICKEN EMPANADAS \$9

pulled chicken stuffed empanada served over a bed of lettuce topped with empanada sauce

## LOCAL OYSTERS \$12

6 local oysters topped with sliced serrano peppers + citrus herb vinaigrette

## CALI CHICKEN FLATBREAD \$12

pulled chicken, bacon, jack and cheddar cheese, avocado, pico de gallo + ranch

## MARGHERITA FLATBREAD \$9

oven-roasted tomatoes, fresh mozzarella + basil

## MEDITERRANEAN PLATE \$10

fresh mozzarella, house made falafel, olives, heirloom tomatoes, stuffed peppadew, grilled brussel sprouts, roasted garlic hummus served with toasted pita bread

## MEAT & CHEESE BOARD \$14

garlic + herb cheese, manchego, brie, mozzarella, chorizo, bruschetta, salami, pepper jelly served with crostinis

# GREENS + SOUP

## ADD TO ANY SALAD

CHICKEN \$4 | SHRIMP \$6

## BOWL OF HAPPINESS \$11

wild rice, seasonal julienne vegetables, roasted brussel sprouts, sesame ginger dressing

## BEET SALAD \$10

baby kale, roasted beets, candied pecans, heirloom tomatoes, feta, avocado ranch dressing

## ROASTED PEAR SALAD \$14

baby greens, brie cheese, roasted pear, pomegranate vinaigrette

## CHOPPED \$11

artisan greens, tomatoes, cucumbers, hard-boiled egg, black beans, avocado, roasted corn, bacon, red onion + hot honey lime dressing

## CAESAR \$9

hearts of romaine, house-made herb croutons, shaved parmesan cheese served with grilled baguette

## MAINLAND ROASTED CORN CHOWDER \$6

fire roasted sweet corn in a cream based soup packed with a mix of root veggies

## FRENCH ONION \$6

## SOUP OF THE DAY \$6

ASK YOUR SERVER!

before placing your order, please inform your server if you have a food allergy or any dietary restrictions and we will do our best to accommodate you

@themainland



the  
**MAINLAND**  
kitchen + pub

# SANDWICHES + BURGERS

SERVED WITH CHOICE OF SIDE

## SEARED CRAB CAKE \$16

pan-seared lump crab meat topped with roasted corn relish, avocado, + mango chipotle aioli, served on a toasted brioche bun

## HOT + CRISPY CHICKEN SANDWICH \$14

fried chicken, fresh veggie slaw, hot honey sracha served on a toasted brioche bun

## MAINLAND STEAK + CHEESE \$14

shaved ribeye, cheddar cheese, caramelized onion + horseradish sauce served on ciabatta

## VEGGIE-HUMMUS FALAFAL WRAP \$10

roasted garlic hummus, falafel, cucumber, lettuce, tomato served in a spinach wrap

## SHORT RIB GRILLED CHEESE \$11

braised short rib, gouda and cheddar cheese, onion bacon jam served on brioche

## GROWN UP GRILLED CHEESE \$10

melted cheddar, american, swiss, bacon, tomato + pickles, served on sourdough

## CLASSIC BURGER \$13

american cheese, lettuce, tomato, served on a brioche bun

## BOURBON BURGER \$14

white cheddar, hickory smoked bacon + kentucky bourbon BBQ sauce, served on a brioche bun

# TACOS

3 TACOS SERVED IN A CORN TORTILLA \$10

## FISH

grilled mahi-mahi, roasted pineapple salsa with fresh tomatoes + cilantro, drizzled with jalapeno aioli

## CARNE ASADA

grilled steak, char onion, pico de gallo, avocado, queso fresco

## CHICKEN

pulled chicken tinga, mexican slaw, chipotle crema

## BAJA BLACK BEAN

black bean salsa, roasted corn, pico de gallo, queso fresca

## AL PASTOR

adobo pork, pineapple, onion, cilantro

# ALL DAY DINNER

## NY STRIP STEAK \$24

14oz NY strip served with fingerling potatoes

## BARNEGAT LIGHT SCALLOPS \$22

fresh off the boat scallops served over creamed corn

## GRILLED SALMON \$26

citrus + herb butter, served with wild rice + root vegetables

## SPAGHETTI + MEATBALLS \$18

traditional spaghetti and meatballs served with a grilled baguette

## BRAISED SHORT RIBS \$24

cabernet braised short ribs, mashed sweet potatoes + crispy onions

## LEMON CHICKEN \$24

half roasted chicken, lemon herb jus, mashed sweet potatoes, braised rainbow chard

## FISH + CHIPS \$16

beer battered fresh cod, tartar sauce + mainland slaw on the side, served with fries

# SIDES

ALL SIDES \$5

## FRIES or TOTS

salted

## SWEET POTATO FRIES

## ONION RINGS

thick-cut onions, beer battered + flash fried

## ROASTED ROOT VEGETABLES

## MEXICAN STREET CORN ON THE COB

fire roasted corn, queso fresca, butter + chili powder

## SIDE SALAD

mixed greens, tomatoes, cucumbers, carrots + onions

# HAPPY HOUR

\$5 well drinks + house wine

\$4 bud light + high noon cans

\$3 miller, coors + yuengling drafts

\$2 OFF ALL small plates + snacks

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