



Appetizers

Provolone Sticks \$9

Four hand breaded provolone sticks, deep fried, served with house-made marinara sauce.

Buffalo Chicken Dip \$8

A combination of buffalo chicken, cheese, hot sauce, and served with hot fresh house-made chips.

Spinach Artichoke Dip \$8

Served with our house-made warm chips.

Sides

Onion Rings \$3/side \$5/plate

House-made deep fried onion rings with your choice of sauces

French Fries/Tots \$3/side \$5/plate

Fresh cut fries or Tator Tots

Side Salad \$5

Salad mix with diced tomatoes, red onion and house made croutons with your choice of dressing

Fresh Fruit Cup \$4

A mixture of several fresh fruits

Mac & Cheese \$4

A warm bowl of cheesy comfort food.

Cole Slaw \$3

House-made vinegar slaw

Toppings \$0.50 each

pizza cheese, american, cheddar, swiss, provolone, onion straws, bacon, caramelized onions, banana peppers, mushrooms, green peppers

Free Toppings & Sauces

lettuce, tomato, raw onion, mayo, mustard, ketchup, BBQ, buffalo, onion ring sauce

Subs & N'at

6" Meatball Sub \$9

House-made meatballs with house-made marinara and pizza cheese.

6" Italian Sub \$9

Italian meats, cheese and toppings of your choice, served hot.

6" Steak and Cheese Sub \$10

Philly steak and toppings of your choice

Nashville Hot Chicken \$9

Breaded deep fried chicken, cabbage slaw, Thai sweet chili sauce, drizzle of honey on a Kaiser bun

Chicken Sandwich \$8

Grilled chicken breast on a Kaiser roll

Beef Burger * \$10

Beef patty on a Kaiser roll



Mushroom Swiss Burger * \$12

Mushrooms, swiss, garlic, and parm on a Kaiser roll



Western Burger * \$12

American, onion rings, spicy bbq, and bacon on a Kaiser

Beer Battered Cod Filet \$10

House-made beer battered cod on a Kaiser bun

Grilled Italian Sandwich \$9

Italian meats and cheese on grilled Italian bread with Italian herbs.

Grilled Cheese Sandwich \$7

Cheddar, pepper jack, pizza cheese, and jalapeno sprinkled with parm.

Steak Wrap \$10

Served with cheese and toppings of your choice, with dressing on the side

Chicken Wrap \$9

Grilled chicken with cheese and toppings of your choice, with dressing on the side

Black Bean Burger \$8

Organic chipotle black bean burger with toppings and dressing of your choice

Quesadilla

Chicken Quesadilla \$9

Grilled chicken with cheddar cheese and toppings of your choice. Served with house-made salsa



Cajun Chicken Quesadilla \$10

Grilled chicken with cajun seasoning, cheddar, pepper jack and pizza cheese and toppings of your choice. Served with house-made salsa

Black Bean Quesadilla \$8

Black beans with cheddar cheese and toppings of your choice. Served with house-made salsa

Cheese Quesadilla \$7

Cheddar cheese with toppings of your choice. Served with house-made salsa.

Salads

Chef's Salad EF'd up \$12

Ham, chicken breast, diced tomatoes, drizzled with balsamic glaze on a bed of salad mix, your choice of cheese and dressing

EF Salad \$8

Marinated artichokes, kalamata olives, roasted red peppers on a bed of salad mix, drizzled with fig glaze, or your choice of dressing

Dressings

Ranch, Italian, French, raspberry vinaigrette, white wine vinaigrette

Add grilled chicken \$3

Beverages

Bottled Drinks

Pepsi, Diet Pepsi, Cherry Pepsi, Lemonade, Sprite
\$2.50

Pure Leaf Raspberry \$3.00

Free Refills

Filtered Tap Water no charge

Infused Water \$1.00

Iced or Hot Tea \$1.75

Last Updated 03/20/25

Pizza or Stromboli

Specialty Pizzas \$14

Meat Lovers

Sausage, ham, pepperoni, and bacon

Mediterranean

Feta, kalamata olives, artichoke hearts, and arugula drizzled with balsamic glaze

Red, White & Green

Spinach, roasted red peppers, onion, and feta

Veggie Lovers

Mushrooms, white onion, spinach, artichoke hearts

Build Your Own Sourdough 12" Pizza \$10

Toppings: Pepperoni, Virginia Baked Ham, Sausage, Bacon, Mushrooms, Onions, Roasted Red Peppers, Feta, Kalamata Olives, Artichoke hearts, Banana Peppers, Spinach, Arugula, Balsamic Glaze

\$1 per each additional topping

Pasta

Spaghetti and Meatballs \$10

House-made marinara sauce and house-made meatballs.

Fettuccine Alfredo \$10

House-made creamy alfredo sauce.

Kids

Grilled Cheese \$3

Tater Tots \$3

French Fries \$3

Cheddar Goldfish \$1

Ask about our bubbles & balloons!

Ask about today's desserts!

Essential Fermentation

309 5th St

Freeport PA 16229

724-295-4488

essentialfermentation.com

Mon, Tues, Wed 11 am – 8 pm

Thur, Fri, Sat 11 am – 10 pm

Closed Sunday

*Eating raw or undercooked ingredients can increase your risk of foodborne illness. Peanut Oil used for frying.