



### **Appetizers**

#### **Provolone Sticks \$8**

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 \$3/side \$5/plate**

Fresh cut fries

#### **Tots \$3/side \$5/plate**

Tater tots with your choice of toppings

#### **Side Salad \$4**

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

#### **Seasonal Fruit Cup \$3**

A mixture of three seasonal fresh fruits

#### **Mac & Cheese \$3**

A warm bowl of cheesy comfort food.

#### **Cole Slaw \$2**

House-made vinegar slaw

### **Subs & N'at**

#### **6" Meatball Sub \$9**

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

#### **6" Italian Sub \$8**

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

#### **Nashville Hot Chicken \$9**

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

#### **Beer Battered Cod Filet \$9**

House-made beer battered cod on a Kaiser bun

#### **Grilled Italian Sandwich \$8**

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

#### **Grilled Cheese Sandwich \$6**

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

#### **Beef Burger \* \$9**

Beef patty on a Kaiser roll

#### **Chicken Sandwich \$8**

Grilled chicken breast on a Kaiser roll

#### **6" Steak and Cheese Sub \$9**

Philly steak and toppings of your choice

#### **Steak Wrap \$9**

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

#### **Chicken Wrap \$8**

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

#### **Black Bean Burger \$8**

Organic chipolte black bean burger with toppings, cheese, and dressing of your choice

### **Toppings**

pizza cheese, american, cheddar, swiss, blue cheese, lettuce, tomato, mushrooms, caramelized onions, raw onion, BBQ Sauce, onion straws, bacon, banana peppers, green peppers

## Quesadilla

### Chicken Quesadilla \$8

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

### Black Bean Quesadilla \$7

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

### Cheese Quesadilla \$6

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

## Salads

### Chef's Salad EF'd up \$10

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, blue cheese, Italian, thousand Island, French, raspberry vinaigrette, white wine vinaigrette

Add grilled chicken \$2

## Beverages

### Bottled Drinks

Pepsi, Diet Pepsi, Cherry Pepsi, Brisk, Sprite \$2.00

Pure Leaf Raspberry \$2.50

### Free Refills

Infused Water/Filtered Tap Water no charge

Iced or Hot Tea \$1.75

Last Updated 03/14/2023

## Pizza or Stromboli

### Specialty Pizzas \$12

#### Meat Lovers

Sausage, ham, pepperoni, and bacon

#### Mediterranean

Feta, kalamata olives, artichoke hearts, and arugula drizzled w/ 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 (2 Toppings) \$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 5<sup>th</sup> St

Freeport PA 16229

724-295-4488

[essentialfermentation.com](http://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.