



## Sharing is Caring

- Let The BEET Hit Him** - Roasted Beet Hummus, Cauliflower, Carrots, Cucumber, Pita **14 PB**
- Everything But The "Crab" Cakes** - Pan Seared Chickpea and Artichoke Hearts, Florida Orange Mustard Sauce **14 PB**
- The ChaCha Flat** - Italian Vegetable Caponata, Agrodolce, Garlic Aioli, Fried Capers **12 PB**
- Hoisin Glazed Tenderloin Skewers** - Hoisin Sesame Glaze Tenderloin, Sweet Slaw, Bang Tang **19**
- Hoisin Glazed Chicken Thigh Skewers** - Hoisin Sesame Glaze Chicken Thigh, Sweet Slaw, Bang Tang **14**
- HÄOS Flatbread** - HÄOS made Pork Belly, Apple, Gouda, Caramelized Onions, Apple Cider Gastrique, Arugula **13**
- Steak "Thumb Bit" Medallions** - Seared Tenderloin, Garlic, Pickle on Padina Crisp **16**
- Mussels Pomodoro** - Toasted Baguette, Mussel Brodo, White Wine, Tomato **14**
- Crispy Cauliflower** - Tossed in Bang Tang Aioli, Scallions, Sesame Seeds **12 PB**
- Hearts of Palm Ceviche** - Avocado, Bell Pepper, Cucumber, Tomato, Red Onion, Jalapeno, Pita **13 PB**

## Soup & Salad

**Lentil & Potato Curry 7 PB GF**

**"HÄOS Made" New England Clam Chowder 8 GF**

**Get Your WEDGE On** - Iceberg Lettuce, Heirloom Tomatoes, Pickled Red Onion, Applewood Smoked Bacon, Dill Ranch **12 GF**

**Julia Caesar Salad** - Romaine, Parmesan Cheese, Roasted Tomatoes, HÄOS Made Croutons, Caesar Dressing **12**

**Give Me A BEET** - Chopped Spinach, Granny Smith Apples, Goat Cheese, Red Beets, Spiced Walnuts, Sweet Citrus **13 PB, GF**

**ADD**

**Chicken 10**

**Shrimp 11**

**Salmon 12**

**Bistro Steak 15**

**Pork Chop 12**

## Handhelds

**HÄOS Burger** - Grilled Pineapple, Pepper Jack Cheese, HÄOS Pork Belly, Pickle Red Onion, Bibb Lettuce, Fries, Bang Sauce **17**

**Basic Bitch Burger** - Burger, Brioche Bun and That's It **15**

**What The Cluck** - Crispy Panko Breaded Chicken Thigh, Sweet Slaw, Tomato, Bang Tang **17**

## Chef Features

**Chicken Marsala 20**

Panko Breaded Chicken Thigh, Mashed Potatoes, Broccolini, Prosciutto

**Tournados and Shrimp 38**

Petite Filet, Grilled Shrimp, Linguine, Spinach, Mushroom, Roasted Tomato, Au Poivre

**Don't Leave Me Hanging 28**

Hanger Steak, Couscous, Mushrooms, Bibb, Roasted Shallot Vinaigrette, Pickled Onion, Sunflower Seeds, Chimichurri

**\* This Salmon Is Mahhhvelous 27**

Toasted Farro, Sautéed Broccolini, Fennel Fronds, Florida Orange Mustard Sauce

**The Pork Chop 28**

Maple Braised Bone-In 12 oz, Fingerling Potatoes, Kale, Kielbasa, Sunflower Seeds

**Pretty Chicken Pesto Pasta 25**

Pesto Butter, Mushrooms, Spinach, Charred Heirloom Tomatoes, Chopped Blackened Chicken Breast

**GOOD on YOU GRAIN Bowl 18**

Tri Colored Quinoa, Kale, Roasted Sweet Potato, Pickled Red Onion,

Toasted Chickpeas and Walnuts, Tahini Dressing **PB, GF**

## Sides

**Mac N' Cheese 7**

**Caponata 6 GF**

**Dip N' Fries 8**

**Crispy Fingerling Potatoes 7 GF**

## Finale

**Berry Basic** - Vanilla Bean Ice Cream, Mixed Berries, Crème Anglaise **7**

**Shirley It Isn't Polenta** - Fresh Blackberry and Lemon, Whip Cream **8**

**MMmm Peanut Butter** - Peanut Butter Mousse, Caramel Sauce, Shaved Dark Chocolate **8 V**

**Key: V = Vegetarian Friendly PB = Plant Based / Vegan Friendly GF = Gluten Free**

**"This HÄOS is your home"**

\*There is an increased risk associated with consuming raw or undercooked meat, poultry, or seafood. If you have chronic illness of the liver, stomach, blood or have immune disorders, you are at greater risk of serious illness from raw items.

\* 18% Service Charge is Added to Parties of 6 or More



## Signature Cocktails

*All Signature Cocktails can be prepared as Mocktails  
-Add CBD \$3-*

- The Gin Wigmore** *gin, lemon, earl grey syrup, champagne* 12  
**Beetle's Juice** *vodka, strawberries, basil, lime, ginger beer* 11  
**New York State of Mind** *whiskey, lemon, malbec, aquafaba, cherry bitters* 12  
**I Lava You** *tequila, hibiscus, agave, lime, chili pequin, black lava salt* 11  
**Thyme after Thyme** *gin, lemon, thyme syrup, sparkling soda* 10  
**Sofia's Choice** *Frankly's grapefruit cinnamon vodka, agave, basil, grapefruit juice* 12

## -Sparkling Wines-

- Sandilliano "Gran Cuvee"** Brut, Italy NV 7 / 30  
**Rosa Regale Sparkling Red**, Italy NV 10 Split  
**Antonico Prosecco**, Italy 12 / 60  
**Pommery Brut Royal**, France 13 / 60  
**Dom Pérignon**, 2010 290

## -White & Rose Wines-

- Rose "83"** Cotes De Provence, France, 2019 9.5 Glass / 36 Bottle  
**Willakenzie, Pinot Noir Rose**, Willamette Valley Oregon, 2019 38  
**Crowded House**, Marlborough New Zealand, 2021 9 / 34  
**Ca'Bolani, Pinot Grigio**, Friuli Italy, 2019 8.5 / 32  
**Essay, Chenin Blanc**, Coastal South Africa, 2020 8.5 / 32  
**Chamisal, "Stainless" Chardonnay**, Central Coast 2019 10 / 38  
**Copain "Tous Ensemble" Chardonnay**, Sonoma Coast California, 2017 11 / 42

## -Red Wines-

- Sangue di Giuda "Chilled Fruity Red Blend"**, Lombardy Italy, NV 9 Glass / 32 Bottle  
**Murphy Goode, Pinot Noir, "North Coast"** California, 2018 9 / 34  
**Belle Glos "Las Alturas", Pinot Noir**, St. Lucia Highlands California, 2018 17 / 66  
**Lote 44, Malbec**, Mendoza Argentina, 2018 9 / 34  
**Oberon, Merlot**, Napa Valley California, 2018 12.5 / 40  
**Francis Coppola, Cabernet Sauvignon**, California 2018 10.5 / 50  
**Mt. Brave, Cabernet Sauvignon**, "Mount Veeder" Napa Valley, California, 2016 170  
**Taken, Cabernet Blend**, Napa Valley California, 2018 60