



stalk.

everything on this menu is 100%  
plant-based, whole food served in  
completely biodegradable and  
compostable take-out containers.



## small plates

### CARROT TURMERIC SOUP

SAFFRON GARBANZOS, CRYSTALIZED GINGER 9.

### FENNEL CITRUS SALAD +

BABY SPINACH, MANDARIN SEGMENTS, PISTACHIOS, FENNEL FRONDS,  
POMEGRANATE GLAZE, WILD RICE, MAPLE BALSAMIC DRESSING, 13.

### AUTUMN TOWER

CAULIFLOWER PURÉE, TRUFFLED POLENTA CAKES,  
BRAISED MUSHROOMS, SWEET POTATO + KALE MEDLEY, ROSEMARY OIL 14.

## main course

### DELICATA SQUASH RISOTTO +

SAGE BRAISED PARSNIP + CARROT MEDLEY, GROUND BLACK PEPPER,  
PETITE SORREL, BRAISED LEEKS, TOASTED HAZELNUTS 18.

### ROSEMARY MUSHROOMS + WHOLE WHEAT SPAGHETTI\*+

BABY KALE, ROASTED BRUSSELS SPROUTS,  
MAPLE CASHEW CREAM, WALNUT CRUMBLE 18.

### HERBED TOFU STEAK\*

SAUTÉED SPINACH, CREAMY BUTTERNUT BARLEY,  
ROASTED ROOT VEGETABLES, BALSAMIC REDUCTION 18.

### CURRIED GARBANZOS

CARROTS, SWEET POTATOES, CARAMELIZED SQUASH, BRAISED LEEKS,  
CORIANDER COCONUT SAUCE, WILD RICE, PETITE AUTUMN GREENS 18.

+CONTAINS NUTS \*CONTAINS GLUTEN

*starting at the root  
and blossoming.*

exposing your body to a  
plant-forward diet has been  
proven to help heal your  
body AND your mind.

~AVAILABLE VIA~

 toast  
TakeOut

Uber Eats



DOORDASH

LOWER MILLS  
TAVERN

ORDER + PICK-UP LOCATION ONLY

call to order: 857-267-4461  
pick-up @ lower mills tavern  
2269 dorchester ave, boston

... NOT AVAILABLE FOR DINE-IN GUESTS



@stalkkitchen