

Salads

Asian Coleslaw cabbage, carrot, sunflower seeds, dried mango & cranberry, walnuts, crunchy noodle, red chili vinaigrette....11 *G

Italiano greens, farro, roasted vegetables, goat cheese, balsamic vinaigrette....11

Bok Choi sunflower seeds, dried mango & cranberry, walnuts, crunchy noodles, rice vinaigrette....13 *G

Falafel Grain Bowl kale, chic peas, cabbage, peppers, farro, goji, chia, flax, pomegranate ...13

Golden Beet greens, walnuts, pear, white balsamic, goat cheese....10 GF

Classic Caesar10 *G

Add: Grilled Chicken, Wild Planet Tuna, Tofu \$5
Salmon, Shrimp \$6 Avocado \$4

X4 Cobb romaine, avocado, chick peas, corn, peppers, tomato, grilled chicken, tortilla strips, quail egg, rice vinaigrette....15 *G

Chopped Salmon baked salmon, kale, quinoa, carrots, sesame dressing....17 GF

Island greens, orange, pear, dried cranberries, pignoli, cherry tomatoes, goat cheese, sesame ginger.....10 GF

Vitamin K kale, apple, sunflower seeds, dried cranberry, sweet potato, lemon mustard..11 GF

Chic Pea Chicken chic peas, super slaw cucs/cilantro/sriracha greek yogurt dressing.....15

Soups

Ginger Butternut Squash 8
New England Clam Chowder 8
Soup of the day

BURGERS

with side of French fries

La Frieda Burger arugula, bacon jam, pickles, gruyere...15

American Burger lettuce, tomato, pickles, American cheese.....14

Umami Burger lettuce, slaw, pickles, Asian salsa, muenster cheese.....15

Extras: Bacon 2, fried egg 1.5, caramelized onions 1, extra cheese 2, double burger 5

RAWSOME

RAW BAR

Little Neck Clams.....1.75 G

East Coast Oysters.....2.95 G

West Coast Oysters.....3.5 G

Wild Jumbo Shrimp.....3.5 G

Sampler.....25 G
4 oysters, 2 claws, 2 clams, 2 shrimp

SEAFOOD

New England Clam Chowder.....8

Lobster Roll, hot drawn butter, chips or super slawMP

Fried Oyster Roll chips or coleslaw...13

Fish Tacos (fish of the day) avocado, salsa verde, slaw, naan taco shell.....16

Wood-fired Oysters Rockefeller or bacon (6)16 *G

Clams Casino (8).....13 *G

Shrimp Po'Boy lettuce, tomatoes, remoulade, lemon, fresh herbs.....15

Wood-fired Salmon changes daily.....20 *G

Fried Crispy Calamari sweet chili or marinara sauce.....10

Grilled Octopus spicy chickpeas, chorizo, arugula, lemon..15 G

Consuming raw meats, seafood, shell fish may increase your risk of food borne illness.

Sandwiches

Whole grain or French baguette, Giuseppi or pita bread (includes super slaw)

Muenster Panini grilled chicken, bacon, muenster cheese, arugula, honey mustard...11

Grilled Vegetable Panini zucchini, roasted peppers, zucchini, fennel, arugula, fresh mozzarella, sundried tomato pesto...11

Fried Chicken broccoli rabe, fresh mozzarella, roasted peppers, spicy mayo...11

BLT&A bacon, lettuce, tomato, avocado, mayo...11

Falafel cabbage slaw, cucs, tomato, onions, cilantro, sesame cream...9

Prosciutto mozzarella, tomato, basil...13

Fish Po'Boy lettuce, tomato, remoulade, butter, lemon, fresh herbs ...15

California Turkey avocado, lettuce, tomato, roasted pepper sauce...11

Wild Planet Tuna lettuce, tomato, avocado, red onions, mayo, sriracha.....12

Grilled Chicken Club -Bacon, lettuce, tomato, red onions, chipotle mayo.....11

Wraps

cellophane (GF) or whole wheat includes super slaw

Shrimp13

Tofu.....11

Apple Cran Tuna 11

Seared Tuna....15

Curry Chicken...11

Grilled Chicken..12

Cali Turkey....11

Wild Planet Tuna 12

Chicken Caesar 12

SMALL PLATES

Parmesan Truffle Herb Fries.....7

Plain Fries.....6

X4 Meatballs fresh tomato sauce, parm.....8

Roasted Brussels Sprouts bacon, honey, ricotta salata.....9 GF

Wood-fired Cauliflower Calabrian, Buffalo or habanero.....8

Hummus warm pita.....9

Wings buffalo, korean, or habanero 6/9/12pc.....8/11/14

Dumplings pan-seared.....8

Burrata baby greens, heirloom tomatoes, olives, olive oil, roasted peppers...13 Add prosciutto ..6 *G

Grilled Avocado black bean pico, lime, cilantro, chips..9

Kid's Chicken Tenders Fries.....10

Chefs Selection Board 3 cheeses, 3 meats, olives, jam, breads.....24

SLIDERS

3/6/9

Beef Sliders Gruyere or Muenster.....12/20/27

Meatball marinara, reggiano, herbs...10/18/25

Vegan mini bellos, tomato, arugula, pickles, sriracha ketchup..... 12 When available

INNO SUSHI

Sushi/Sashimi pc. *G

Tuna/Salmon/Yellowtail/Eel.....3

Traditional Rolls 12pc

Vegetable.....8

California...8 Shrimp Tempura.....8

Tuna Avocado / Salmon Avocado.....9

Spicy Tuna / Spicy Salmon.....9

Specialty Rolls

Pink Lady / Lady in Red.....13

Spicy Tuna Lobster Salad.....14

Volcano shrimp, salmon, avocado, crab, panko, spicy tuna.....15

Crispy Rice Roll spicy tuna, jalapeño.....15

X4 spicy tuna, lobster, panko, avocado.....15

Sushi Donut.....14

Sushi Burritos

Classic tuna, salmon, avocado, veggies, caviar, seaweed, mango sauce.....13

Shrimp Tempura spicy tuna, shrimp tempura, veggies, caviar, avocado, kani.....13

Tuna Carpaccio greens, avocado, caviar,

panko, peppers, cucumber.....13

Spicy Kani crab, shrimp tempura, greens,

avocado, cucumber.....15

Poke' Rice Bowls

Big Island Bowl chunk bigeye tuna, avocado, seaweed, ginger, soy sauce, sesame.....14

Sashimi Bibim Bob salmon, tuna, carrots,

cucumber, peppers, avocado, pepper sauce.....15

Spicy Tuna greens, avocado, peppers, spicy mayo.....13

Tuna Carpaccio seared tuna, greens, carrots, peppers, avocado.....14

Raging River salmon, avocado, wahame, edamame, tobiko, chili oil, sesame seeds, scallions15

Sides:

Kani Salad.....7

Miso Soup.....4

Edamame.....5

FUOCO - WOOD-FIRED PIZZA

- Margherita San Marzano, fresh mozzarella, olive oil, Parmigiano, fresh basil....12 *G
- Cheese Pizza Grande cheese, pizza sauce10 *G
- Stracciatella wild mushrooms, black truffle....16 *G
- Brussels Sprouts pancetta, gruyere....15 *G
- Pistachio ricotta, goat cheese, honey....13 *G
- Fig prosciutto, caramelized onions, fresh mozza,....15

- BBQ Chicken crispy chicken, scallions....15
- Clam fresh clam, roasted garlic, shallots, lime, light panko, cilantro....17 *G
- Sausage and Peppers caramelized onion....14 *G
- Pizza Skins potato, cheddar, bacon pizza.....14 *G
- Burrata basil pesto, Brussels sprout chips.....16 *G
- Seasonal Veggie -changes weekly.....15 *G

Gluten Free Crust Available

Build Your Own....12

Toppings (\$3 each) wild mushrooms, stracciatella/chorizo, truffle oil/brussels sprouts/pancetta, prosciutto/ricotta/goat cheese/fig/sausage/bacon (\$2 each) roasted peppers, pepperoni, olives, spicy honey, arugula, red onions, spinach, anchovies

Calzone	4 Cheese10	Meatball Parm.....13
Flatbreads	Dragon roasted garlic, herbs....7	Spicy Pesto/ricotta....10

PIACCI PASTA BAR

- Wood-fired Penne ricotta, mozzarella, parm, San Marzano.....13 *G
- Wild Mushroom lumache, porcini ragu, truffle butter.....17 *G
- Black Linguini shrimp, butter, red chili, lemon, panko.....18 *G
- Pomodoro spaghetti, marinara, reggiano12 *G
- Brussels Sprouts linguini, butternut squash, pancetta.....17 *G

- Classic Bolognese fettuccini.....15 *G
- 4 Cheese Tortelloni basil, pesto, pine nuts..15
- Ala Vodka lumache, peas, prosciutto, pink sauce.....14 *G
- Wood-fired Mac & Cheese.....12
- Lobster Mac & Cheese.....18
- Paella shrimp, calamari, mussels, arugula, chorizo, lobster consommé.....20 GF

Gluten Free Pasta Available

ROTISS-A-O

Build Your Own Warm Bowl or Burrito 13

Choose a Protein - chicken/pulled pork/brisket/chic peas/falafel/chorizo

Choose Your Base: brown rice/yellow rice/organic kale/roasted vegetables/quinoa

Choose Toppings: super slaw/black bean pico/pico de gallo/warm chic peas cucumbers/carrots/cheddar/warm bellos/ wood-fired cauliflower/walnuts/cilantro/jalapenos **guacamole (3 extra)**

Choose Dressing: chipotle cream/salsa/chipotle bbq/vinaigrette/sesame cream sriracha Greek yogurt/bourbon bbq/acai pomegranate

TACOS

Includes lettuce, cheese, pico de gallo, cilantro & sour cream flour or corn (GF) tortillas

- Chicken, Pork ,Veggie (3).....10 *G
- Brisket (3).....11 *G
- Sampler (Chicken/Pork/Brisket).....11 *G

SANDWICHES

Includes side of slaw

- Brisket pickles, red onion, slaw, BBQ sauce,13
- Pulled Pork or Chicken slaw, chipotle BBQ..11
- Pulled Pork/Chicken/Brisket sliders..13

FREE BIRD ROTISSERIE CHICKEN

Half Chicken with 1 side and corn bread....14*G

BBQ RIBS

Half Rack with one side and corn bread..17*G
3 Ribs with one side and corn bread....11 *G

GUACAMOLE5 SALSA AND CHIPS5 GUACAMOLE/SALSA AND CHIPS ...9

SIDES: Potatoes ...7 Mac & Cheese,7 Corn Bread....3 Super Cole Slaw... 4 Roasted Vegetables...7



X4 ON TAP
CRAFT BEER AND WINE
BY THE GLASS

Ask about our bar specials

COLD BREWS

- Ice Coffee4
- Nitro Coffee....5
- Iced Latte....4
- Cappuccino 4
- Iced Tea....3
- Hot Tea....2.5
- Fountain soda 2

HOT COFFEE

- House Roast....2
- Espresso....1.5
- Double....2.5
- Americano....4
- Cappuccino....4
- Latte....4

DESSERTS

- Skillet Choc Chip Cookie topped with gelato....11
- Home-made Gelato....6 *G
- Candy Bar Sundae..11 *G
- Churros ...8
- Cannoli Plate ..8
- Cannoli dip....8
- Nutella S'mores Pizza.10
- Lava Cake....9
- Cookie Dough Bowl 12
- Dessert special of the week

G - Gluten Free,
*G Can be made Gluten Free

We have gluten free menu items but we are not a gluten free restaurant. Patrons are encouraged to consider this information in light of their individual requirements and needs. If you have a food allergy, talk to a manager.