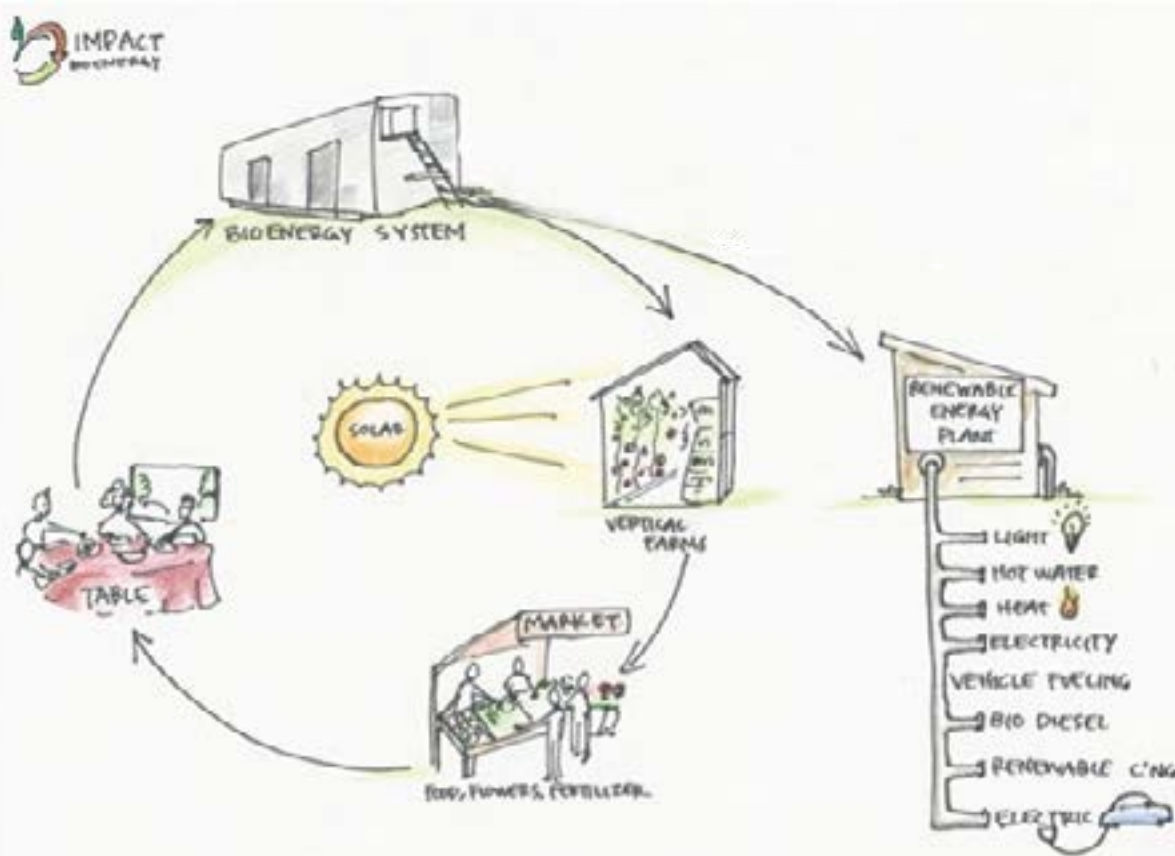


Fresh Connections



Complimentary Copy ~Heritage & Hospitality on Tap~ Summer 2016 www.parfittway.com

From Farm to Fork and Back



THERE'S A HORSE IN THE GARDEN!

Everyone has heard of the Farm-to-table dining phenomenon. From the start of the new millennium, more and more restaurants have embraced getting to know their farmers and value-added processors throughout their supply-chain. For our restaurants, it has been a journey that has provided even richer and more rewarding experiences from those early days in 2002, when we made the commitment to source our products as exclusively from the Puget Sound basin as possible. That commitment has taken us from a handful of corporate-owned semi-truck deliveries to nearly 50 direct-from-the-producer deliveries each week. By 2014, we were spending over 50 cents of every dollar on Puget Sound Basin products and two years later we expect it to be closer to 60 cents.

In 2008, PSE began investing in dairy digesters as part of its Green Power Program. Today, PSE has partnerships with six local dairy farmers. Dairy digesters turn manure into methane needed to fuel an electric generator. PSE's Green Power Program has been recognized by the US DOE and the EPA as a leader in renewable energy development. The HORSE pilot project is a natural extension of PSE's interest in developing alternative sources of renewable energy.

HORSE PILOT PROJECT SET TO BEGIN

Partnering with PSE and Impact BioEnergy, the Pub is setting up a HORSE pilot demonstration beginning this August. Because composting can be both an art and a science, we'll be attempting to discover the practices that work best with our particular blend of food waste and volume. Our new mechanical HORSE will be temporarily employed adjacent to our parking lot for about six-months – imitating other biological ruminants (barnyard animals). Once set in place we expect that it will "eat" or otherwise divert over 100 pounds per day of our food and carbon-based wastes from our waste bins.

Also, of great interest to our partners, the electrical output will be monitored and analyzed. Remember watching Doc Brown power up his time-travel machine with banana peels among other items scavenged from garbage in "Back to the Future II"? Well, that is our new reality. We hope to power part of our electrical use during the pilot phase of the project with the same food waste.

As we have gotten to know our local farmers, we have discovered how challenging and just plain "hard work" it is to continue to provide quality products to our kitchens. From relentless residential encroachment, government regulation and increased land and labor costs, local farmers must remain innovative to supply us on a daily basis. In return, we began to explore composting to assist our local farms as an innovative way to decrease the amount of food being wasted in our restaurants. We expect many of you compost at home with a goal to keep as much food waste out of the trash as possible. For businesses, managing literally hundreds of pounds each day, it is a major challenge.

ANAEROBIC DIGESTER ANSWERS OUR CHALLENGE

Seattle-area engineers, Impact Bioenergy, created the Impact 25 Series Bioenergy System, designed to scale down the size and cost of anaerobic digestion (AD). The self-contained HORSE, which stands for High Solids Organic Waste Recycling System with Electrical output, may solve many of our restaurant's composting goals. The HORSE also promises to provide on-site energy generation from the food waste and similar organic materials, in addition to producing nutrient-laden, liquid compost. This means local soil resources are conserved, further reducing the need for agricultural chemicals and the completion of our post-consumer food nutrient life cycle. Recycled organic matter can return to the soil as sequestered carbon right here in our garden and/or on any of the farms growing our produce. We are developing our own, community-based, farm-to-table-and-back-to-farm, life cycle. It's truly an exciting experiment and one that also promises to offset less sustainable forms of energy with self-generated renewable energy. To help make this a reality, the Pub is partnering with Puget Sound Energy (PSE).

HONORING THE HARVEST

As project host, the Pub and its partners have found just one more way to honor the harvest. Respecting the land, water, air and the tremendous amount of work it takes for farmers to grow our food – then using ingenuity, common sense and good judgment to move nutrients through the food system from farm to table and back to the land to grow more food – instead of going to waste in a landfill. The goals of this particular project are threefold:

1. Demonstrate to the community that this project and ones like it are viable.
2. Inspire a public dialogue about resource recovery through coordinated projects like this one.
3. Develop strategies for locating and funding permanent projects.

As more people want to know where food comes from and how it gets to the table AND BACK TO THE FARM — let's learn together and share our knowledge with others.

follow our progress at:
parfittway.com/blog

Why our food costs what it costs

One of the unwritten rules of the restaurant business is "never do anything to bring attention to your prices", unless of course they are very low. The standard wisdom being that the less you talk about them the better.

Since we like to break a rule on occasion we thought we might as well break this one. We'll take a few lines to explain why our food (and beverages) costs what it costs.

First of all, we pride ourselves on making a quality menu of the finest local and regional sources. We feature healthy and sustainable products such as free-range chicken, grass-fed beef and pork and organic greens. We proudly serve wines, beers and spirits from Washington. Sure we could extend our reach beyond our state and find similar products at a lesser cost, but we choose not to.

Our decision to provide these products to our guests demon-

strates our commitment both to the quality of our product and to our desire to build strong relationships. The growers and producers of our food and beverage, and the distributors who sell to us, share our values. In working with them, they help us to develop an effective support network.

When the cost of the products we use goes up, we do not compromise quality. The integrity of our food and beverage is first and foremost. Often the best, most nutritious food costs more money. However, we trust our guests have come to appreciate the value in the quality of those ingredients.

We price our menu according to a mathematical formula, not a whim. The formula used allows us to pay our bills, pay our staff and stay in business to keep serving the best food and beverage possible to our customers.

Anaerobic Digester

Anaerobic digestion is a biological process that occurs naturally when microorganisms break down organic matter in environments with little or no oxygen such as swamps, water-logged soils and rice fields, deep bodies of water, and in the digestive systems of termites and large animals. This process produces biogas, a mixture of mostly methane and carbon dioxide with trace amounts of other gases. The natural activity of these organisms can be harnessed industrially to convert a range of organic biomass materials into a biogas.

Anaerobic digestion of biomass is a complex process. Typically, organic materials are placed into an oxygen sealed tank called a digester, where it is broken down by a community of microorganisms in three basic stages. First, one group of bacteria breaks down the biomass into its component sugars, which a second group of organisms converts into carbon dioxide, hydrogen, ammonia, and organic acids. Finally, methane-producing (methanogenic) anaerobic bacteria convert these products into methane and carbon dioxide. In addition to biogas, the process also produces a solid and liquid residue called digestate which is rich in nutrients such as nitrogen, phosphorus, and potassium and can be processed into products like fertilizer and compost.



Impact Bioenergy™ was formed in 2013, with the mission to construct and deliver the best bio-conversion technologies and services available. Their focus is empowering communities in making renewable energy and soil products locally through organic materials recycling. They have professionals located on both the West and East Coasts, of the United States and Canada. The corporate home town is Seattle, Washington. The company manufactures the equipment in the Pacific Northwest and considers simplicity, local equipment sourcing, and local employment to be the foundation of success. The old mind-set that exporting waste to regional processors and large facilities wins by economy of scale is not the ideal model anymore. They are devoted to proving that a new model of local energy, recycling and food production can be connected in a real and powerful way. www.impactbioenergy.com

SRIRUP KUMAR, MBA

Srirup serves as Community Engagement Officer, leading Impact Bioenergy operations and partnerships. He is co-founder of Community Supported Biocycling and is a 2015 graduate of Bainbridge Graduate Institute (now Pinchot University) where he received his MBA in Sustainable Business and a certification in Sustainable Energy Solutions.



He also sits on the advisory board of a zerowaste NGO. Srirup has been instrumental in coordinating the Pub HORSE pilot program.

Stop Waiting. Get in Line from Your Phone

1. DOWNLOAD THE APP from the Android or iPhone app stores
2. SELECT THE PUB and add yourself to the waitlist
3. ARRIVE ON TIME and check-in with the host

www.impactbioenergy.com



Ambrose F. Grow

Ambrose Grow and his wife, Amanda, and their family came to Eagle Harbor in 1881. He was a Civil War veteran and came because of the descriptive letters he had read in the New York and Kansas papers telling of the virtues of Bainbridge Island. Selling his large farm in Manhattan, Kansas, he homesteaded 160 acres here along the waterfront. In addition to being a charter member of the Eagle Harbor Congregational Church and the Madrone Schools, he was a prolific correspondent to the happenings in Eagle Harbor and environs.



The Grow Family Homestead
Still stands today as home to Harbour Public House

BAINBRIDGE'S NEIGHBOURHOOD PUB

231 parfitt way sw, on the waterfront, 206.842.0969

SINCE 1991

UNIQUELY
BAINBRIDGE



The wheat gluten free designation means the menu item includes no wheat in its regular preparation. However, wheat flour is still used in our kitchen. For an extra \$2 you may also substitute Udi's® Gluten-Free Burger Bun.

BAR FOOD

PAUL'S ALBACORE TUNA SLIDERS	\$9
Seared medallions of sashimi-grade tuna On a Pane d'Amore® mini-bun with ginger aioli & pub-made kimchi	
Standard order of 2 - Each Additional Slider	\$4
OYSTER SLIDERS	\$7
A single locally farmed Pacific lightly rice panko (gluten-free) crusted & fried Served on a Pane D'Amore® mini-bun with our tartar sauce	
Standard order of 2 - Each Additional Slider	\$3
FLASH FRIED CALAMARI	\$14
Rings & tentacles dusted with gluten-free flour, deep-fried & served with our pesto aioli	
PULLED BBQ PORK or BBQ CHICKEN SLIDERS	\$7
Order of two with Pub-made BBQ sauce, cheddar cheese & cole slaw on Pane D'Amore® burger mini-buns	
Standard order of two Each Additional Slider:	\$3
GARDEN GREEN® HUMMUS	\$7
Green chickpeas, tahini & roasted garlic Served with fresh veggies & Pane d'Amore® baguette crisps	
PUB QUESADILLA	\$12
Roasted & pulled free-range chicken or Natural® pork between two grilled flour tortillas, chipotle glaze, melted cheddar & black bean aioli Topped with pico de gallo, sour cream & sliced avocado	
PUB NACHOS	\$10
Tortilla chips, cheddar, tomatoes, olives, green onions & Pub-made pico de gallo with sour cream	
Add 1/2 Avocado	\$2
Add pulled chicken or Natural® pork or black beans	\$5 \$3
NAAN FLATBREAD 'PIZZA'	\$8
Baked Indian flatbread with pesto, fresh Butler Green Farms® heirloom tomatoes, Mt Townsend® Creamery fromage blanc & our pickled fennel	
KIMCHI FRIED BROWN RICE	\$6
with fried egg & locally made red sriracha	
PUB-CUT FRIES	small side \$2 plate \$4
Hand-cut russet or yam Double-fried in trans-fat free canola oil	

We deep fry exclusively in trans-fat free Canola oil. The waste fryer oil is recycled into biofuel and other products.



SOUP BOWLS

RIBOLLITA	\$13
A hearty Tuscan bread soup made of tomatoes, garlic, mushrooms, zucchini, spinach, white beans & vegetable broth Ladled over a thick slice of grilled rustic organic bread Seasoned with parmesan cheese	
SOUP OF THE DAY	bowl \$7 cup \$6
Made fresh & served with a Pane D'Amore® bread roll	

LOCAL SEAFOOD

PORTUGUESE CLAMS	\$16
Hood Canal Baywater® Salish Blue clams with pub-made chorizo pork sausage, sautéed peppers & onions & white wine	
PAN FRIED OYSTERS	\$15
Five plump Goose Point® oysters lightly rice panko (gluten-free) crusted & pan-fried Served with lemon, tartar sauce, Pub-Cut fries & cole slaw	
LITTLE BEN'S FISH TACOS	\$16
Mexican food truck style — Organic corn tortillas with beer batter deep-fried Pacific Cod, chipotle mayo, shredded cabbage, pepperjack cheese & black bean aioli — Plate of three Tacos	
ASIAN SALMON BOWL	\$19
Charbroiled Bristol Bay sockeye filet served over organic brown rice, fresh organic spinach & warm Asian slaw with our ginger vinaigrette	
STEAMED MUSSELS IN BEER	\$15
Washington Coast mussels steaming hot With Pub-cut fries & a side of mayo	
FISH AND CHIPS	\$16
Consistently voted Bainbridge's favourite! Pub-made beer-batter dipped Pacific cod Served with traditional Pub-cut fries fried in trans-fat free canola oil, cole slaw, lemon & Pub-made tartar sauce	
STEAMED CLAMS	\$16
Steamed Baywater® Salish Blue clams in white wine & lots of garlic Served with Pane D'Amore® bread rolls	
PUB FAMOUS CHOWDER	\$17
A New England Classic using the best of the local NW ingredients! Bowl of organic potatoes, onion, bacon, white wine & cream sautéed to order Garnished with a traditional pat of butter With your choice of: In the shell Baywater® Salish Blue Clams, Hood Canal Mussels, Pub-smoked Pacific Sockeye Salmon, or Locally farmed Pacific Oysters	

BURGERS*

All burgers served à la carte (we suggest fries or poutine for the table!)

Grilled to order & served on a Pane d'Amore® burger bun unless otherwise described You're welcome to Substitute a free-range, skinless, boneless Chicken Breast; or a Port Townsend-made Bob's Pecan® Veggie Burger Patty; or a pub-smoked Portabella on any of the Burgers

THE PUB ORIGINAL BURGER	\$12		
Pub-ground, Harlow Cattle Co.® Grass-fed Beef, with lettuce, grilled onion, pub-made pickle relish & mayo			
MAKE IT YOURS ADD-ONS:			
Beecher's Flagship® Cheese	\$3	Fried Organic Egg	\$2
Mt Townsend® Trufflestack Cheese	\$3	Sautéed Mkt Veggies	\$2
Willapa Hills® Big Boy Blue or Lily Pad Alpine	\$4	Sautéed Mushrooms	\$2
Goat Cheese or Mt Townsend® Cheese Curd	\$2	2 Bacon Slices	\$3
Pepperjack Cheese	\$2	Caramelized Onions	\$2
TRENCHERMAN BURGER	\$15		
Harlow Cattle Co.® grass-fed beef with fried onion straws & Mt Townsend Creamery® Trufflestack cheese			
SAN ANTONIO BURGER	\$14		
Harlow Cattle Co.® grass-fed beef with grilled poblano chili, pepperjack cheese & fresh pico de gallo			
BACON BLUE	\$16		
Harlow Cattle Co.® grass-fed beef, two strips of Montana Bacon & Willapa Hills® Big Boy Blue cheese			
BO BURGER WITH BACON	\$15		
Two slices of Montana bacon, an over-easy fried egg and Beecher's® Flagship Cheese on top of Harlow Cattle Co.® grass-fed beef			

* The Health Department warns that consuming raw or undercooked meats may increase your risk of foodborne illness

ALT BURGERS

CHICKEN PANCETTA BURGER	\$14
Char broiled, free-range, ground chicken & Italian bacon With organic greens, pesto aioli & melted goat cheese	
CHORIZO ROLL	\$12
Our version of this London Classic Pub-made, all Natural® pork chorizo, On a fresh Pane d'Amore® roll with organic arugula & Yakima grown Mama Lil's® sweet hot pickled peppers	
SMOKED PORTABELLA REUBEN	\$12
Whole smoked & grilled mushroom with melted Willapa Hills® Lily Pad alpine cheese, Iggy's® kraut & 1000 Island dressing on Pane d'Amore® caraway rye You can Substitute a Beef Patty for the Portabella	
SMOKED SALMON ON RYE	\$12
Pub-smoked Bristol Bay Sockeye on toasted Pane d'Amore® caraway rye with sliced cucumber, tomato, arugula & our dill dressing	
SMOKED PORTABELLA VEGGIE BURGER	\$14
A whole grilled & applewood smoked mushroom topped with tomato, lettuce, mayo & melted Mt Townsend® Trufflestack cheese	
SMOKE ROASTED PULLED BBQ PORK	\$13
Roasted & pulled Natural® pork Splashed in pub-made North Carolina-style, spicy-vinegar BBQ sauce Served over our Sweet Potato Pie & side of Cole Slaw	
PUB BBB.L.T.	\$12
Six strips (yes six!) of smokey Montana bacon on toasted Pane d'Amore® organic whole wheat bread With lettuce, tomato & mayo You can Substitute Fresh Sliced Avocado for the Bacon	



The Pub has been buying Becky & Mark Weed's Harlow Cattle Co. beef on-the-hoof since January of 2010. One hundred percent grass-fed, antibiotic-free and humanely treated beef ranching on the Western side of our state is hard to come by. Their Spanaway ranch is in it's second generation of management. We feel honored to partner with Harlow Cattle Co. to deliver healthy, flavorful beef. You can really taste the difference!

POUTINE

CLASSIC MONTRÉAL	\$10
The Canadian classic prep of a plate of our fries topped with Mt Townsend Creamery® Cheese Curd smothered in Pub-made beef or chicken gravy	
VANCOUVER	\$10
Roasted chicken with bacon pieces & Pub-made chicken gravy over a plate of Pub-cut fries with Mt. Townsend Creamery® Cheese Curd	
SWEET PAPAS	\$10
Pepper seasoned yam fries with black beans, melted pepperjack cheese, mango salsa & sour cream	
ECUADOR	\$8
Pub-cut yam fries with pub-made chorizo, Mama Lil's® sweet hot peppers Topped with a soft-fried egg	

GREENS & SALADS

SPINACH SALAD	\$15
Fresh organic leaf spinach with sautéed WA apples, caramelized onions, chopped bacon & sherry vinaigrette Topped with crumbled Willapa Hills® Big Boy Blue cheese	
SMOKED SALMON TARTINE	\$14
Pub-smoked, Pacific wild salmon, goat cheese, capers & red onion served on fingers of grilled organic whole wheat sourdough bread On a bed of Butler Green® organic salad greens	
PUB FAVOURITES SALAD	small side \$6 lg \$9
Fresh Butler Green Farms® organic greens & vegetables with your choice of dressing See Additions Below	
PUB CAESAR SALAD	small side \$5 lg \$8
Crisp organic romaine lettuce tossed with traditional Caesar dressing made with garlic, lemon, anchovies & olive oil, with Pub-made garlic croutons & parmesan See Additions Below	
SALAD ADDITIONS (price added to price of salad)	
Grilled boneless, skinless Free-Range Chicken Breast	\$9
Smoke Roasted & pulled BBQ Natural® Pork	\$5
Peppered Cod, Salmon Filet or Smoked Salmon	\$9
Grilled Smoked Portabella Mushroom	\$6
Bob's Vegetarian Pecan® Patty	\$7
Two Pane D'Amore® bread rolls & butter	\$2

WASHINGTON BAKERS

PUB-BAKED RUSSET POTATO	
One large WA baker with butter & sour cream	\$4
Add: Roasted & pulled Ranger® Chicken & Gravy	\$5
Roasted & pulled Natural® Pork & BBQ Sauce	\$5
Sautéed Market Vegetables	Mkt

VISA, MASTERCARD, DISCOVER, AMERICAN EXPRESS & COLD HARD CASH ALWAYS ACCEPTED, NO PERSONAL CHECKS For parties of 8 or more 20% service charge automatically included.