



Could goat meat be the new foodie trend of 2019?

REPRINT FROM THE TELEGRAPH NEWS

Goat meat is set to become a food trend of 2019 as supermarkets are said to be testing a number of ready meals containing the “ethical” meat. Despite the rising popularity of goat’s cheese and milk among shoppers in recent years, goat meat has yet to take off and is not yet stocked by any of the major supermarkets. However according to BBC’s Good Food magazine’s list of top food trend predictions for 2019, goat is on the cusp of an ascent to the mainstream market. Also included on its foodie hotlist for the year were wonky fruit and veg, meat-free food and recyclable packaging. Sources said supermarkets were testing recipes for goat sausages, meatballs and ready meals, which could soon be brought to shop shelves as an “ethical” meat option. It comes as campaigners have warned that nearly 100,000 young male goats are being euthanized every year in the UK. This is because they cannot be used for the production of milk and cheese, while farmers also anticipate there will be minimal demand for their meat. Now in a bid to minimize this wastage they are getting goat meat on the menus of restaurants and say they are in the “final stages” of getting it into food shops. James Whetlor, founder at goat meat firm Cabrito, which is behind a campaign called “Goatober” which encourages consumption of the meat in October, said: “These products are in the final stages of development and finally people are realizing that its right that goat meat should be eaten, as these animals are being euthanized anyway and going to waste.” A number of trendy London restaurants are already regularly offering goat on their menus, including the famous St Johns restaurant in East London, Ottolenghi, and Mark Hix’s various eateries. The rise of goats meat as a popular dish comes some years after dairy products from goats have achieved mainstream success. Sales of goats cheese and milk have been rising for the past five years, Kantar Worlpanel data shows, with cheese sales up by £3m over five years, from £27m to £30.5 million. The size of the goats milk market has grown by £2.5m, up from £29.5m to £32m over the same period. Meat from young goats (kids) is mild-flavoured, tender and comparable to lamb, while meat from older goats is tougher and has a stronger flavour. While goats have been reared in the UK for centuries they were marginalised as farm animals as early as the 14th century, amid a boom in the trading of sheep’s wool, which could be made into warm clothes.

BENEFITS OF GOAT MEAT

- more environmentally sustainable than beef
- humanely raised animals rather than massive factory farms
- 1/3rd fewer calories than beef, 1/4th less than chicken (and much less fat), and about 2/3rds less than pork and lamb

Suquamish Seafoods Humanely Harvested Cod

ENTERPRISE HARVESTS LOCAL GIANTS & MORE

BAINBRIDGE FAMILY ANSWERS THE CHALLENGE

Suquamish Seafoods (our neighbors across the Agate Pass Bridge) a tribally-chartered seafood business is a rarity among Western Washington tribes. In the case of geoducks (see accompanying article below), most tribes divide their state harvest quota between divers. The Suquamish manage its entire quota through Suquamish Seafoods and contracts Suquamish Tribal divers to harvest the tribe’s share. In this way, Suquamish Seafoods uses the volume of the combined harvest to negotiate higher prices for its geoducks and provides a consistent, year-round supply for buyers. One hundred percent of the proceeds benefit the Suquamish Tribal Elders’ programs and initiatives.

Since 1994, about 25 tribal divers, utilizing tribal boats and tenders, harvest nearly 430,000 pounds of wild burrowing geoducks each year. The divers harvest on geoduck tracts located within the tribes usual and accustomed fishing areas that vary in depth from 30 to 80 feet. The giant clams, popular in China, represent well over 90 percent of the business for the tribe’s Suquamish Seafoods.

With the completion of their 16,000-square-foot, \$2 million processing plant in 2015, Suquamish Seafoods has fulfilled its plan to take on additional products and revenue sources. The new facility replaced the old 2,000-square-foot building Suquamish Seafoods used to pack geoducks. The completed new two-story building houses an array of processing equipment. Live tanks fed with fresh water from Agate Passage keep harvested marine life fresh. Air blast chillers freeze shellfish

solid in a matter of minutes and chilled storage and processing rooms give the company space to process and hold items ready for shipment.

This increased capacity has allowed Suquamish Seafoods to expand into live oyster farming. With state-approved commercial beds in Agate Passage and Dyes Inlet, Suquamish Seafoods expect to harvest a half million pacific oysters in 2019. The farms employ the tumbled bag method of farming where the bags are suspended in tidewater that varies in height from +2 feet to -2 feet. In these waters the bags move with the currents and produce an oyster shell that develops a deep cup. Fed only by the nutrients in the water, the oysters can grow to market size in about six months. The oysters are sold to local markets and restaurants throughout Puget Sound.

At the moment, the facility also buys, processes and markets other products available from tribal and local fishermen. According to Tony Forsman, Suquamish Seafoods general manager, this part of the operation is to provide tribal fishers a local market for their catch, and to make salmon, crab, clams and other market species readily available to tribal members and the general public. To take advantage of what the local fishermen catch, you can visit the Sandy Hook Road facility on Fridays and Saturdays from 9AM to 5PM when they sell the fresh catch of the day at retail prices.

Find the freshly shucked Agate Pearl Oysters from Suquamish Seafoods during many of the Pub’s Slurpy Hour Fridays, from 4-7PM. #BuckAShuck



“Efficient, experienced and quiet handling of livestock, using recommended techniques and facilities, as well as taking measures to eliminate pain and accidental injury, will reduce stress in the animals and prevent quality deficiencies in meat and by-products.” This statement is from the opening chapter of the United Nations publication **Guidelines for Humane Handling, Transport and Slaughter of Livestock**, co-authored by the famous Temple Grandin and Philip G. Chambers. This fact, proven many times over through scientific methods as well as anecdotally at this restaurant, has now been taken to the colder-blooded species by a team of brothers who have fished Alaskan waters for many years.

Michael and Pat Burns took Dr. Temple Grandin’s no-nonsense approach to animal handling and Dr. Mahmoudeza Ovissipour’s WSU research conclusions about the similar affects of pain and stress on fish, and went about to build a 21st century, \$40 million, 191-foot fishing vessel, *Blue North*. Launched in Seattle in September, 2016, the brothers have received high praise from The Monterey Bay Aquarium, and Seattle iconic restaurateurs like Tom Douglas and Renee Erickson. In a blind study done at the School of Food Science at WSU, humanely harvested fish exhibit higher levels of nutrients and proteins, are flakier, and retain more muscle structure.

Blue North, pictured above, is state of the art, with high-tech features that haul the cod in one by one, where they are immediately stunned, processed, frozen and packed on board. It’s the first longline vessel to have a fillet machine on board, and a series of automations that result in significant upgrades for the boat’s crew. One crew innovation is the ‘moon pool’- a climate controlled indoor working space to land each fish in-

ternal to the ship’s hull. The crew is protected from the elements, pulling lines in through the watery hole rather than from the weather decks. After the fish are pulled through the moon pool, they are immediately electrically stunned, a process that causes minimal stress to the fish and is proven to result in a better tasting final product.

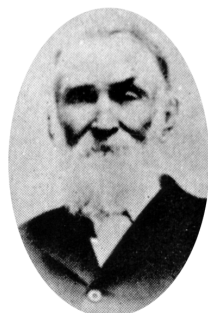
Systems aboard the boat also treat all waste, and recycle heat from engine cooling systems, to create potable water, hot water and heat for the ship. With these systems, little wastewater is pumped back into the ocean.

Based in Seattle, Blue North Fisheries operates five freezer longliners in the Bering Sea and Gulf of Alaska and one smaller seiner in Alaska, Washington and Oregon. Established in 1983, the company now harvests and sells more than 20,000 metric tons of fish and fish products each year. By 2005, they had a fleet of five crabber/tenders, one crab catcher processor boat, and seven longliners as well as a vessel that worked for the tuna canneries in American Samoa.

Blue North Fisheries is a true family business. Company co-founder Michael Burns still resides on Bainbridge Island having raised his family here. No longer fishing himself, he is the company’s President and in charge of their new innovative ‘filleted at sea’ product line as well as the administration of the Fremont office. Brother Pat, Vice President, residing in Duvall, WA, heads the company’s operations. He keeps the crews and boats operating year-round in the Bering Sea. The newest family member to join the company is Michael’s daughter Amelia Burns, BHS 2006, known affectionately as ‘Mrs. Cod’ to her accounts.

The Pub is proudly serving Blue North humanely harvested Alaskan Cod beginning with this menu cycle.

Visit www.bluenorth.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



GEODUCK

First off, it’s pronounced “goeey duck.” Contrary to what one might think, it’s not related to a duck at all. The Nisqually — a Native American tribe located in western Washington — coined the term gweduc, meaning “dig deep” and referring to the way this bivalve burrows far below the seafloor. Europeans later reinterpreted the native spelling and pronunciation. Geoduck is a large clam with simple anatomy. There are two major parts to remember: the siphon or neck, which

hangs out of the shell, and the mantle (also called breast), the meaty part that sits inside the shell. Native to the Pacific Northwest and Western Canadian coast, geoducks anchor themselves into the ground with a small “foot,” and remain in one spot for their entire lives. Several feet below ground, the massive saltwater clam sucks in seawater, filtering for plankton and precious vitamins, and squirts out the excess through its impressive siphon. Their necks easily stretch from banana to baseball

bat lengths, depending on how comfortably situated they are (they’re happiest and longest when they’re underground). The geoduck is the world’s largest burrowing clam, and typical specimens weigh between 2 and 3 pounds. It’s far too big to retreat to its shell like other mollusks; instead, the massive neck promiscuously hangs outside in all its phallic glory. Since the geoduck burrows below the floor, you can tell you’re in the presence of a geoduck when you spot two of its siphon holes peeping up from under ground.

BAINBRIDGE'S NEIGHBOURHOOD PUB

231 parfitt way sw, on the waterfront, 206.842.0969

SINCE 1991



VISA, MASTERCARD, DISCOVER, AMERICAN EXPRESS & COLD HARD CASH ALWAYS ACCEPTED, NO PERSONAL CHECKS For parties of 8 or more 18% service charge automatically included.



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.

LOCAL SEAFOOD

DEEP-FRIED OYSTERS	\$16
Five plump Pacific oysters lightly rice panko (gluten-free) crusted & deep-fried With lemon, tartar sauce, Pub-Cut fries & Cole Slaw	
LITTLE BEN'S FISH TACOS	\$18
Mexican food truck style — Organic corn tortillas with beer batter deep-fried, line caught Alaskan Cod, chipotle mayo, shredded cabbage, pepperjack cheese black bean aioli — Plate of two — Each additional \$7	
ASIAN SALMON BOWL	\$24
Charbroiled Bristol Bay sockeye filet served over organic brown rice, fresh organic spinach & warm Asian slaw with our ginger vinaigrette	
STEAMED MUSSELS IN BEER	\$17
Washington Coast mussels steaming hot With Pub-cut fries & a side of mayo	
LINE CAUGHT ALASKAN COD FISH AND CHIPS	\$18
Pub-made beer-batter dipped, humanely caught Alaskan cod Served with traditional Pub-cut fries fried in trans-fat free canola oil, Cole Slaw, lemon & our own tartar sauce — Extra fish piece \$5	
STEAMED CLAMS	\$18
Steamed Baywater® Salish Blue clams in white wine & lots of garlic Served with Pane D'Amore® bread rolls	
PUB FAMOUS CHOWDER	\$18
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	

RIBOLLITA \$15

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

BURGERS*

*All grass-fed beef burgers cooked to medium-rare. If you don't like the pink, then ask and it will come well-done. The Health Department warns that consuming raw or undercooked meats may increase your risk of foodborne illness.

All burgers served à la carte (we suggest fries or poutine for the table!) flame-grilled & served on a Pane d'Amore® hand-formed, 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 whole Portabella

TRENCHERMAN BURGER	\$16
Harlow Cattle Co.® grass-fed beef with fried onion straws & Mt Townsend Creamery® Trufflestack cheese	
BACON BLUE	\$17
Harlow Cattle Co.® grass-fed beef, two strips of Montana Bacon & Willapa Hills® Big Boy Blue cheese	
BO BURGER WITH BACON	\$16
Two slices of Montana bacon, an over-easy fried egg & Beecher's® Flagship Cheese on top of Harlow Cattle Co.® grass-fed beef	
THE PUB ORIGINAL BURGER	\$14
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
Mt Townsend® Trufflestack Cheese \$3
Willapa Hills® Big Boy Blue or Lily Pad Alpine \$4
Goat Cheese or Mt Townsend® Cheese Curd \$2
Pepperjack Cheese \$2

Fried Organic Egg \$2
Sautéed Mkt Veggies \$2
Sautéed Mushrooms \$2
Two Bacon Slices \$3
Caramelized Onions \$2



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 its second generation of management. We feel honored to partner with Harlow Cattle Co. to deliver healthy, flavorful beef. You can really taste the difference!

ALT BURGERS

SOUTHERN FRIED CHICKEN SANDWICH	\$16
Organic, free-range, boneless, skinless chicken breast soaked in buttermilk, dredged in seasoned flour & deep-fried Served on a Pane d'Amore® burger bun with pub-made sausage gravy, Cole Slaw & Bread and Butter pickles	
SMOKED PORTABELLA REUBEN	\$14
Whole smoked & grilled mushroom with melted Willapa Hills® Lily Pad alpine cheese, pub-made kraut & 1000 Island dressing on Pane d'Amore® caraway rye You can Substitute a Beef Patty for the Portabella \$3	
SMOKED SALMON ON RYE	\$16
Pub-smoked Bristol Bay Sockeye on toasted Pane d'Amore® caraway rye with sliced cucumber, tomato, organic greens & our dill dressing	
PULLED BBQ PORK OR CHICKEN	\$15
Smoke roasted & pulled Natural® pork or free-range chicken splashed in pub-made North Carolina-style, spicy-vinegar BBQ sauce Served on a bun with melted cheddar & shaved red onion With a side of Cole Slaw	
PUB BBB.L.T.	\$15
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	

BAR FOOD

PAUL'S ALBACORE TUNA SLIDERS	\$12
Seared medallions of sashimi-grade tuna (hand-caught aboard an historic sailboat by our neighbor Paul Svornich) on a Pane d'Amore® mini-bun with ginger aioli & pub-made kimchi — Plate of two — Each Additional Slider \$5	
SMOKED COD JALAPEÑO DIP	\$10
Pub-smoked, line-caught, Alaskan cod, cream cheese, mayo & sour cream with garlic-fried jalapeños & seasonings baked-in Topped with parmesan cheese Served hot with crostini	
OYSTER SHOOTER*	\$3
A single locally-farmed Pacific in a shot glass with cocktail sauce	
OYSTER SLIDERS	\$9
A single locally-farmed Pacific lightly rice panko (gluten-free) crusted & fried Served on a Pane D'Amore® mini-bun with our tartar sauce Plate of two — Each Additional Slider \$4	
FLASH FRIED CALAMARI	\$16
Rings & tentacles dusted with gluten-free flour, deep-fried & served with our pesto aioli	
PULLED BBQ PORK or BBQ CHICKEN SLIDERS	\$9
Order of two with Pub-made BBQ sauce, cheddar cheese, shaved red onion & cole slaw on Pane D'Amore® burger mini-buns Plate of two — Each Additional Slider \$4	
GARDEN GREEN® HUMMUS	\$8
Green chickpeas, tahini & roasted garlic Served with fresh veggies & naan bread	
PUB QUESADILLA	\$14
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	\$12
Tortilla chips, cheddar, tomatoes, olives, green onions & Pub-made pico de gallo with sour cream	
Add 1/2 Avocado	\$3
Add pulled chicken or Natural® pork	\$5
Add black beans	\$3
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.

POUTINE

CLASSIC MONTRÉAL	\$11
The Canadian classic prep of a plate of our fries topped with Mt Townsend Creamery® Cheese Curd smothered in Pub-made, gluten-free beef or chicken gravy	
VANCOUVER	\$12
Roasted chicken with bacon pieces & Pub-made chicken gravy over a plate of Pub-cut fries with Mt. Townsend Creamery® Cheese Curd	
CHICKEN FRIED CHICKEN	\$16
Organic, free-range, boneless, skinless chicken breast soaked in buttermilk, dredged in seasoned flour & deep-fried Served over a plate of Pub-cut fries with pub-made sausage gravy	
HANGOVER FRIES	\$3
Add 2 over-easy fried organic eggs to any poutine	

Our entire staff truly enjoys serving you!

To ensure our mostly hidden, but equally deserving kitchen staff share in your thanks and generosity, a pre-tax 5% service charge will be automatically added to your check. The entire charge is distributed to the kitchen team. The customary tip line will be left for your discretion and is designated for just your server(s).

Tipping on the 5% service charge (or sales tax) is not expected.

GREENS & SALADS

WINTER KALE SALAD	\$17
Wilted organic kale with grilled, free-range chicken breast, roasted acorn squash, roasted candied pecans, goat cheese & our sherry vinaigrette	
SMOKED SALMON TARTINE	\$16
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 FAVOURITE SALAD	small side \$7 lg \$10
Fresh Butler Green Farms® organic greens & vegetables with your choice of dressing 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 or Smoked Salmon	\$9
Sockeye Salmon Filet	\$11
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

MAKE SURE TO CHECK OUT OUR CHALKBOARD SPECIALS FOR TODAY'S FRESHEST OFFERS