



Frontier

Menu Prices — August 23, 2026

Restaurant & Food Industry Reports



Competitor Price Intelligence →

Coffee Bar (Cafe)	
ITEM	PRICE
Espresso	\$2.75
Americano (12 oz.) Espresso with hot water	\$2.75
Macchiato Espresso dotted with steamed milk.	\$3.25
Cortado (4.5 oz.) Espresso with steamed milk.	\$3.50
Cappuccino (6 oz.) Espresso with steamed milk.	\$3.50
Latte (12 oz.) Espresso with steamed milk.	\$4.00
Latte - Large (16 oz.) Additional shot of espresso with steamed milk.	\$6.00
Pour Over Single origin, made to order.	\$3.25
Fast Coffee Bird dog blend, sock saunders dark roast blend, chickadee decaf.	\$2.35
Cold Brew (16 oz.) Cold brewed iced coffee.	\$3.50
Rishi Chai Latte Chai tea topped with steamed milk	\$3.50
Zen Bear Chai Latte Made in the mill: chai infused local honey with steamed milk.	\$4.00
Hot Chocolate	\$4.00
Rishi Tea Earl grey, English breakfast, jade cloud herbal: turmeric ginger, peppermint.	\$2.35
Starter	
ITEM	PRICE
Frontier Slider Local caldwell farm beef slider topped with arugula and choice of one sauce: yum yum sauce, citrus mayo, kimchi rémoulad...	\$7.00
Squash Taco Gluten-free, vegan. Lime, garlic, and cumin marinated kale with seared zucchini, corn salsa, pickled red onion and a bla...	\$6.50
Smoked Chicken Taco Gluten-free. Smoked pulled chicken with pickled onions, lettuce, cheddar cheese, and a cilantro ginger crema served on c...	\$6.50
Fried Fish Taco Gluten-free. Deep fried local haddock, carrot, and cumin slaw, lettuce, and kimchi rémoulade served on choice of soft co...	\$6.50
Fried Brussels Sprouts Gluten-free, vegan. Tossed with citrus, garlic, and tamari, topped with toasted sesame and yum yum sauce.	\$9.00
Local Potato Fries Gluten-free, vegan. Served with ketchup and choice of one sauce: yum yum sauce, citrus mayo, kimchi rémoulade or cilantr...	\$7.00
Sweet Potato Fries Gluten-free, vegan. Served with ketchup and choice of one sauce: yum yum sauce, citrus mayo, kimchi rémoulade or cilantr...	\$10.00

ITEM	PRICE
Curried Mussels	\$15.50
Gluten-free. Mussels, roasted shallot, and lime leaf in a coconut curry broth, topped with scallion and served with gril...	
Vegan Nachos	\$13.00
Gluten-free, vegan, spicy. Yellow corn tortilla chips, corn and black bean salsa and cashew romesco sauce.	
Salads	
Frontier House Salad	\$7.00
Organic mixed greens, cucumber, carrot, shaved Parmesan, croutons and red wine vinaigrette.	
Caesar Salad	\$8.00
Springworks farm romaine, red onion, tomato, croutons, caesar dressing, topped with shaved Parmesan.	
Sushi Rice Bowl	\$13.50
Teriyaki edamame, pickled cucumber, shredded carrot, pickled ginger, radish, grilled zucchini, and greens on sushi rice,...	
Curried Quinoa Bowl	\$13.50
Fresh fruit, preserved lemon, cucumber, local tomato, red onion, fresh herbs and toasted coconut tossed with yellow curr...	
Burger & Sandwich	
Frontier Burger	\$16.00
Caldwell farms beef, pepper jack cheese, bacon and shallot jam, on a brioche bun.	
Harissa Buffalo Chicken Sandwich	\$15.50
Spicy. Buttermilk and rice flour fried chicken breast tossed in harissa buffalo sauce with cilantro ginger crema, pickle...	
Mozzarella Panino	\$14.00
Pesto, fresh mozzarella, local tomato, and arugula on grilled naan.	
Market Plate	
Middle Eastern Market Plate	\$18.00
Falafel, pineland farms feta, cucumber, and tomato, seasonal hummus, marinated artichoke hearts, muhammara, tzatziki sau...	
Cheese & Charcuterie Market Plate	\$19.00
Rotating housemade pâté, local sausage, local cheese, marinated olives, grainy mustard, crystal spring blueberry preserv...	
Global Market Plate	
Global Market Plate	\$3.00
Maines	
Gulf of Maine Fish & Chips	\$21.00
Gluten-free. Buttermilk and rice flour fried haddock served with tartar sauce and local potato fries.	
Za'atar Pork Chop	\$26.00
Gluten-free. Grilled spiced pork chop with herbed polenta, grilled asparagus, muhammara sauce, black garlic and honey.	
Miso Bouillabaisse	\$26.00
Gluten-free. Haddock, monkfish, clams, and mussels stewed in a rich sun-dried tomato and red miso broth, with mushroom,...	

ITEM	PRICE
Tofu Noodle Bowl Vegan, spicy. Rice flour fried local tofu tossed with szechuan pepper teriyaki sauce, soba noodles, kimchi, and asparagu...	\$20.00
Lamb & Pea Gnudi Housemade ricotta dumplings with around the well lamb sausage, snap peas, local mushrooms, and pea shoots.	\$25.00
Beverages	
ITEM	PRICE
Local Italian-Style Soda Crystal spring blueberry syrup or royal rose syrup.	\$3.50
Maine Root Soda	\$2.50
Green Bee Soda Lemon sting.	\$2.50
Housemade Diet Cola	\$2.50
All Natural Juice	\$2.00
Housemade Lemonade	\$3.00
Housemade Iced Tea	\$3.00
Frontier Shirley Temple	\$3.50
Rishi Organic Hot Tea	\$2.35
Speckled Ax Wood-Roasted Coffee	\$2.35