

The
Perch
ON THE FLY

BOSTON EXCLUSIVES

Chef Barbara Lynch's Spicy Tomato Soup / \$12

Tomato, basil, red pepper flake, crème fraîche, thin and crispy "grilled cheese" toast *from Chef Barbara Lynch of Menton and Sportello* V, NF, GFO, VVO, DFO

Jody's Artichoke, Feta, and Arugula Salad / \$13

Artichoke, feta, arugula, olive, Calabrian chili *from Chef Jody Adams of Porto, Trade, and Saloniki* NF, GFO, VO, VVO, DFO

10% of sales go to our Back Bay neighbors **Women's Lunch Place**. Women's Lunch Place is a safe, welcoming day shelter community providing nutritious food and individualized services for women who are experiencing homelessness or poverty. We meet our guests where they are and treat them with dignity and respect.

Flour's Chilled Spanish Gazpacho / \$8

Grape, cucumber, almond, garlic, cilantro, sherry wine vinegar, lime juice — a refreshing chilled soup *from Joanne Chang of Flour* GF, V, VV, DF

Elle's North Meets South Potato Salad / \$9

Oven roasted fingerling potato, pickled pimento, spicy relish, egg, and onion with mustard and garlic aioli, sea salt, and cracked white peppercorn — an heirloom recipe *from Chef Elle Simone Scott of SheChef Inc. & "America's Test Kitchen"* GF, V, DF, NF

Karen's Panzanella di Finocchio / \$10

Fennel, stone fruit, Thai basil, red wine vinaigrette, and sumac *from Chef Karen Akunowicz of Fox & the Knife and SloPoke* V, VV, NF, DF, GFO

Señora Alavar's Salad / \$11

Heart of palm, Brussel sprouts, scallion, cilantro, crispy shallot, and ginger turmeric dressing *from Ellie Tiglao of Tanám* GF, DF, NF, VO, VVO

Maggie's Vegetable Carpaccio Feast / \$10

Thinly shaved seasonal veggies, whipped feta, lemon coriander vinaigrette, and toast *from Maggie Battista of "A New Way to Food"* V, NF, GFO, VVO, DFO

Tracy's Avocado Cucumber Salad / \$12

Pickled red onion and shio kombu *from Tracy Chang of PAGU* GF, V, VV, DF, NF

COLD DRINKS

Orange Juice	\$3
Bug Hill Farm Seasonal Shrub & Soda	\$4
Health-Ade Kombucha	\$6
In Pursuit of Tea Iced Tea	\$3.5
Laura Palmer	\$3.5
Lemonade	\$3.5
<i>Add a syrup:</i>	
<i>Lavender</i>	\$1

**Women-made drinks curated by
Lauren Friel of Rebel Rebel**

Savouré

Savory seasonal soda, Bristol VT

Superfrau

Austrian-style whey beverage, Dorchester MA

Oko Naturals

Oat milk, Dorchester MA

MIXED DRINKS

\$12

Challenge Accepted

Cucumber juice, aquafaba, honey, lime, and tarragon by Kyisha Davenport of Tanám

\$10

Bobbi From Boston

Seedlip Grove 42, honey, orange & lemon

\$9

Switzer Spritzer

Töst Sparkling, Bug Hill Farm rhubarb shrub, rosemary & lemon

\$8

Crimson Colada

In Pursuit of Tea Crimson Chai Tea, pineapple, coconut & lime

We want to thank and highlight the talented women-owned food and beverage businesses who helped bring this menu to life.

HOT DRINKS

\$4 (By the pot or by the mug)

In Pursuit of Tea

Herbal, black, green

\$4 (By the pot or by the mug)

Rare Tea

\$5.5

London Fog

Earl Grey tea and steamed milk with your choice of vanilla or lavender syrup

\$4.5

In Pursuit of Tea Matcha Latte

\$4.5

Golde Turmeric Latte

\$5 (Make it a Dirty Chai +\$2)

Dona Chai Latte

\$4.5

Guelaguetza Oaxacan Hot Chocolate

\$3 (By the pot)

Fresh Mint Leaf Tea**EQUATOR COFFEE**

Complimentary Drip	Free
Espresso	\$3
Americano	\$3.5
Macchiato	\$3.5
Cortado	\$3.5
Cappuccino	\$4
Flat White	\$4
Latte	\$4.5
Cold Brew	\$4

All espresso-based drinks made with your choice of High Lawn Farm whole or skim milk

Substitutions:

<i>Oat Milk</i>	<i>\$1</i>
<i>Almond Milk</i>	<i>\$1</i>

Add a syrup:

<i>Vanilla</i>	<i>\$1</i>
<i>Lavender</i>	<i>\$1</i>

MADE TO ORDER

TOAST

\$9

Avocado

Calabrian chili oil, cilantro, lime, and sea salt on A&J King sourdough **V, NF, GFO, VVO, DFO**

\$12

East Coast

Lox, fromage blanc, capers, dill, tomato, and red onion on A&J King sourdough **NF, VO, VVO, DFO, GFO**

BOWL

\$12 (Half-portion for \$6)

Overnight Oats

Coconut and oat milk-soaked gluten-free oats and chia seeds, toasted coconut, Bonnie's Jams, coconut cream, fresh fruit **V, VV, GF, DF, NF**

\$13

Macro Bowl

Roasted veggies, quinoa, fresh spinach, Berbere-spiced chickpeas, avocado, Hosta Hill kimchi, and sesame with your choice of dressing on the side **V, VV, GF, DF, NFO**

SALAD

\$11 (Half-portion for \$5)

Fattoush

Hand-torn bread, cucumber, tomato, cilantro, feta, chickpeas, hummus, lemon-Aleppo vinaigrette **V, DFO, VVO, GFO, NF**

\$9

Leafy Greens

Avocado, lemon, olive oil **V, VV, DF, GF, NF**

ADDITIONS

<i>Jerk or plain roasted chicken</i>	\$5
<i>Avocado quarter or half</i>	\$2 / \$4
<i>Red quinoa</i>	\$3
<i>Hummus</i>	\$3
<i>Hard boiled egg</i>	\$2

\$10

Hummus Plate

Toast, hummus, veggies, olive oil, Aleppo pepper
V, VVO, DFO, GFO

\$3

Popcorn

Choose with,
Nutritional yeast and black pepper
Cinnamon and sugar
Old Bay
Cheddar cheese powder
V, VV, DF, GF, NF

\$2

Hard Boiled Eggs (2)

GF, DF, NF

\$4

Side of Leafy Greens

V, VV, GF, DF, NF

\$3

Side of Hummus

V, VV, GF, DF

\$3

Side of Fresh Fruit

V, VV, GF, DF, NF

\$2

Roasted Broccoli

V, VV, GF, DF, NF

\$2

Roasted Sweet Potatoes

V, VV, GF, DF, NF

KEY

GF: Gluten-Free

GFO: Gluten-Free Option

V: Vegetarian

VO: Vegetarian Option

VV: Vegan

VVO: Vegan Option

DF: Dairy-Free

DFO: Dairy-Free Option

NF: Nut & Seed-Free

NFO: Nut & Seed-Free Option

The Wing provides equitable, livable wages and benefits to all of our employees, front and back-of-house alike.

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.