



FROM IH FIELD -

GF MOMENTUM SALAD

local mixed greens, onion, cucumber, radish, goat rodeo chevre, cabernet vinaigrette

GF MARKET SQUARE WEDGE SALAD

iceberg, tomato, cucumber, red onion, bleu cheese, cheddar, bacon, bleu cheese dressing

Option: add chicken 8, salmon 12.5, steak 12.5, shrimp 10

MAIN DISH -

MARGHERITA PI77A

fresh mozzarella, oven-roasted tomato sauce, basil

MAC & CHEESE

cavatappi pasta, smoked provolone, white cheddar, parmigian, herbed breadcrumbs

FARRO & LEEK RISOTTO

celery root puree, king trumpet mushroom, smoked mushroom jus, celery root frizzle

CAROLINA STICKY RIBS

carolina gold bbq,fries,fennel slaw

V VEGAN GF GLUTEN FREE

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

SANDWICHES

MOMENTUM BURGER

house brioche, r.c. short rib & bacon, herb sauce, white cheddar, caramelized onion, shredded lettuce

FOOTPRINT FARM CHICKEN SANDWICH

grilled breast, fresh mozzarella, smoked provolone, roasted peppers, arugula, balsamic, focaccia

TRIPLE C SALMON A-L-T

blackened grilled salmon, focaccia, avocado, roma tomato, greens, roasted garlic aioli

SOUP DUJOUR

BELGIAN FRIES

parmesan, rosemary-truffle salt, roasted garlic aioli



EAT. DRINK. CHANGE LIVES.

Our restaurant is equal parts dining room and classroom: While our interns are working on providing thoughtful dishes with top-notch service, they're also learning that they can (and will) rise to whatever level of expectation is set for them. While enjoying the results of their hard work work and determination, you're also sending them a message that you believe in them. Thank you for helping to change the lives of our community's justice-involved youth.



PITTSBURGH

START HERE

BREAD & BUTTER BOARD

sourdough, charred leek focaccia, black garlic butter, pesto oil

RELGIAN FRIES

parmesan, rosemary-truffle salt, roasted garlic aioli

PEI MUSSELS

green curry, coconut cream, leeks, focaccia

GF KOREAN CHICKEN WINGS

gochujang & lime glaze, sesame seed
aioli, pickled carrot slaw

HEARTH OVEN PIZZA

roasted tomato, goat rodeo chevre, arugula, prosciutto

FUN-GAL FARM MUSHROOM GALETTE

brie, cranberry-rosemary jam, arugula

CAROLINA STICKY RIBS

carolina gold bbq, fennel slaw

FROM IH FIELD -

MOMENTUM SALAD

local mixed greens, onion, cucumber, radish, goat rodeo chevre, cabernet vinaigrette

GF WEDGE SALAD

iceberg, tomato, cucumber, red onion, blue cheese dressing

MASHED POTATOES *milk

HEARTH MAC & CHEESE *wheat, milk

BRAISED GREENS

MOMENTUM BISCUITS local honey butter

ROASTED LOCAL
MUSHROOMS
confit garlic, thyme



MAIN DISH

SMOKED FRIED CHICKEN

mashed potato, collard greens, buttermilk biscuit, black pepper gravy

RICOTTA CAVATELLI PASTA

shrimp, roasted peppers, kale, crispy prosciutto, pistachio pesto

V FARRO & LEEK RISOTTO

celery root puree, king trumpet mushroom, smoked mushroom jus, celery root drizzle

DUCK TWO WAYS

pan-seared breast, confit leg, spaetzle, brussels sprout, apple-mustard jus

BRAISED SHORT RIR

polenta, local carrots & turnips, madeira-beef jus, horseradish gremolata

rget blackened verlasso salmon

creamed spinach, fingerling potatoes, house bacon, dijon cream



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CAPEMOMENTUM.ORG





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