Get your plate out of the past and back to the future. **How?** Ditch the stuffy 1980s “foodie” label and get ready for some lip-smacking fun right here in Maine.

**Gastrognome’s**

**A Foodie’s Guide to Planet Maine**

**rolls out**

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**Eat 3.0**

**BY JUDITH GAINES**

January 23, 2011

**PIES ON PARADE**

Participants walk or hop a trolley to sample 45 different sweet or savory pies at Rockland inns, restaurants, and businesses. Proceeds support the Area Interfaith Outreach Food Pantry. 877-762-4667, historicinnsatrockland.com

February 19-20

**MAINE HOME, REMODELING, AND GARDEN SHOW**

Includes “Meet the Chef” series: chefs from Maine and New Hampshire show how to prepare their most famous dishes. 935-2845, homegardenflowershow.com

**FAT TUESDAY PARTY & CAJUN COOK-OFF**

WMFG radio invites the public to join in a live broadcast and Cajun Cook-off for Fat Tuesday. Sample jambalaya, gumbo, and crawfish etouffee made by some of Greater Portland’s best chefs—and vote for your favorite dishes. Individual entries welcome. 780-4151, wmpg.org

March 16

**MAINE RESTAURANT AND LODGING EXPO**

Trade show for restaurant/lodging professionals features exhibits from over 120 companies. Cumberland County Civic Center, Portland. 623-2177, mainerestaurant.com

March 18

**FREE ICE CREAM**

Gifford’s offers free ice cream cones to welcome Spring. Skowhegan, Bangor, Farmington, Auburn, and Waterville locations. giffordsicecream.com

March 25-26

**FLAVORS OF FREEPORT**

Tastings and demonstrations by Freeport chefs and food purveyors. 865-9099, flavorsoffreeport.com

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**DINING ON THE PEAK**

Ride the chondola up the mountain at Sunday River ski resort in Bethel for dinner on the mountaintop. Saturdays only. 824-5076, sundayriver.com

**DINNER WITH ROMANN**

Three- ($38), four- ($46), or five- ($55) course dinner special. January-April. Grissini Italian Bistro, Kennebunkport. Reservations required. 967-2211, restaurantgrissini.com

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**Delicious Winter**

by Judith Gaines

Get your plate out of the past and back to the future. **How?** Ditch the stuffy 1980s “foodie” label and get ready for some lip-smacking fun right here in Maine.
We applaud The Village Voice's very public decision last year to ban the word "Foodie" as sounding so Last Century, so Ross-and-Rachel. Seattle Weekly food writer Jason Sheehan, in his blog post, "Suck It Foodies," ventures "Grubnik" or "Gastronaut" as alternatives. At press time, a couple of glasses of wine to the wind, we've selected "Gastrognome." By way of clarification, the former New York Jets football star is Mark Gastineau.
Ciao, Portland!

The Italians are Coming!
June 10-12, Ocean Gateway

This won’t have a ‘big-tour-bus’ feel,” says Midge Vreeland of the upcoming Italian Life Expo, a three-day celebration of Italy’s boisterous culture and bold cuisine. Co-sponsored by the Spannocchia Foundation—a Portland- and Siena, Italy-based group dedicated to “encouraging global dialogue about sustaining cultural landscapes for future generations,” of which Vreeland is president—the event will provide a ‘small-town-Italy’ experience for much less than a plane ticket.

For roughly $30, attendees will enjoy sipping a deep, velvety Barolo from the family-owned Salvano vineyard nestled in the Piedmont region; tucking into an egg lasagna “au gratin” with beef, fennel seed, and Tuscan sausage ragù by Chef Pino di Cicco of Antica Osteria Da Divo in Siena; speaking with Tuscan artist Ferro Battuto Biagiotti about his handcrafted iron wares; and imagining themselves on an “agriturismo” vacation, exploring a romantic, centuries-old organic farm under a brilliant Tuscan sun.

For Vreeland, the eponymous co-owner of a Yarmouth marketing firm, the journey is a sentimental one. “My husband, Stew, and I fell in love with Italy and eventually bought a house in the Umbrian hilltown of Panicale. When we are there, we are always thinking of the season and eating accordingly. When our friends, Peter and Gail Cinelli (the Cinelli family has owned Castello di Spannocchia in Siena since 1925, when author Delfino Cinelli acquired the property to use as a place to write) offered me a spot on Spannocchia’s board, I didn’t hesitate.”

The organization boasts 700 Mainers on their mailing list (spannocchia.org), and the event is expected to draw about 1,500 attendees.

“We chose to host this event in Portland rather than someplace larger, like Boston, because we wanted an intimate, personable feel. It’s been our experience that the smaller regions and organizations get overwhelmed at the bigger shows by Milan fashion shows and huge auto companies, etcetera. This is about real people.”

Sponsors include Auto Europe and the Institute for International Studies.

For more information, visit italianlifeexpo.com.
Friday • February 11 • 7 p.m.

Taste of Italy
Wine Pairing Event

Maria’s Restaurant
337 Cumberland Avenue, Portland

Savor the best Italy has to offer.
A delectable, multi-regional, four-course dinner will be accompanied by fine Italian wines and expert wine commentary.

Live classical music from Musicians of Encore

Reserve now, attendance is limited
772-9232 • 775-1491
CathedralPortland.com

Proceeds to benefit Cathedral School

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March 27 Eat the Heat Chili Cook-off
Professional and amateur cooks vie for the title “Best Chili Cook.” White Cap Base Lodge. 824-3000, sundayriver.com

March 27 Maine Maple Sunday
Sugarhouses throughout the state invite the public to join in making maple syrup. 287-3491, getrealmaine.com

April 13 Parrot Head Festival
Featuring a margarita mix-off and Key Lime pie-eating contest. Sunday River. 824-3000, sundayriver.com

April 22-24 Fishermen’s Festival
A fish fry, lobster trap hauling, and dory bailing. Boothbay Harbor. 633-6280, boothbayharbor.com

April 29 An Evening with Friends
Fine dining with paired wines to support scholarships for Southern Maine Community College and other rotary-club charities. SMCC. 799-2314, breakwater-rotary.org

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Braised short ribs, Asian-inspired, served over crispy rice cakes with baby bok choy
Braised veal osso bucco, Milanese-style, served over saffron risotto with gremolata and a pan sauce

Go to our website to see which braise will be offered each week

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INCISE LIKE
MAINE RESTAURANT WEEK
March 1-12 & November
Restaurants throughout the state offer special, three-course meals at $20.11, $30.11, or $40.11 for dinner, or $15.11 for lunch. Proceeds help hungry and homeless Mainers. Past participants have included Hugo’s, Eve’s at the Garden, Back Bay Grill, Five Fifty-Five, The Front Room, Cinque Terre, Bar Lola, and Bresca. This is a great way to sample a restaurant you’ve been wanting to try and also help those in need. Some hotels and inns offer special stay-and-dine packages. Reservations advised. 775-2126, mainerestaurantweek.com

May 2 TASTE OF OOB
Participating Old Orchard Beach businesses offer samples of their wares—edible or otherwise. 281-2114, oob365.com

May 21-22 SEED TO SOIL
Enjoy a vegetarian feast. Rippling Waters Farm, Sleep Falls. 642-5165, ripplingwaters.org

June 1-3 FINE LIVING FESTIVAL
Fine food, cooking demonstrations, and wine tastings to celebrate Food Independence Day. Kennebunkport. 423-9837, finelivingfestival.com

June 3-4 FESTIVAL FRANCO FUN
Franco-American food favorites. 783-1885, franceamericanheritage.org

June 4 FAMILY FISHING FESTIVAL
Catch your own fish for an outdoor BBQ! Learn to spin and fly cast with complimentary rods and reels. 824-3694, upperandro.com

June 12 OLD PORT FESTIVAL
Featuring local ethnic food. 772-6828, portlandmaine.com

June 17-19 MIDSOMMAR CELEBRATION
Swedish communities in New Sweden, Stockholm, Woodland, and Caribou celebrate Maine Swedish Colony’s 141st anniversary with traditional food at various venues. 896-9210, maineswedishcolony.info

June 18 DAIRY DAY AT MORRIS FARM
Sample cheese, milk, and yogurt from several Maine dairies. Butter churning and milking demonstrations. Wiscasset. 882-4080, morrisfarm.org

June 23-25 GREEK FOOD FESTIVAL
Greek food prepared in the tra-
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Art and food come together in a creative collage.

**ART AT THE GRILL**
Monthly receptions for local artists featuring different works each month. Includes free appetizers, wines, and cocktails by Chef Rick Hirsch. Year round, Damariscotta River Grill. 563-2992, damariscottarivergrill.com

**SLOW FOOD PORTLAND WRITERS’ NIGHT**
Authors who write about food read from their works, with tasty food offerings from Maine’s most talented Slow Food cooks. Past participants have included Ed Behr, Anne Mendelson, Max Watman, Sandy Oliver, Nancy Harmon Jenkins, and Kathy Gurst. March 10. slowfoodportland.org

**KENNEBUNKPORT FESTIVAL**
Paintings and sculptures grace inns and restaurants in Kennebunkport, and chefs create special meals inspired by the art. Includes a Grand Tasting of global wines and Maine food at The Colony restaurant, a casual BBQ and microbrew fest, plus dinners with wine-makers, and artists in private homes. June 3-5. 722-3373, kennebunkportfestival.com

**WRITERS’ NIGHT**
Regional food writers join local culinary talents to present a January evening of readings and a taste of Maine’s winter bounty. Past readers have included Ed Behr, Nancy Harmon Jenkins, Sandy Oliver, James Peterson, Anne Mendelson, and Margaret Hathaway. slowfoodportland.org

**POPP THE CORK**
Three toasts to the arts with food, wine, music, and dance and proceeds to benefit a local arts NPO. June 23. MidCoastal area; July 28, Ogunquit; August 18, Portland. 765-4478, mainewine.com

**July 15-17 **
**YARMOUTH CLAM FESTIVAL**
Three days of fried whole and stuffed breaded fried whole clams in crumbs, clam cakes, steamed clams, clam chowder, clam pizza, fried clam strips, and clam-shucking. 846-3984, clamfestival.com

**July 15-17 **
**WATERFORD WORLD’S FAIR**
Traditional agricultural fair in a small community. 583-4983, waterfordworldsfair.org

**July 18 **
**WEED AND FEED**
Pick weed picks in return for a locally raised lunch, and go on a wild food treasure hunt in the forest. Rippling Waters Farm, 5 812, smccme.edu

**FARMERS’ MARKETS**
Farms throughout Maine offer demonstrations, hay baking, and cleaning and cooking your own duck. Gray. tenapplefarm.com

**SALTWATER FARM**
Classes held throughout the year. Topics include home brewing, cassoulet, Catalan cuisine, and cheesemaking. Lincolnville. saltwaterfarm.com

**STONE TURTLE BAKING AND COOKING SCHOOL**
Classes held throughout the year, with topics that include breads, pies, tarts, and cake decorating. 324-7558, stoneturtlebaking.com

**TEN APPLE FARM**
Homesteading workshops offered throughout the year. Topics include cheesemaking, bread-making, and cleaning and cooking your own duck. Gray. tenapplefarm.com

**THE WHITE BARN INN**
Classes held the first and third Thursday of every month from November to April. Kennebunkport. 967-2211, restaurantgrissini.com

**BETA VERSION**
**MAINE FOOD LAB (at the former Roma Cafe)**
769 Congress Street
Watch for delicious developments at Maine Food Lab, Quimby Colony’s “culinary incubator” featuring lectures, workshops, and tests for the general public. To track up to 12 events per month here, visit mainefoodlab.com.

**APPLETON CREAMERY**
Two-day workshops for cheeses you can make at home, including jack, mozzarella, and ricotta, as well as butter, using grocery store cow’s milk. Appleton Creamery. Appelton. appletoncreamery.com

**BAYLEAF BISTRO**
Cooking classes June through September on Wednesdays featuring different international cuisines. Lincolnville. 505-0438, bayleafcottages.com

**BLACK TIE BISTRO**
Classes throughout the year. Topics include truffles and brittle, tempeh, risotto, Cajun and Creole, and mixology. 761-6665, blacktieco.com

**CAFÉ MIRANDA**
Chef Kerry Altiero offers Saturday cooking classes throughout the year. 941-2034, calamiranda.com

**CELLARDOOR WINERY**
Cooking classes throughout the year including “Lobster Lovers” and “Cooking with a Maine Farmer.” Lincolnville. 763-4478, mainewine.com

**HARSTON INN**
Chef Michael Salmon offers weekend cooking classes, including Tuscan dishes and gourmet meals on a budget. Camden. 236-4291, harstoninn.com

**MAINE CULINARY VACATIONS**
Join chef and cookbook author Anne Mahle on a several-day windjammer cruise during August, with cooking demonstrations on the ship’s wood-burning stove. 800-869-3960, maineculinaryvacations.com

**ON THE MARSH BISTRO**
Join Executive Chef Jeffrey Savage, a Wine Spectator Award of Excellence winner and James Beard presenter, for “An Insider’s Culinary Class.” May-June, Kennebunk. 967-2299, onthemark.com

**SALTWATER FARM**
Classes held throughout the year. Topics include home brewing, cassoulet, Catalan cuisine, and cheesemaking. Lincolnville. saltwaterfarm.com

**STONE TURTLE BAKING AND COOKING SCHOOL**
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**THE WHITE BARN INN**
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Farm, Sleep Falls. 642-5161, ripplingwaters.org

**July 19-23 **
**CENTRAL MAINE EGG FESTIVAL**
Early bird breakfast, chicken BBQ, “egglympics” for kids, quiche contest, and one of the world’s largest frying pans! Pittsfield. 680-0646, eggfestivalmaine.com

**July 24 **
**OPEN FARM DAY**
Farms throughout Maine offer demonstrations, hay rides, and pick-your-own possibilities. Also free tours by Sabbathday Lake Shaker community in New Gloucester. 287-3491, getrealmaine.com. 920-4937, shakerlib.me.us

**August 3 **
**A TASTE OF GREATER WATerville**
Dine under the stars in historic downtown Waterville. Features a beer garden. 873-3013, midmaineharbor.com

(Continued on page 82)
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Summer Seductions

BAR HARBOR FOOD & WINE CLASSIC
This nine-day celebration includes wine tastings and dinners featuring local ingredients. 800-328-5033, theharborsidehotel.com

LA KERMESSE FRANCO-AMERICAN FESTIVAL
Franco-American block party with traditional foods. St. Louis Field, Biddeford. 282-2894, lakermessefestival.com

STRAWBERRY FESTIVALS
Maine’s succulent strawberry is honored with shortcakes, berries and cream, chocolate-covered berries, pies, and assorted activities in communities around the state, including South Berwick (June 25, southberwick-strawberryfestival.com), Wells (Ogunquit, Sangerville, Lincolnville, New Gloucester, Washington, Bangor, Boothbay Harbor, Wiscasset, and Locke Mills. Contact local chambers of commerce for additional information.

TWILIGHT DINNERS
On alternating Thursdays Turkey Hill Farm in Cape Elizabeth offers evening dinners in its orchard, starring food grown on the farm. July-September. 761-4769, cultivatingcommunity.org

The more we give. The more you get.
Valentine’s Four-Course Dinner
February 12, Sea Glass Restaurant, Inn by the Sea, Cape Elizabeth, 799-3134, innbythesea.com

Valentine’s Day Gourmet
February 14 presents plenty of dining opportunities for galentines and couples. Aphrodisiac Tasting Menu at Hugo’s, Portland, 775-9090, hugos.net; a special four-course meal at Five Fifty-five, Portland, 263-0555, twofiftyfive.com; a special four-course meal at Blue Sky, York Beach, 363-0650, blueskyyorkbeach.com

Chocolate Festival
Choose a dozen samples from 30 decadent chocolate delectables at this family-friendly event, sponsored by Moosehead Lake’s Chamber of Commerce. February 20, Greenville’s Moxie Hall, 685-2702, mooseheadlake.org

Chocolate Lovers’ Fling
An afternoon of chocolate delights created by chefs and chocolate’s in York and Cumberland Counties. Proceeds support Sexual Assault Response Services of Southern Maine. April 3, Holiday Inn by the Bay, Portland, 288-3035, chocolatefling.org

Caviar Dinner
Champagne and caviar followed by a four-course meal with wine and caviar pairings. Caviar expert Rod Mitchell of Browne Trading Company will be on hand to add to the flavor. October. 775-9090, portlandharborhotel.com

September 16 Soil to Supper
Held at Rippling Waters, a CSA in Standish, this event brings food-lovers right to the source for a late-summer potluck that includes music and agricultural education. 2-6:30 p.m. slowfoodportland.org

September 17 Mt. Desert Island Garlic Festival
Chefs, brewers, and garlic growers celebrate the pungent little bulb at Smugglers’ Den Campground. 288-0269

September 23-25 Common Ground Country Fair
Participate in discussions of hot topics in farming, gardening, and food preparation, sponsored by MOFGA. Unity. 568-4142, mofga.org

September 25 Penobscot Oyster Festival
Sharpen only the best oysters at this annual festival. Schooner’s Landing Restaurant, Damariscotta, 390-9912

October 1-10 Damariscotta PumpkinFest & Regatta
A ten-day homage to all things pumpkin: a sanctioned pumpkin weigh-off (last year’s winner totaled an amazing 1,471 pounds), pumpkin catapulting, pumpkin boat races, pumpkin pie-eating, and a cooking-with-pumpkin contest. 592-6184, damariscottapumpkinfest.com

October 2 Slow Food Mid-Coast Maine American Harvest Picnic
Celebrate rare foods grown by local farmers and prepared by area chefs. Apple pie contest, and cider pressing. Morris Farm, Wiscasset. 882-4080, morrisfarm.org

October 9 Open Creamery Day
Awards winning Maine cheesemakers offer samples, and cheesemakers around the state invite you to visit their operations. mainecheeseguild.org

October 15-16 York Harvest Fest
A roasted ox and bean-hole beans— who can refuse? 363-4422, gatewaytomaine.org

October 29 or 30 Great Maine Apple Day
Workshops on cider and wine making, cooking with old-time recipes, apple art, and tasting of heirloom varieties. Common Ground Educational Center, Unity. 568-4142, mofga.org

Love Emoticon
February 14 presents plenty of dining opportunities for galentines and couples. Aphrodisiac Tasting Menu at Hugo’s, Portland, 775-9090, hugos.net; a special four-course meal at Five Fifty-five, Portland, 263-0555, twofiftyfive.com; a special four-course meal at Blue Sky, York Beach, 363-0650, blueskyyorkbeach.com

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mountainvillageinn.com

Maine Faire
A three-day, September celebration of Maine’s culinary harvest with panels, tastings, classes, films, dinners, and a marketplace featuring an array of local artisanal products. Camden.mainefaire.com

Annual Grand View Farm Dinner
Stafis of Cinque Terre and Vignola jointly create this meal in September. Grand View Farm, Greene. 347-6154, cinqueterremaine.com

Maine Salmon Festival
Eastport heats up in September with a community potluck “pie party” featuring savory and sweet pies, a chowder lunch, and a grilled salmon dinner. Other events include a salmon cooking demonstration and juried vendor competition selling smoked salmon and other treats. 853-2301, eastport.net

Twenty-Mile Meal
Local culinary superstars craft tastings from ingredients grown, raised, or landed at the Turkey Hill Farm in Cape Elizabeth or within a 20-mile radius. October 761-4769, cultivatingcommunity.org

Foliage, Food, and Wine Festival
Chefs and food producers invite you to sample their best treats on scenic Blue Hill Peninsula in mid-October. 374-3242, bluehillpeninsula.org

Maine Whoopie Pie Festival
Bakers “from around the country” share their versions of whoopie pie. June 25, Center Theatre, Dover-Foxcroft. 564-8943, centertheatre.org

Moxie Festival
Created by Maine’s own Dr. Augustin Thompson, Moxie is our official soft drink and a cult object for followers who gather for this annual tribute. Includes a contest for the best recipe incorporating Moxie, which was described on its original label like this: “Contains not a drop of Medicine, Poison, Stimulant or Alcohol...” July 8-10, Lisbon Falls. moxiefestival.com

November 12 Savor the Flavor
This progressive dinner in Old Orchard Beach goes from restaurant to restaurant for a six-course meal and then in reverse for drinks. 281-2114, oob365.com

November 19 Greek Holiday Bazaar
Greek food is the main attraction at this gathering, where you can get a hot meal or holiday gifts for food-loving friends. St. Demetrios, Saco. stdemetriosmaine.org

November 26-December 24 Taste of Bethel
Sample specialties of local chefs. bethelmaine.com

December 2-11 Christmas Prelude
A week of festive fare, including champagne receptions, roasted chestnuts at the monastery, and holiday table-setting tips. Kennebunkport. christmasprelude.com

December 3 Chester Greenwood Day
The Farmington fellow who invented the earmuff is remembered with chili and gingerbread house contests. 779-4215, franklincountymaine.org

December 3 Shaker Christmas Fair
Homemade; Shaker baked goods, including Brother Arnold’s famous biscuits, cheese, pickles, wreaths, and the famous Shaker oval boxes. New Gloucester. 926-4597

December 24 Feast of the Seven Fishes
Traditional holiday Italian feast with four courses and seven fishes. Cinque Terre, Portland. 347-6154 for reservations.
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