

The First Post

3691 E Market St 3691 East Market Street, 17402, York, Pennsylvania 17402-2627 · +17174308115 ·
Updated: Jan 14, 2026

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STARTERS 14

Lettuce Wraps	\$13.00
grilled chicken, pickled carrots & cucumbers, cilantro, thai peanut sauce, sweet ginger soy	
Calamari	\$14.00
flash-fried, honey lemon aioli, housemade pomodoro sauce, grated parmesan	
Mini Gyros	\$13.00
slow roasted porchetta, tomatoes, red onion, seasoned shoestring fries, tzatziki	
Crab Dip	\$15.00
crab, cream cheese, old bay chips	
Fried Brussels Sprouts	\$10.00
apple relish, bacon, aged parmesan, cheddar grits	
Char-Grilled Wings	\$14.00
house buffalo sauce, celery, carrots, bleu cheese	
Scotch Eggs	\$10.00
sausage wrapped soft-boiled egg, sweet dijonaise	
Pumpkin Ravioli	\$11.00
locally sourced ravioli, craisins, pecans, brown butter thyme sauce, aged parmesan	
Seared Tuna Tataki	\$17.00
sesame and black pepper seared, cucumber, ponzu sauce, tempura scallions	
Charred Octopus	\$18.00
fingerling potatoes, capers, onions, fried oregano, lemon vinaigrette	
Sea Scallops	\$17.00
pan seared, asparagus, lemon pepper pesto, grilled ciabatta	
Shrimp Tempura	\$14.00
jumbo shrimp, honey-sriracha mayo, cilantro, asian slaw	
Burrata	\$14.00
tomato confit, garlic, shallots, olive oil, pancetta, basil, aged balsamic, garlic bread	
Poke Bowl	\$17.00
yellowfin tuna, housemade poke sauce, brown sushi rice, avocado, grilled pineapple, seaweed salad, edamame, scallions, fried maui onions	

SIDE SOUPS & SALADS 5

Caesar Salad	\$6.00
romaine hearts, croutons, parmesan, housemade dressing	
Market Salad	\$5.00
mixed greens, tomato, onion, cucumber, shredded cheddar, croutons, choice of dressing	
French Onion Soup	\$8.00
caramelized onions, croutons, gruyere, provolone, fried onion	
Cream of Crab Soup	AVAILABLE OPTIONS
lump crab, old bay, chives	Cup: \$6.00
	Bowl: \$8.00
Chef's Choice Soup	AVAILABLE OPTIONS
soup of the day, ask your server for details	Cup: \$4.00
	Bowl: \$6.00

ENTREE SALADS 5

Post Caesar with Grilled Chicken	\$17.00
romaine hearts, radishes, carrots, cream cheese croutons, soft-boiled egg, aged parmesan, housemade dressing	
Salmon Salad	\$20.00
spicy maple glaze, romaine hearts, roasted squash, pecans, raisins, red onions, apple bacon vinaigrette, shaved brussels sprouts	
Chopped Shrimp Salad	\$18.00
sweet & spicy grilled shrimp, romaine hearts, sweet corn, avocado, cilantro, tomatoes, crispy bacon, ancho lime ranch	
Chopped Greek Salad	\$18.00
grilled chicken, romaine hearts, warm halloumi cheese, feta, roasted red peppers, tomatoes, cucumber, olives, red onions, crispy filo, honey, sesame seed, greek vinaigrette	
Blackened Steak Wedge	\$21.00
iceberg lettuce wedge, roasted tomatoes, bacon, bleu cheese crumbles, fried onions, bleu cheese dressing	

FROM THE FARM 9

Hibachi Steak	\$25.00
flank steak, herb mashed potatoes, wasabi butter, tempura asparagus, shiitake soy jus	
Ribeye	\$36.00
roasted fingerling potatoes, french green beans, mushroom demi-glace	
Grilled Meatloaf	\$22.00
bacon wrapped & grilled, herb mashed potatoes, garlic broccolini, bbq demi-glace	
Filet Mignon	\$39.00
herb mashed potatoes, asparagus, charred bleu cheese onion, red wine demi-glace	

Surf & Turf	\$59.00
filet, grilled lobster tail, herb mashed potatoes, grilled asparagus, brandy peppercorn cream	
Sirloin & Crab Cake	\$36.00
herb mashed potatoes, french green beans, roasted red pepper cream, corn relish	
Roasted Chicken	\$23.00
hot honey glaze, herb mashed potatoes, bacon brussels sprouts	
Prime Pork Chop	\$25.00
slow roasted & grilled, bacon brussels sprouts, cheddar grits, apple pork jus	
Korean BBQ Short Rib	\$28.00
korean bbq braised, kimchi fried rice, broccolini, scallions, fried soy onions	

FROM THE SEA 5

Salmon	\$28.00
spicy maple glaze, sweet potatoes, country sausage, charred red onion, kale	
Fish & Chips	\$20.00
beer battered fresh fish, caper tartar sauce, french fries, house slaw	
Oven Baked Crab Cakes	\$32.00
herb mashed potatoes, old bay butter, french green beans, corn relish, roasted red pepper cream	
Sea Scallops	\$36.00
truffle vinaigrette, caramelized onion & bacon risotto, heirloom carrots	
Cioppino	\$27.00
seafood stew: shrimp, scallops, fish, crab, mussels, clams, tomatoes, onions, fennel, grilled ciabatta, uni butter	

SPECIALTY PASTAS 5

Vegetarian Pasta	\$18.00
spinach, pinenuts, roasted tomatoes, roasted red peppers, caramelized onions, tomato cream, rigatoni	
Angel Hair Shrimp	\$28.00
sauteed shrimp, pancetta, pomodoro, pesto cream	
Paccheri Bolognese	\$23.00
slow cooked ground beef, veal, and pork, pomodoro cream	
Shrimp & Sausage Marsala	\$25.00
roasted mushrooms, caramelized onions, spinach, marsala cream, rigatoni	
Chicken Orecchiette	\$21.00
oven dried tomatoes, prosciutto, mozzarella, spinach, tomato cream	

BETWEEN BREAD 9

Post Burger	\$13.00
lettuce, tomato, smoked bacon, aged cheddar, mayo, country white bun	
Crab Cake Sandwich	\$17.00
house crab cake, lettuce, tomato, tartar sauce, country white bun	
Post Steak Sandwich	\$15.00
sirloin tips, sweet peppers, caramelized onions, provolone, hot pepper mayo, artisan roll	
Seared Tuna Sandwich	\$17.00
sesame & black pepper seared, arugula, roasted tomatoes, red onion, sweet soy caesar, artisan roll	
Lamb Burger	\$12.00
lamb & beef blend, feta, tomato, pickled red onion, lettuce, tzatziki, country white bun	
New England Lobster Roll	\$28.00
chilled lobster, aioli, herbs, spices, frankfurt roll, mixed greens with house dressing, fries	
Black & Bleu Burger	\$13.00
cajun rubbed burger, bleu cheese, lettuce, tomato, roasted garlic aioli, country white bun	
Gruyere Chicken Melt	\$12.00
grilled breast, roasted mushrooms, caramelized onions, gruyere, roasted garlic mayo, bibb lettuce, tomato, country white bun	
Beyond Patty Melt	\$12.00
plant based patty, gruyere, american cheese, caramelized onions, grilled rye	