



APPETIZERS

JUMBO SHRIMP COCKTAIL

Served with house made cocktail sauce.

Four shrimp 10.99 Half a dozen 15.50 Dozen 29.99

STEAMED CLAMS 15.99

STEAMED MUSSELS * *Without Baguette slices*

Sautéed with roasted garlic, grilled lemon, white wine, rosemary & butter. 9.99

IRISH SMOKED SALMON* *Without Pumpernickel*

Smoked in the Irish tradition by Ducktrap Farms in Belfast, Maine. Thinly sliced on pumpernickel with capers, onions and mustard sauce. 9.99

SMOKED SEAFOOD SAMPLER

Irish smoked salmon, smoked scallops, smoked mussels and smoked bluefish. Served with capers, onions and mustard sauce. 11.99

CHILLED SEAFOOD PLATTER

Shrimp, oysters, clams and mussels. 24.99 With whole chilled lobster. 39.99

CHERRYSTONES ON THE HALF SHELL

Fresh cherrystones from Cape Cod. Served with cocktail sauce, horseradish, ponzu sauce and pickled shallots

Each 1.60 Half a dozen 8.99 Dozen 16.99

FRESH LITTLE NECKS

Each 1.60 Half a dozen 8.99 Dozen 16.99

OYSTERS ON THE HALF SHELL SELECTION

Each 2.35 Half a dozen 13.50 Dozen 25.99

Massachusetts : Cape Cod : House Oyster

Massachusetts : Wellfleet

Canada : P.E.I. : Malpeque

New York & Connecticut : Long Island Sound : Blue Point

FISH MARKET

FRESH FISH LUNCHES ARE BROILED OR GRILLED

Served with potato and vegetable. ◊ Can not be grilled.

FRESH TUNA 14.99

FRESH SCALLOPS 13.99

FRESH GULF SHRIMP 9.99

FRESH SWORDFISH 17.99

FRESH NORTH ATLANTIC SALMON 11.99

FRESH NORTH ATLANTIC POLLOCK 8.99

FRESH NORTH ATLANTIC HADDOCK ◊ 11.99

LUNCHES

SEAFOOD MIXED GRILL

Grilled selection of tuna, swordfish and gulf shrimp. Brushed with smoked barbecue sauce. Served on a bed of rice pilaf and vegetables. 10.99

GINGER CREAM TUNA WITH APPLES

Pieces of tuna pan seared with apples and chopped asparagus in a roasted garlic, ginger cream sauce. 10.99

SALMON WITH TOMATO BASIL VINAIGRETTE

Fresh North Atlantic salmon fillet, grilled and topped with tomatoes, basil, scallions and garlic in olive oil and balsamic vinegar.

Served with potato and vegetables. 11.99

SUBLIME SUSHI * *Sub. Nori Seaweed for Soy Wrap, No Fried Sweet Pot.*

A combination of a soy wrapped California shrimp roll, tuna crunch, salmon nigiri and tuna nigiri. Served with wasabi peas. 11.99

BANZAI SUSHI * *Sub. Nori Seaweed for Soy Wrap, No Fried Sweet Pot.*

A combination of a firecracker, soy wrapped spicy tuna roll and tuna sashimi. Served with wasabi peas. 14.99

LUNCH STEAK

6 oz. grilled beef tenderloin, served with potato and vegetable. 14.99

LUNCH CHICKEN

Grilled or broiled chicken breast. Served with potato and vegetable. 14.99

8.9.11

BEER

REDBRIDGE GLUTEN-FREE BEER 4.00

SUSHI

No Soy Wraps • Gluten Free Soy Sauce Only

FRESH BLACKENED TUNA SASHIMI

Center cut tuna blackened slightly chilled and sliced. 10.99

SPICY TUNA ROLL

Tuna with spicy mayonnaise, served inside out with black sesame seeds. 8.99

VEGETARIAN ROLL

Avocado, cucumber and asparagus, inside-out with black sesame seeds. 7.99

SUNRISE MAKI

Tuna, salmon, pineapple, duck sauce and a spicy mayonnaise drizzle. 10.99

SCORPION ROLL * *No Fried Sweet Potato*

Shrimp and tuna rolled with pineapple, avocado, fried sweet potatoes, and spicy mayonnaise. 9.99

THE SOLE ROLL

Thinly sliced smoked salmon with avocado, cucumber, asparagus and spicy mayonnaise. 8.99

RAINBOW MAKI

Tuna, salmon, avocado, cucumber and cream cheese. 10.99

FIRECRACKER * *No Fried Sweet Potato*

Lobster, avocado, fried sweet potato and homemade spicy mayonnaise. Served inside out with black sesame seeds. 11.99

TUNA CRUNCH * *No Fried Sweet Potato*

Tuna, fried sweet potato, avocado, spicy mayonnaise. 9.99

CALIFORNIA SHRIMP ROLL

Shrimp with avocado and shaved cucumber. 10.99

SALADS

Available Dressings: Honey Mustard, Balsamic Vinaigrette, Blue Cheese, Parmesan Peppercorn Ranch, Italian, Orange Sesame, Oil & Vinegar.

HOUSE SALAD

Field greens with a cucumber and tomato. 5.99

CAESAR SALAD - *No Croutons*

Romaine lettuce tossed with our Caesar dressing. 7.99

Grilled chicken 9.99

Seared shrimp 11.99

Cajun trout 10.99

Cajun salmon 12.99

THE SOLE SUNBURST SPINACH SALAD

Fresh chopped spinach, Mandarin oranges, dried cranberries, crumbled feta, diced red onion and tomatoes, complemented with a citrus vinaigrette and balsamic reduction. 8.99

ASIAN PEAR AND WALNUT SALAD

Field greens tossed with a honey tarragon vinaigrette, walnuts, dried cranberries and Bleu cheese. Topped with red wine poached pears. 8.99

GOAT CHEESE AND FENNEL SALAD

Fennel, apples, goat cheese and mixed greens salad. Tossed in lemon, olive oil, basil and balsamic glaze. 8.99

COBB SALAD

Romaine lettuce, tomatoes, onions, boiled eggs, bacon, avocado, cheddar cheese and buttermilk dressing. 8.99

Grilled chicken 9.99

Seared shrimp 11.99

Cajun trout 10.99

Cajun salmon 12.99

CRAB AND SHRIMP SALAD

Mixed greens tossed with crab meat, shrimp, avocado, fennel, tomatoes and a sweet lemon herb vinaigrette. 15.99

WARM LEMON TARRAGON SHRIMP SALAD

Seared gulf shrimp over mixed greens. Garnished with bacon bits and walnut pieces. Drizzled with Dijon tarragon dressing. 11.99



ENTRÉES

TUNA BARCELONA

Yellowfin tuna steak coated with cracked black peppercorns and grilled to medium rare. Stuffed with feta cheese, sun-dried tomatoes, scallions and basil. Complemented by roasted garlic mashed potatoes. Finished with a lemon beurre blanc. 24.99

SALMON FILLET AND JUMBO SHRIMP

WITH HOISIN WASABI DRIZZLE * No Hoisin Wasabi Drizzle

Flat-top seared North Atlantic salmon fillet and jumbo shrimp. Served with rice pilaf, vegetable and hoisin wasabi drizzle. 21.99

BLACKENED TUNA STEAK SASHIMI * No Soy Sauce

Yellowfin tuna, slightly blackened to extra rare. Served with cone shaped nori-wrapped rice, soy, wasabi, pickled ginger and marinated seaweed salad. 24.99

SEAFOOD SAUTÉ * No Herb Cracker Crumbs

Lobster meat, shrimp and scallops sautéed in garlic, leeks, fennel and white wine. Topped with herb cracker crumbs. Served with butternut squash and broccoli. 23.99

ROSEMARY DOUBLE STATLER CHICKEN BREAST

Breast meat of the whole chicken, with wing joint attached, pan seared in olive oil with rosemary and oregano. Finished with Madeira wine. Served with Bleu cheese mashed potato and sauteed spinach. 18.99

ROASTED DOUBLE STATLER CHICKEN BREAST * No Gratin Potato

Roasted herb-rubbed breast meat of the whole chicken, with wing joint attached. Presented on baked gratin potatoes and asparagus. 18.99

NY SIRLOIN * No Red Wine Demi

Fourteen ounces of broiled or grilled, well-marbled and closely trimmed New York Sirloin. Served with Bleu cheese mashed potato and vegetable. 25.99

STEAK AU POIVRE * No Red Wine Demi

New York Sirloin encrusted with crushed black peppercorns and seared to perfection. Complemented by seasoned mashed potatoes and vegetable. Topped with a red wine demi. 25.99

LAND AND TWO SEAS - No Sauce

Cedar grilled beef tenderloin, seared scallops and Cajun spiced jumbo shrimp served with caramelized onion whipped potato, red onion marmalade and portabello mushrooms. 29.99

CHEESECAKE WITH STRAWBERRIES

Over two inches thick, lightly browned cake flavored with lemon and vanilla, choice of strawberries. 6.99

CHOCOLATE TULIP CUP

Chocolate tulip cup with white chocolate accents served on a bed of raspberry puree and filled with a light, fluffy white chocolate mousse. 6.99

HOT FUDGE SUNDAE OR STRAWBERRY SUNDAE

Broadway's specially made vanilla ice cream topped with your choice of hot fudge or strawberries. Served with whipped cream, walnuts and a cherry on top. 6.99

8.11.11

FISH MARKET

FRESHNESS CUT TO ORDER™ All of our fresh fish is cut to order, then carefully cooked just to the point of doneness - the point when it reaches the optimum balance of flavor and moisture. Not over or under, but just right. This retains the natural juices, flavor and tenderness of the fish. If you would like your fish cooked more or less, please tell your server.

FRESH FISH DINNERS ARE BROILED OR GRILLED

Served with potato and vegetable. ◇ Can not be grilled.

*** No Ritz Crumb Topping**

FRESH NORTH ATLANTIC HADDOCK ◇ 19.99

FRESH NORTH ATLANTIC SALMON 19.99

SOFT SHELL CRABS 19.99

SUPER JUMBO SHRIMP 21.99

FRESH NORTH ATLANTIC POLLOCK 17.99

FRESH BONELESS IDAHO RAINBOW TROUT 18.99

FRESH TUNA STEAK* 24.99

GULF SHRIMP 18.99

FRESH SWORDFISH 27.99

FRESH SEA SCALLOPS 23.99

STEAMED DINNERS

STEAMED LOBSTERS

Served with potato and vegetable.

1 lb. 21.99 1.5 lb. 27.99

2 lb. 35.99 2.5 lb. 43.99

SIDE DISHES

SAUTÉED SPINACH AND GARLIC 4.99

STEAMED BROCCOLI 4.99

MASHED RED BLISS POTATO (seasoned, bleu cheese, garlic) 4.99

STEAMED ASPARAGUS 5.99

SAUTÉED PORTABELLO MUSHROOMS 5.99

SWEET POTATO MASH 4.99

OVEN ROASTED POTATOES 4.99

HOUSE RICE PILAF 4.99

DESSERTS

FLOURLESS CHOCOLATE CAKE

Decadent thoroughly dark chocolate cake, ganache glaze. Served with vanilla ice cream. 6.99

CHOCOLATE TERRINE WITH TWO SAUCES

Chilled bittersweet chocolate mousse flavored with Myer's Dark Rum glazed with semisweet chocolate cream. Served with a white chocolate and New Amsterdam dark chocolate sauce. 6.99

BANANA SPLIT

A halved banana lined with three scoops of Broadway's ice cream. Topped with hot fudge, caramel and strawberries. Served with whipped cream, walnuts and a cherry on top. 7.99

SORBET

Two scoops of delicious, creamy sorbet specially made for The Sole Proprietor. Lemon or blueberry. 5.99