

# LUNCH MENU

Monday



Mostly sunny,  
high of 51.

Tuesday



Partly cloudy,  
high of 47.

Wednesday



Mostly sunny,  
high of 49.

Thursday



Mostly cloudy,  
high of 48.

Friday



Showers,  
high of 45.

Saturday



Showers,  
high of 48.

Sunday



Showers,  
high of 37.



## LUNCH SPECIALS BY EXECUTIVE CHEF JOSEPH WONG FOR THE WEEK OF MARCH 8 - 13, 2010



### SALMON AND SCALLOP BASILIO

A long time favorite. Sautéed sea scallops and salmon tips with shallots, sun-dried tomatoes and leaf spinach. Tossed with black pepper fettuccine in a lemon butter sauce. 10.99

### SALMON AU POIVRE

Pan seared salmon fillet with a crushed black pepper crust. Topped with crispy onion rings and a red wine demi. Served on mashed red bliss potatoes and mixed vegetables. 10.99

### MUSSELS, TOMATOES & LOBSTER CREAM FROM THE KETTLES

Sautéed fresh P.E.I. mussels with basil, diced tomatoes and shallots. Finished in a lobster cream sauce, served on linguine pasta. 8.99

### CRISPY TUNA MELT WRAP

Our house tuna salad wrapped in a crispy flour tortilla with Russian dressing, plum tomatoes and melted cheddar cheese. Served with french fries and your choice of soup du jour, seafood or clam chowder. 9.99

## WINTER WORCESTER RESTAURANT WEEKS LUNCH MENU

### \$14.10

Price does not include tax and gratuity  
March 1, 2010 to March 14, 2010, available 11:30 a.m. to 4:00 p.m. only

With the order of an entrée you may choose one item from either the first course selections or the dessert selections

### FIRST COURSE

#### MIXED GREEN SALAD

Field greens with a cucumber and tomato

#### FRIED CALAMARI

Served with marinara sauce

#### JUMBO SHRIMP COCKTAIL

Four piece jumbo shrimp cocktail with our house made cocktail sauce

#### CALIFORNIA ROLL

Shrimp or Alaskan Snow Crab with avocado and shaved cucumber. Rolled with seasoned sushi rice and nori seaweed.

### ENTRÉE COURSE

#### CAESAR SALAD

The Sole's Caesar salad with your choice of: Cajun North Atlantic salmon, grilled chicken, or seared shrimp

#### 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 vegetable.

#### NORTH ATLANTIC HADDOCK

North Atlantic Haddock fillet, broiled or fried. Served with potato and vegetable.

#### 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. Topped with crispy onion rings.

### DESSERT COURSE

#### FLOURLESS CHOCOLATE CAKE

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

#### CHOCOLATE TULIP CUP

Filled with white chocolate mousse, served on raspberry puree.

#### APPLE BROWN BETTY

Warm cinnamon apples topped with a brown sugar crumb, served with a scoop of vanilla ice cream.

\*Promotional Menu, March 2010\*

## HOUSE FAVORITES

### SUBLIME SUSHI \*

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

### BANZAI SUSHI \*

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

### GINGER CREAM SCALLOPS WITH APPLES

Pan seared scallops with apples and chopped asparagus in a roasted garlic, ginger cream sauce. Served on steamed sushi rice. 10.99

### OVEN-BAKED CRAB CAKES

Made from King Crab, placed over a warm spicy Asian coleslaw and drizzled with chili mayonnaise. Served with house rice pilaf. 11.99

### BAKED SOLE AND SCALLOP STUFFING

Stuffed sole fillets with a caper, scallop and Ritz stuffing. Accented with lemon butter, accompanied by rice pilaf and vegetable. 10.99

### TROUT WITH A POTATO CRUST

Baked Rainbow trout rolled in a potato crust. Placed over seasoned mashed potato and topped with a roasted pepper vinaigrette and shaved scallions. 10.99

### HONEY CHIPOTLE BACON WRAPPED SCALLOPS

Crispy bacon wrapped sea scallops tossed with a chipotle honey mustard glaze. Served on a bed of coleslaw and sweet potato fries. 11.99

## LUNCH FISH MARKET

FRESHNESS CUT TO ORDER™ All 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 LUNCHES ARE BROILED OR GRILLED

Served with potato and vegetable. ◇ Can not be grilled

FRESH SCALLOPS	11.99
FRESH NORTH ATLANTIC POLLOCK	8.99
FRESH MAHI MAHI	11.99
FRESH GULF SHRIMP	9.99
FRESH SWORDFISH	14.99
FRESH NORTH ATLANTIC SALMON	10.99
FRESH SOLE ◇	9.99
FRESH TUNA	14.99

We cook with a wide variety of ingredients. If you have a food allergy please tell your server.

## PASTA FAVORITES

### ANGEL HAIR BERNARDI

Fresh scallops and shrimp sauteed in olive oil with fresh broccoli, tomato and garlic. Tossed with angel hair pasta. 9.99

### SHRIMP, TOMATO AND GARLIC

Shrimp sauteed in olive oil, white wine, fresh garlic, chopped fresh tomato and fresh basil. Served on linguine and garnished with Parmesan and Romano cheese. 9.99

### FETA TUNA AND PENNE PASTA

Sauteed diced tuna tips with shallots, artichoke hearts and basil. Tossed with penne pasta, crumbed Feta cheese and a roasted red pepper sauce. 9.99

### SESAME SHRIMP

Gulf shrimp in a crispy sesame batter. Tossed with a stir fry of mixed vegetables in an Asian teriyaki sauce with linguine. 9.99

### SWORDFISH WITH BLACK PEPPER FETTUCCINE

Sauteed diced swordfish tips with shallots and a blend of roasted vegetables. Tossed with black pepper fettuccine and a roasted garlic cream. 9.99

## SALADS

### MEDITERRANEAN SEAFOOD SALAD

Shrimp, scallops, mussels served with native greens, oranges, olives and citrus vinaigrette. 10.99

### CRISPY SEAFOOD CAESAR SALAD

A fried selection of haddock, shrimp and calamari in a seasoned cornmeal batter. Tossed with our Caesar dressing with crispy romaine lettuce, plum tomatoes and Parmesan cheese. 16.99

### 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

### GOLDEN BEET AND BLEU CHEESE SALAD

Field greens tossed with gold beets, toasted walnuts, red onions, Bleu cheese and a honey tarragon dressing. 8.99

### CRAB AND SHRIMP SALAD

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

### 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 Top the salad with your choice of: Grilled chicken 9.99, Seared shrimp 11.99, Cajun trout 9.99, Cajun salmon 11.99

### 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

### CAESAR SALAD LUNCHES

The Sole's Caesar salad with your choice of: Grilled chicken 9.99, Seared shrimp 11.99, Cajun trout 9.99, Cajun salmon 11.99

## SANDWICHES

Your choice of bulkie roll, pumpernickel or soft tortilla wrap. Served with French fries and a pickle.

### GRILLED SALMON BLT SANDWICH

Grilled salmon fillet stacked with sliced tomatoes, crispy lettuce, applewood smoked bacon and dijon mayonnaise on a warm bulkie roll. 11.99

### SPICY BRIE CRAB CAKE SANDWICH

Crispy Alaskan crab cake topped with melted brie cheese and a spicy mayonnaise drizzle on a soft bulkie roll. 11.99

### LOBSTER SALAD SANDWICH

Lobster meat, touch of lemon juice and mayonnaise. Served on a grilled hotdog roll. 17.99

### TUNA SALAD SANDWICH

House made fresh tuna salad mixed with scallions, lemon juice and mayonnaise. Topped with sliced tomato and melted Cheddar cheese. 8.99

### FISHERMAN'S SANDWICH

Fried whitefish fillet over coleslaw. Topped with tomato and melted Cheddar cheese. 8.99

### CHICKEN CAESAR WRAP

Grilled or fried chicken tossed with shaved Romaine lettuce, tomatoes, Parmesan cheese and our house Caesar dressing. Wrapped in a flour tortilla. 8.99

### BUFFALO CHICKEN WRAP

Crispy chicken fingers in Frank's hot sauce. Wrapped in a flour tortilla with Romaine lettuce and Bleu cheese dressing. 8.99

## FRIED LUNCHES

Served with French fries and coleslaw. All fried items are fried in a cholesterol and trans fatty acid free oil, made from a blend of canola, grapeseed and safflower oil.

FRESH FRIED FISH & CHIPS	8.99
FRIED SHRIMP	9.99
FRESH FRIED CLAMS	13.99
FRESH FRIED SCALLOPS	11.99
FRIED SQUID	9.99
FISHERMAN'S PLATTER	13.99
Selection of haddock, scallops and gulf shrimp in a crispy batter.	