









LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Flurries H 33, L 26	 Snow showers H 43, L 35	 Thunderstorms H 52, L 31	 Cloudy H 43, L 30	 Partly cloudy H 36, L 23	 Sunny H 33, L 19	 Snow showers H 32, L 26
	Bruins vs. Senators Celtics vs Cavaliers	Celtics vs. Raptors	Bruins vs. Hurricanes	Celtics vs. Knicks Sharks vs. St. John's	Bruins vs. Penguins Sharks vs. St. John's	Patriots vs. Giants Bruins vs. Capitals Celtics vs. Grizzlies

LUNCH SPECIALS BY EXECUTIVE CHEF JOSEPH WONG FOR JANUARY 30TH - FEBRUARY 4TH, 2012

SALMON AND GOAT CHEESE WITH PENNE

Salmon tips sautéed with shallots, white wine and leaf spinach. Tossed with penne pasta and crumbled goat cheese in a lemon butter sauce. 10.99

MUSSELS WITH TOMATO LOBSTER CREAM FROM THE KETTLES

Sautéed fresh P.E.I. mussels with shallots and plum tomatoes. Tossed with linguine pasta in a sherry lobster cream. 8.99

COCONUT HADDOCK

Baked haddock fillet topped with toasted coconut panko crumbs, finished with a chili garlic sauce. Served on a bed of rice pilaf and mixed vegetables. 11.99

PINEAPPLE MANGO SWORDFISH WRAP

Pan seared swordfish tips with spicy jerk seasoning, wrapped in a soft flour tortilla with a pineapple mango drizzle. Served with french fries and your choice of soup du jour, seafood or clam chowder. 9.99

HOUSE FAVORITES

SUBLIME SUSHI*

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

BANZAI SUSHI*

A combination of Firecracker, soy-wrapped Spicy Tuna and Tuna Sashimi, served with wasabi peas. 14.99

SEAFOOD MIXED GRILL

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

OVEN-BAKED CRAB CAKES

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

GINGER CREAM TUNA WITH APPLES

Pieces of tuna pan seared with apples and chopped asparagus in a roasted garlic, ginger cream sauce. Served on steamed sushi rice. 11.99

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 vegetable. 11.99

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

FISH TACOS



Fried whitefish in soft flour tortillas with sweet slaw, salsa fresca and cilantro lime crema, served with rice and beans. 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 LUNCHESES ARE BROILED OR GRILLED

Served with potato and vegetable.  Can not be grilled

FRESH ^{NORTH} ATLANTIC HADDOCK 	11.99	FRESH ^{NORTH} ATLANTIC SALMON	11.99
FRESH TUNA*	14.99	GULF SHRIMP	9.99
FRESH SWORDFISH	17.99	FRESH SCALLOPS	13.99
FRESH ^{NORTH} ATLANTIC POLLOCK 	8.99	FRESH MAHI MAHI	10.99

FRIED LUNCHESES

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 HADDOCK	11.99	FRESH FRIED CLAMS	13.99
FRIED SQUID	9.99	FRESH FRIED SCALLOPS	13.99
FISHERMAN'S PLATTER	13.99		

Fried selection of haddock, sea scallops and gulf shrimp in a crispy batter.

BEST VALUE WINES

We hand selected these wines to be the perfect blend of high quality and good value. Enjoy!

Dry Creek, Fumé Blanc, Sonoma, 2010	24
Francis Ford Coppola, Chardonnay, California, 2009.....	24
Piemonte, Barbera, Italy, 2007	24
Santa Rita "120" Carmenere, Chile, 2009	24
Redtree, Pinot Noir, California, 2009.....	24

PASTA FAVORITES

ANGEL HAIR BERNARDI

Fresh scallops and shrimp sauteed in olive oil with fresh broccoli, tomato and garlic. Tossed with angel hair pasta. 10.99

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, crumbled Feta cheese and a roasted red pepper sauce. 9.99

SESAME SHRIMP

Gulf shrimp, sautéed or fried, tossed with a stir fry of mixed vegetables in Asian teriyaki sauce with linguine and sesame seeds. 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

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

CRISPY SEAFOOD CAESAR SALAD

A fried selection of haddock, shrimp and calamari in a seasoned cornmeal batter. Tossed with our house Caesar dressing with crispy romaine lettuce, plum tomatoes and Parmesan cheese. 18.99

CRAB AND SHRIMP SALAD

Mixed greens topped with Lump 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

GOAT CHEESE AND FENNEL SALAD

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

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

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	Cajun trout	10.99
Seared shrimp	11.99	Cajun North Atlantic salmon	12.99

CAESAR SALAD LUNCHESES

The Sole's Caesar salad with your choice of:

Grilled chicken	9.99	Cajun trout	10.99
Seared shrimp	11.99	Cajun North Atlantic salmon	12.99

SANDWICHES

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

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