








LUNCH MENU

Monday  Sunny, high of 80.	Tuesday  Sunny, high of 87.	Wednesday  Mostly sunny, high of 86.	Thursday  Storms, high of 78.	Friday  Sunny, high of 75.	Saturday  Partly cloudy, high of 77.	Sunday  Partly cloudy, high of 76.
Red Sox vs. Angels	Red Sox vs. Angels	Red Sox vs. Angels	W. Tornados vs. Capitales	Red Sox vs. Tigers	Red Sox vs. Tigers Revolution vs. Union	Red Sox vs. Tigers



LUNCH SPECIALS BY EXECUTIVE CHEF JOSEPH WONG FOR JULY 26 - JULY 30 2010



TUNA, ASPARAGUS & PORTABELLO WITH PENNE

Tuna tips sautéed with shallots, portabello mushrooms and asparagus tips. Tossed with penne pasta in a Madeira butter sauce. 8.99

MISO CRUSTED HADDOCK

Baked haddock fillet topped with a miso panko crumb and finished with a teriyaki drizzle. Served on a bed of rice pilaf and mixed vegetables. 10.99

LEMON CAPER BUTTER MUSSELS & SHRIMP FROM THE KETTLES

Gulf shrimp and P.E.I. mussels sautéed in a lemon garlic caper butter sauce. Served on linguine pasta. 9.99

GORGONZOLA SWORDFISH SANDWICH

Pan seared swordfish patty stuffed with melted gorgonzola on a warm bulkie roll with spicy mayonnaise drizzle. Served with french fries and your choice of seafood or clam chowder. 8.99

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

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

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

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. 10.99

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.

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

◇ Can not be grilled

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

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

SANDWICHES

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

GRILLED SALMON B.L.T. SANDWICH

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

BEST VALUE WINES

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

Firestone Riesling, Central Coast, 2008	24
Fuedo Arancio, Grillo, Italy, 2008	24
Dry Creek, Sauvignon Blanc, Sonoma County, 2009, WS90	26
William Hill, Chardonnay, Central Coast, 2008	26
Chateau Les Maurins, Bordeaux, 2007	24
M23 Rhapsody, Red Blend, South Africa, N.V.	24
Piemonte, Barbera, Italy, 2007	24
Redtree, Pinot Noir, California, 2008	24

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