



EXECUTIVE CHEF BRIAN FLAGG

LOBSTER DINNERS

LOBSTER NEWBURG

A 1.5-pound lazy lobster baked with a traditional Newburg sauce. Finished with a light Ritz crumb topping. Served with rice pilaf and vegetable. 27.99

SESAME LOBSTER STIR FRY

A 1.5-pound fried lazy lobster in a crispy sesame batter. Tossed with a stir fry of mixed vegetables in an Asian teriyaki sauce with linguine pasta. 27.99

STEAMED LOBSTERS

Served with potato and vegetable.

1 lb	21.99	2 lb.	35.99
1.5 lb	27.99	2.5 lb.	43.99

BAKED STUFFED

Available with your choice of whole sea scallops or whole shrimp, baked in a seasoned Ritz crumb coating and butter. Additional cost of \$6.00 per lobster pound.

PACIFIC KING SALMON

Our Pacific King Salmon is farm raised in the clean, icy bays of British Columbia. The glacial waters are so cold that the salmon develop extra stores of fat as they mature. This extra fat creates exceptional flavor, as well as health benefits. It is thought by many to be the "king" of all salmon, prized for its buttery, rich flavor and its soft flaky texture.

GRILLED PACIFIC KING SALMON

Grilled salmon fillet with pumpkin risotto, broccoli, a lobster bacon slaw and sweet & spicy pumpkin seeds. 24.99

NANTUCKET BAY SCALLOPS

Nantucket Bay scallops, known for their sweet, delicate flavor, are simply the best tasting scallops in the world. No other scallops come from such cold, pure water. The short season begins on November 1st and can continue into March. Each fisherman is allowed five bushels a day. Within hours of the boats returning to dock, the scallops are shucked and refrigerated; arriving in Boston less than one day old. They are then shipped directly to our door.

SEARED NANTUCKET BAY SCALLOPS

Skillet seared Nantucket Bay scallops glazed with a sweet fennel pollen over black pepper fettuccine. Tossed with roasted cauliflower, portabello mushrooms, butternut squash and spinach in a lemon basil cream sauce. 25.99

SWEET CHILI GLAZED MAHI MAHI

Served with julienne vegetables and edamame in a fragrant coconut broth with sticky rice. 21.99

CARIBBEAN SPICED SWORDFISH AND SHRIMP

Grilled swordfish and shrimp served with a pineapple mango chutney, black beans & rice and broccoli. 28.99

PECORINO-HERB CRUSTED FLOUNDER

Served with a roasted red pepper and Vidalia relish, creamy spinach orzo, fried artichokes and balsamic drizzle. 21.99

LAND AND TWO SEAS

Grilled beef tenderloin, seared scallops and Cajun spiced jumbo shrimp. Served with Bleu cheese mashed potato, red wine demi, steamed asparagus and red onion jam. 29.99

ALASKAN BAIRDI SNOW CRAB LEGS

One pound of steamed Alaskan Bairdi Snow Crab legs, served with drawn butter, rice pilaf and vegetables. 29.99

PRICE-FIXED SUNDAYS
 3-Course Dinner 21.99
 Price does not include tax and gratuity.

Please choose one item from each category below

First Course
 House Salad
 Clam Chowder
 Crab Rangoons

Entrée Course
 North Atlantic Haddock
 Salmon with Tomato Basil Vinaigrette
 Tuna Barcelona

Dessert Course
 Flourless Chocolate Cake
 Black Bottom Pie
 Apple Brown Betty

SALAD ENTREE

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

SIDE DISHES

- BUTTERNUT SQUASH 5.99
- SAUTÉED SPINACH AND GARLIC 4.99
- STEAMED BROCCOLI WITH HOLLANDAISE 4.99
- MASHED POTATOES (seasoned, bleu cheese, garlic) 4.99
- ASPARAGUS WITH HOLLANDAISE 5.99
- SAUTÉED PORTABELLO MUSHROOMS 5.99
- CRISPY ONION RINGS 4.99
- GRATIN POTATOES 4.99
- SWEET POTATO MASH 4.99
- MACARONI AND CHEESE 6.99
- OVEN ROASTED POTATOES 4.99
- HOUSE RICE PILAF 4.99

Accepting reservations for private parties: business or pleasure.
 We have four private rooms that can accommodate from 15 - 60 people.



MAPLE LACQUERED NORTH ATLANTIC SALMON

Grilled maple lacquered North Atlantic salmon with butternut squash ravioli, caramelized apples, sun-dried cranberries, autumn greens and a ginger cream sauce. 20.99

SICILIAN SWORDFISH

Grilled Atlantic swordfish topped with Sicilian style aioli. Served with garlic spinach, marinated tomatoes, and oven roasted potatoes. Finished with herb lemon oil. 28.99

DARK MISO & PINEAPPLE GLAZED SALMON

Seared North Atlantic Salmon lacquered with a dark miso pineapple reduction over jasmine rice and stir-fried vegetables complemented by a Thai sweet soy sauce. 20.99

BBQ GRILLED IDAHO TROUT

Grilled Idaho trout fillet glazed with a brown sugar and chipotle barbecue sauce, red rice with black beans and sweet corn. Finished with a mango puree and jalapeño corn bread. 19.99

TUNA STEAK 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

BLACKENED TUNA STEAK SASHIMI*

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

SUSHI COMBO DINNER*

A combination of California shrimp roll and the Sole's smoked salmon house roll. Also includes sushi style sliced salmon and sushi style sliced tuna on seasoned sushi rice. 22.99

SHOGUN SUSHI DINNER*

A combination of the Firecracker lobster roll, Tuna Crunch roll and California shrimp roll. 26.99

SEAFOOD SAUTÉ

Lobster meat, shrimp and scallops sautéed in garlic, leeks, and white wine. Topped with herb cracker crumbs. Served with sweet potato mash and broccoli. 23.99

OVEN-BAKED CRAB CAKES

Made from Blue Crab, placed over a warm spicy Asian coleslaw, drizzled with chili mayonnaise. Served with rice pilaf and vegetable. 21.99

SALMON AND JUMBO SHRIMP WITH HOISIN WASABI DRIZZLE

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

SEAFOOD ALFREDO

Fresh scallops and shrimp sautéed with garlic and white wine. Tossed with linguine pasta and broccoli in a Parmesan cream. Complemented by fresh steamed mussels. *May be prepared with classic marinara sauce* 21.99

NORTH ATLANTIC HADDOCK WITH LOBSTER NEWBURG

Baked North Atlantic haddock fillet with diced lobster meat and seasoned Ritz crumbs. Finished with a Newburg sauce, accompanied by rice pilaf and vegetable. 22.99

MAPLE GLAZED SEA SCALLOPS

Pan seared sea scallops, glazed with a light amber maple syrup. Placed over sweet potato mash and broccoli, drizzled with red wine demi glaze. 22.99

CHOOSE FROM OUR STOCKED 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 DINNERS ARE BROILED OR GRILLED

Most fish can be blackened, Cajun style; ask your server. Fresh fish dinners are served with potato and vegetable unless otherwise stated. ⋄ Can not be grilled.

FRESH ^{NORTH ATLANTIC} HADDOCK ⋄ 19.99 (with cracker crumb topping)	FRESH TUNA STEAK* 24.99 (always cooked medium rare)
FRESH MAHI MAHI 20.99	FRESH FLOUNDER ⋄ 20.99
FRESH ^{NORTH ATLANTIC} SALMON 19.99	GULF SHRIMP 18.99
FRESH SWORDFISH 27.99	FRESH ^{NORTH ATLANTIC} POLLOCK ⋄ 17.99
SUPER JUMBO SHRIMP 21.99	FRESH SEA SCALLOPS 23.99
SOFT SHELL CRABS 19.99	PACIFIC KING SALMON 23.99
FRESH BONELESS IDAHO RAINBOW TROUT 18.99	

The Sole Proprietor purchases fresh fish daily, our prices are set according to market fluctuations.

FRIED DINNERS

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 ^{NORTH ATLANTIC} HADDOCK 19.99	FRESH SEA SCALLOPS 23.99
FRESH FISH & CHIPS 14.99	FRESH CLAMS 23.99
SUPER JUMBO SHRIMP 21.99	GULF SHRIMP 18.99

ALTERNATIVE CUISINE

ROSEMARY DOUBLE STATLER CHICKEN BREAST

Breast of 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

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

NEW YORK SIRLOIN*

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

STEAK AU POIVRE*

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

SURF & TURF*

Served with roasted garlic mashed potato and mixed vegetable.

Six ounce beef tenderloin accompanied by:	Statler chicken breast accompanied by:
Baked shrimp 23.99	Baked shrimp 19.99
Grilled North Atlantic salmon 24.99	Grilled North Atlantic salmon 21.99

SIDE SALADS

HOUSE SALAD

Field greens with a cucumber and tomato. 5.99

CAESAR SALAD

Romaine lettuce tossed with our house Caesar dressing, topped with croutons. 7.99

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

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

All dinners are served with one of the following: house salad, clam chowder, seafood chowder, or coleslaw except where noted.

Our Caesar salad is available for an extra charge of \$2.00.

The following salads are available for an extra charge of \$3.00 each: goat cheese and fennel salad, Asian pear and walnut salad, Sole sunburst spinach salad.

*Consuming raw or undercooked seafood or meat may increase your risk of foodborne illness, especially if you have certain medical conditions.

☞ Before Placing Your Order, Please Inform Your Server if a Person in Your Party has a Food Allergy ☜