



WINES OF INTEREST



LUZON
Monastrell-Syrah Blend Spain
Plum, spice and tobacco notes. 90 Points and a
'Best Buy' rating from Wine Enthusiast
glass 8 bottle 31

BALLET OF ANGELS
White Blend Connecticut
Flavors reminiscent of peaches and pears
with a naturally crisp citrus taste.
glass 9 bottle 35



DINNER SPECIALS



EXECUTIVE CHEF AULAY CARLSON

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.

CRISPY NANTUCKET BAY SCALLOPS

Crispy, panko crusted Nantucket Bay scallops with spicy Asian coleslaw, sweet potato fries and a sweet chili sauce. 25.99

YUCATAN STYLE GRILLED TROUT

Grilled Idaho trout fillet glazed with Yucatan style barbecue sauce, Riviera Mayan red rice with turtle beans and sweet corn. Finished with a mango puree and jalapeño corn bread. 17.99

CILANTRO ROASTED ATLANTIC SALMON

Oven roasted North Atlantic salmon fillet with a cilantro and lemon puree. Topped with an apple, red onion and balsamic reduction, grilled asparagus and whipped butternut squash. 19.99

THAI CITRUS GINGER MAHI MAHI

Fresh mahi mahi, seared and finished with a citrus, ginger, honey and Thai seasoning reduction. Served with sweet soy broccoli and jasmine rice, garnished with crunchy sweet potato strings. 19.99

LEMON PARMESAN HADDOCK

Herb Parmesan baked Atlantic haddock fillet with crispy fingerling potatoes, roasted tomato, olives, broccoli and finished with lemon beurre blanc. 21.99

NEW ENGLAND CLAM BAKE

Steamed clams, mussels and a steamed 1 lb. lobster, served with new potatoes. 29.99

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. 24.99

MEDITERRANEAN FRUTTI DI MARE

Sautéed shrimp, scallops, mussels and calamari with sun-dried tomato pistou, sweet marinara, linguine pasta and a crumbled feta and spicy artichoke salad. 19.99

LAND AND TWO SEAS

Cedar grilled beef tenderloin, seared scallops and Cajun spiced jumbo shrimp with caramelized onion whipped potato, red onion jam, and tomato basil vinaigrette. 26.99

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 sea scallops or shrimp. Baked in seasoned Ritz crumbs and butter. Additional cost of 6.00 per lobster pound.

ALASKAN KING CRAB LEGS

One pound of steamed Jumbo Alaskan King Crab legs. Served with drawn butter, rice pilaf and vegetable. 39.99

One pound of steamed Medium Alaskan King Crab legs. Served with drawn butter, rice pilaf and vegetable. 29.99

SALAD ENTREE

CRISPY SEAFOOD CAESAR SALAD

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

CRAB AND SHRIMP SALAD

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

SIDE DISHES

- SAUTEED SPINACH AND GARLIC 4.99
- STEAMED BROCCOLI WITH HOLLANDAISE 4.99
- MASHED POTATOES 4.99
(seasoned, bleu cheese, garlic)
- ASPARAGUS WITH HOLLANDAISE 5.99
- SAUTEED PORTABELLO MUSHROOMS 5.99
- CRISPY ONION RINGS 4.99
- GRATIN POTATOES 4.99
- SWEET POTATO MASH 4.99
- WHIPPED BUTTERNUT SQUASH 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.*



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. 21.99

SUSHI COMBO DINNER*

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

SEAFOOD SAUTE

Lobster meat, shrimp and scallops sauteed in garlic, leeks, fennel and white wine. Topped with herb cracker crumbs. Served with sweet potato mash and broccoli. 22.99

SHOGUN SUSHI DINNER*

A combination of the firecracker (lobster), tuna crunch and California shrimp roll. 26.99

OVEN-BAKED CRAB CAKES

Made from Alaskan Crab, placed over a warm spicy Asian coleslaw, drizzled with chili mayonnaise. Served with rice pilaf and vegetable. 19.99

MAPLE LACQUERED NORTH ATLANTIC SALMON

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

WINTER WORCESTER RESTAURANT WEEKS MENU

\$22.10

March 1, 2010 to March 14, 2010. Price does not include tax and gratuity.

To complete your dinner, please choose one item from each of the following three categories.

FIRST COURSE

MIXED GREEN SALAD

Field greens with a cucumber and tomato

JUMBO SHRIMP COCKTAIL

Four piece jumbo shrimp cocktail with our house made cocktail sauce

FRIED CALAMARI

Served with marinara sauce

CALIFORNIA ROLL

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

ENTRÉE COURSE

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 vegetables.

ROASTED SALMON WITH SAVORY PECAN BREAD PUDDING

Roasted Atlantic Salmon with savory bread and pecan pudding, sweet potato mash, and broccoli, topped with a shallot, Marsala cream sauce.

TUNA BARCELONA

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

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.

\$22.10 WINES

As a special offer, we've worked with our purveyors to offer a selection of delicious bottled wines at \$22.10 per bottle.

*Fredo Arancio, Grillo, Italy, N.V.
Redtree, Pinot Noir, California, 2008*

*Down Under, Chardonnay, Australia, 2008
Bangin Red, Meritage, Napa, 2005*

Promotional Menu, March 2010

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. 19.99

SALMON TOPPED WITH MARINATED PORTABELLO MUSHROOMS

Seared North Atlantic salmon fillet placed over Bleu cheese mashed potato. Enhanced with a red wine demi and marinated roasted portabello mushrooms. 19.99

SEAFOOD ALFREDO

Fresh scallops and shrimp sauteed 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* 19.99*

SWORDFISH AU POIVRE

Roasted swordfish steak with a crushed black peppercorn crust. Presented on roasted garlic mashed potatoes with fried onion rings, red wine demi and steamed asparagus. 24.99

LANGOSTINO STUFFED TROUT

Rainbow Trout fillet with a langostino stuffing. Served with sweet potato mash, grilled asparagus, golden beets and lemon butter. 19.99

MAPLE GLAZED SEA SCALLOPS

Lightly fried sea scallops, glazed with a light amber maple syrup. Placed over sweet potato mash and broccoli, drizzled with red wine demi glaze. 21.99

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 ◇ (with cracker crumb topping) 19.99	FRESH TUNA STEAK* (always cooked medium rare) 24.99
FRESH GREY SOLE ◇ 18.99	FRESH MAHI MAHI 18.99
FRESH ^{NORTH ATLANTIC} SALMON 18.99	GULF SHRIMP 18.99
FRESH SWORDFISH 24.99	FRESH ^{NORTH ATLANTIC} POLLOCK 15.99
SUPER JUMBO SHRIMP 21.99	FRESH SEA SCALLOPS 21.99
SOFT SHELL CRABS 19.99	
FRESH BONELESS IDAHO RAINBOW TROUT 16.99	

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 21.99
FRESH FISH & CHIPS (1 LB) 13.99	FRESH CLAMS 23.99
SUPER JUMBO SHRIMP 21.99	GULF SHRIMP 18.99

ALTERNATIVE CUISINE

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. 17.99

ROASTED DOUBLE STATLER CHICKEN BREAST

Roasted herb-rubbed breast meat of the whole chicken, with wing joint attached. Presented on baked gratin potatoes and asparagus. 17.99

NEW YORK SIRLOIN*

Fourteen ounces of broiled or grilled well-marbled and closely trimmed New York Sirloin. Served with Bleu cheese mashed potato and vegetable, topped with crispy onion rings. 24.99

STEAK AU POIVRE*

New York Sirloin encrusted with crushed black peppercorns and seared to perfection. Topped with a red wine demi and crispy onion rings. Complemented by seasoned mashed potatoes and vegetable. 24.99

SURF & TURF*

Accompanied by roasted garlic mashed potato and vegetable.

<i>Six-ounce beef tenderloin accompanied by:</i>	<i>Statler chicken breast accompanied by:</i>
<i>Baked shrimp 23.99</i>	<i>Baked shrimp 19.99</i>
<i>Baked North Atlantic salmon 23.99</i>	<i>Baked North Atlantic salmon 19.99</i>
<i>(topped with buttery Ritz crumbs)</i>	<i>(topped with buttery Ritz crumbs)</i>

SIDE SALADS

HOUSE SALAD

Field greens with a cucumber and tomato. 4.99

CAESAR SALAD

Romaine lettuce tossed with our house Caesar dressing, topped with croutons. 6.99

GOAT CHEESE AND FENNEL SALAD

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

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

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

All dinners are served with one of the following: house salad, clam chowder, seafood chowder, soup du jour 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, golden beet and bleu cheese salad.

**Consuming raw or undercooked seafood or meat may increase your risk of foodborne illness, especially if you have certain medical conditions. We cook with a wide variety of ingredients. If you have a food allergy please tell your server.*