



DINNER SPECIALS

EXECUTIVE CHEF AULAY CARLSON

BLUEFISH

Bluefish are migratory fish, found worldwide, in both tropic and temperate waters. Their Atlantic range is from Argentina to Nova Scotia. These full flavored fish taste great whether they are oven roasted, marinated or just simply grilled.

FRESH, FIRST OF THE SEASON BLUEFISH, OFFERED TWO DIFFERENT WAYS!

OVEN ROASTED NATIVE BLUEFISH

Native Bluefish oven roasted with a classic whole grain mustard sauce and served over garlic spinach and smashed red bliss potatoes. 17.99

JAMAICAN JERKED & GRILLED NATIVE BLUEFISH

Native Bluefish rubbed with Jerk seasoning and grilled, topped with pickled sweet red onions and balsamic reduction. Served on a bed of garlic spinach and smashed red bliss potatoes. 17.99

THAI YELLOW CURRY SEAFOOD PASTA

Shrimp, scallops, calamari and mussels sautéed with julienne vegetables and finished with a Thai yellow curry and coconut milk sauce with fresh basil. Tossed with black pepper fettuccine. 19.99

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. 19.99

BBQ GRILLED IDAHO TROUT & SEARED SCALLOPS

Grilled Idaho trout fillet and seared scallops 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. 18.99

OVEN ROASTED NORTH ATLANTIC HADDOCK

Topped with parmesan herb bread crumbs, served over a lobster sauce risotto with asparagus and fresh tomatoes. 21.99

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

LAND AND TWO SEAS

Cedar 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. 26.99

NEW ENGLAND CLAM BAKE

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

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.

 <p>FISH FRIDAYS <i>Served with potato and vegetable</i></p>		
16.99		
Baked Haddock	Haddock with Lobster Newburg	Fried Haddock

<p>PRICE-FIXED SUNDAYS 3-Course Dinner 21.99 Price does not include tax and gratuity. Please choose one item from each category below</p> <p>First Course House Salad Jumbo Shrimp Cocktail Fried Calamari</p> <p>Entrée Course North Atlantic Haddock Fillet Salmon with Tomato Basil Vinaigrette Tuna Barcelona</p> <p>Dessert Course Flourless Chocolate Cake Black Bottom Pie Chocolate Tulip Cup</p>

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. 16.99

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

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.*



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. 23.99

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. 21.99

SUSHI COMBO DINNER*

A combination of California shrimp roll and the Sole's house roll (smoked salmon). 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 roll, tuna crunch and California shrimp roll. 26.99

SALMON FILLET 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 steamed asparagus and a red wine demi. 24.99

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

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. 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.

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 BLUEFISH 16.99
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
FRESH BONELESS IDAHO RAINBOW TROUT 16.99	

◇ Can not be grilled

The Sole Proprietor purchases fresh fish daily and 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. 24.99

STEAK AU POIVRE*

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

SURF & TURF*

Accompanied by roasted garlic mashed potato and vegetable.

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

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

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