

## Soup

**CLAM CHOWDER** Cup 5, Crock 7

**LOBSTER BISQUE** Crock 12

## Raw Bar

**SHRIMP COCKTAIL**  
Four 13, Half Dozen 19, Dozen 36

**CHERRYSTONES ON THE HALF SHELL**  
Each 1.75, Half Dozen 10, Dozen 18

**OYSTERS ON THE HALF SHELL\***  
Each 2.95, Half Dozen 17, Dozen 32  
Wellfleet: Cape Cod, MA  
Katama Bay: Martha's Vineyard, MA  
Damariscotta: Maine

## Appetizers

**OVEN ROASTED CRAB CAKE 13**  
Spicy Old Bay aioli, garnished with micro cilantro, fennel, and red pepper in lemon vinaigrette

**TUNA POKE 13**  
Diced Yellowfin Tuna, avocado, scallions and cilantro in an Asian style sauce. Served on crispy fried wontons.

**WILD SPANISH OCTOPUS 15**  
Marinated Spanish octopus prepared sous vide, served with Yukon potato, crumbled sausage, pickled chili, arugula.

**CLAMS CASINO 13**  
Baked whole clams, bacon, pimento and green pepper.

**STEAMED MAINE CLAMS 19**  
1 pound with butter and broth

**STEAMED MAINE MUSSELS 13**  
Fresh mussels, steamed with garlic and white wine

**CRAB RANGOONS 12**

**BANG BANG SHRIMP 13**  
Lightly fried baby shrimp with a spicy sweet Thai chili sauce

**FRIED WHOLE BELLY CLAMS 19**

**FRIED CLAM STRIPS 12**

**FRIED SQUID 13**  
Classic with marinara sauce, or with sliced cherry peppers & garlic lemon butter

## Sushi

**RAINBOW MAKI 14**  
Tuna, salmon, avocado, cucumber, cream cheese, rolled inside-out with sesame seeds.

**SPICY TUNA ROLL 14**  
Tuna, cucumber, spicy mayo, wasabi sauce, scallions, brown butter panko, sesame seeds.

**VEGETABLE ROLL 10**  
Avocado, cucumber, asparagus served inside-out with sesame seeds.

**SOLE ROLL 13**  
Smoked salmon, avocado, cucumber, asparagus, spicy mayo.

**FIRECRACKER SUSHI 15**  
Lobster meat, avocado, fried sweet potato and homemade spicy mayonnaise. Served inside-out with sesame seeds

**TIGER EYE 14**  
Tuna, salmon, asparagus, tempura fried, topped with scallions, spicy mayonnaise, eel sauce and masago

**BUSTER ROLL 13**  
Jumbo lump crab meat, spicy mayo, crab stick, cucumber, and scallion, topped with wasabi sauce and toasted panko crumbs

**TUNA CRUNCH 15**  
Tuna, fried sweet potato, avocado, spicy mayo.

**CALIFORNIA SHRIMP ROLL 13**  
Shrimp, avocado, and cucumber

**FRESH BLACKENED TUNA SASHIMI 16**  
Center cut, Yellowfin tuna blackened, slightly chilled and sliced

## Lobster & Crab

*Served with a Wedge Salad.*  
*For an additional charge you may substitute Clam Chowder \$2, or Caesar Salad, Pear & Walnut Salad, or Beet & Burrata Salad \$6*

**1.25 LB. LOBSTER 34**  
Steamed, served with French fries and coleslaw.  
Stuffed with Sea Scallops or Shrimp or Lobster Meat Add \$8

**2 LB. LOBSTER 49**  
Steamed, served with French fries and coleslaw.  
Stuffed with Sea Scallops or Shrimp or Lobster Meat Add \$16

**FILET & LOBSTER TAIL 37**  
House cut Choice filet and hard shell Maine lobster tail served with Yukon Gold mashed potatoes and roasted asparagus with demi glace.

**ALASKAN KING JUMBO CRAB LEGS 69**  
One pound of steamed Alaskan King jumbo crab legs, served with French fries and coleslaw.

**HALF POUND LOBSTER ROLL 32**  
Half pound of lobster meat in a toasted Brioche roll, served with French fries.  
Your choice of traditional (a touch of mayonnaise and lemon juice), or Rhode Island style (butter poached)

**NEW ENGLAND LOBSTER BAKE**  
One whole Maine lobster, one pound Maine steamer clams, one pound Maine mussels, corn on the cob and baby potatoes

1.25 pound Lobster Bake \$45

2 pound Lobster Bake \$59

Also available as a take-home. Ready to Cook Kit!

## Sole Classics

*Served with a Wedge Salad.*  
*For an additional charge you may substitute Clam Chowder \$2, or Caesar Salad, Pear & Walnut Salad, or Beet & Burrata Salad \$6*

**BAKED SEAFOOD PLATTER 36**  
The tail from a Maine lobster, herb crumb Blue Cod, crab cake, clams casinos, and baked stuffed Super Jumbo shrimp

**TUNA STEAK BARCELONA 29**  
Yellowfin tuna steak coated with cracked black peppercorns, sliced and stuffed with feta cheese, sun-dried tomatoes, scallions and basil, then grilled to medium rare. Served with jasmine rice and roasted asparagus, finished with a lemon beurre blanc.

**BLACKENED TUNA STEAK SASHIMI 32**  
Yellowfin tuna, slightly blackened to extra rare, with buckwheat noodle salad. Served with soy sauce, wasabi, pickled ginger and marinated seaweed salad.

**BAKED STUFFED SHRIMP 27**  
Three Super Jumbo shrimp with a crab stuffing. Served over jasmine rice and sautéed spinach with a lemon butter sauce.

**SOLE MEUNIÈRE 26**  
Sautéed George's Bank Sole over fingerling potatoes and spinach with a brown butter lemon-caper sauce.

**LOBSTER RISOTTO 27**  
Succulent lobster meat sautéed in butter with smoked bacon, cherry tomatoes, and fresh basil served over creamy lobster risotto

**SEAFOOD SAUTÉ 27**  
Lobster meat, shrimp, and scallops sautéed in garlic, leeks, and clam juice served over penne.

**CAJUN SEARED BLACK & BLUE SWORDFISH 32**  
Blackened swordfish over sautéed bacon, apple and Brussels sprouts, served with Fontina and gorgonzola au gratin potatoes finished with a balsamic reduction.

**SALMON CRAB RANGOON 25**  
Baked salmon fillet topped with crab-infused cream cheese, and Asian plum sauce. Served with jasmine rice and roasted asparagus.

**BAKED STUFFED SHRIMP & FILET 37**  
House cut Choice filet and two jumbo baked, crab-stuffed shrimp, topped with lemon butter served with Yukon Gold mashed potatoes and roasted asparagus with demi glace.

**HADDOCK WITH LOBSTER NEWBURG 29**  
North Atlantic haddock fillet baked with seasoned Ritz crumbs, topped with lobster meat and Newburg sauce. Served with fingerling potatoes, roasted asparagus.

## Fried Dinners

*Served with a Wedge Salad, French fries, and coleslaw.*  
*For an additional charge you may substitute Clam Chowder \$2, or Caesar Salad, Pear & Walnut Salad, or Beet & Burrata Salad \$6.*

**FISH & CHIPS 17**

**FRIED NORTH ATLANTIC HADDOCK 24**

**FRIED WORKS DINNER 29**  
Fried scallops, shrimp, Blue Cod, and clams strips

## Boat to Table

*Served with a Wedge Salad, fingerling potatoes and roasted asparagus.*  
*For an additional charge you may substitute Clam Chowder \$2, or Caesar Salad, Pear & Walnut Salad, or Beet & Burrata Salad \$6*

Broiled | Grilled | Seared | Blackened | Ritz Crumbs

**Fresh NORTH ATLANTIC HADDOCK 25**

**Fresh NORTH ATLANTIC SALMON 25**

**Fresh NORTH ATLANTIC SOLE 26**

**Super JUMBO SHRIMP 27**

**Fresh SEA SCALLOPS 29**

**Fresh SWORDFISH 32**

**Fresh TUNA STEAK 32**

## Sides

**JASMINE RICE 5**

**FRENCH FRIES 5**

**SAUTÉED SPINACH 5**

**ROASTED ASPARAGUS 8**

**YUKON GOLD MASHED POTATO 5**

**PARMESAN ROASTED BROCCOLI 5**

**ROASTED FINGERLING POTATOES 5**

Scan me for The Sole  
Gluten Free Menu!



## Wines by the Glass

### CHARDONNAY

Josh Cellars, California, 2019.....	10
La Crema, Russian River Valley, 2018.....	12
Ferrari-Carano “Tre Terre”, Sonoma, 2018 .....	13
Rombauer, Carneros, 2018.....	16

### SAUVIGNON BLANC

Oyster Bay, New Zealand, 2019.....	10
Silverado “Miller Ranch” Napa, 2018.....	12
La Moussière, Sancerre, 2018.....	13

### PINOT GRIGIO

Principato Pinot Grigio, Italy, 2019.....	10
*Montinore Pinot Gris, Willamette Valley, 2017.....	11
Santa Margherita Pinot Grigio, Italy, 2019.....	13

### OTHER WHITES

Pavão Branco, Vinho Verde, NV .....	9
A to Z Riesling, Oregon, 2019.....	10
Pine Ridge Chenin Blanc + Viognier, California, 2018.....	11
Miraval Rosé, Provence, 2019 .....	12

### CABERNET SAUVIGNON

Josh Cellars, California, 2018.....	10
Roth Estate, Alexander Valley, 2018 .....	12
Sean Minor, North Coast, 2017 .....	13
Burgess, Napa, 2014 .....	16
Austin Hope Cabernet, Paso Robles, 2018, <b>D 90</b> .....	17

### PINOT NOIR

J. Lohr, Monterey County, 2018.....	10
*Montinore Estate, Willamette Valley, 2017 .....	11
Mer Soleil Reserve, Santa Lucia, 2018 .....	12

### MERLOT & MALBEC

Josh Cellars Merlot, California, 2017.....	10
Nieto Senetiner Malbec, Mendoza, 2018, <b>JS 90</b> .....	10
Catena Malbec, Mendoza, 2017 .....	12

### OTHER REDS

Laroque Cabernet Franc, France, 2018.....	10
Tenuta di Arceno, Chianti Classico, 2015 .....	12
Turley “Juvenile” Zinfandel, California, 2017, <b>WS 92</b> .....	12
The Big Easy, Santa Barbara, 2017.....	13

### CHAMPAGNE

Cavas Masachs Mas Fi Brut, Spain, N.V.....	10
Carpené Malvolti Prosecco, DOC.....	12
Nicolas Feuillatte Rosé, France, N.V., <b>WS 91</b> .....	18

### HALF BOTTLES

Robert Mondavi, “Private Selection” Chardonnay, Central Coast, 2018 .....	20
Cantina Gabriele Moscato, Italy, 2019.....	21
Mâcon-Villages Chardonnay, Louis Jadot, 2017.....	21
Alexander Valley Merlot, Sonoma, 2017.....	22
Cannonball, Cabernet Sauvignon, Sonoma, 2017.....	22
Dry Creek, Sauvignon Blanc, Sonoma, 2018.....	22
J. Lohr “Riverstone” Chardonnay, Arroyo Seco Monterey, 2017...22	
J. Lohr “Seven Oaks”, Cabernet, Paso Robles, 2017 .....	22
Kim Crawford, Sauvignon Blanc, Marlborough, 2018 .....	22
A to Z Pinot Noir, Oregon, 2017.....	23
Canard-Duchêne Champagne, France.....	32
*Grgich Hills “Estate” Chardonnay, Napa, 2017 .....	34

## Beer List

### DRAUGHT BEERS

“Woo-Tang” by Flying Dreams N.E. IPA, 6.3% ABV .....	8
Guinness 20 oz., 4.1% ABV.....	8
Lunch IPA, Maine Beer Co., 12 oz., 7% ABV .....	8
Sam Adams, 5% ABV .....	8
Sam Seasonal.....	8
Stella Artois, 5% ABV .....	8
Pulp Daddy by Greater Good, 13 oz., 8% ABV .....	10

### CRAFT BEERS

Dogfish Head Sea Quench Ale, Session Sour, 12 oz. 4.9% ABV.....	6.00
Dogfish Head Slightly Mighty Lo-Cal IPA, 12 oz., 4% ABV.....	6.00
Allagash White, 16 oz., 5.2% ABV .....	7.50
Collective Arts “Ransack The Universe”, IPA, 16 oz., 6.8% ABV .....	7.50
Left Hand Milk Stout Nitro, 16 oz., 6% ABV .....	7.50
Sam Smith Organic Chocolate Stout, 12 oz., 5% ABV .....	7.50
Two Hearted Ale by Bell’s, American IPA, 16oz., 7% ABV .....	7.50
Save the Robots by Radiant Pig, IPA, 16oz., 7% ABV .....	8.00
Spencer Trappist Ale, 11.2 oz., 6.5% ABV .....	8.00
Becky Likes the Smell Double IPA by Baystate, 16oz., 10% ABV .....	9.00
Fiddlehead IPA, 16 oz., 6.2% ABV .....	9.00
Finback, IPA, 16oz., 7.2% ABV .....	9.00
Kelley <sup>2</sup> Double N.E. IPA by Baystate, 16oz., 9.2% ABV.....	9.00
1/21/2021	

## Wines by the Bottle

### CHARDONNAY

Toasted Head, California, 2017 .....	39
Josh Cellars, California, 2019 .....	40
Steele Cuvée, Sonoma, 2016 .....	40
The Atom Half Life, California, 2016 .....	40
Stillman St., Sonoma, 2016.....	42
Cross Barn by Paul Hobbs, Sonoma, 2018 .....	44
Butter, California, 2018.....	45
Mer Soleil Silver Unoaked, Santa Lucia, 2017.....	45
Errazuriz Max Reserva, Chile, 2016.....	46
<b>#61 Cambria, Santa Maria Valley, 2017, WS 91 .....</b>	<b>48</b>
Diora, Monterey, 2018.....	48
La Crema, Russian River Valley, 2018 .....	48
Sonoma Cutrer, Russian River Ranches, 2018 .....	48
Talley, Arroyo Grande Valley Estate, 2016, <b>JS 91</b> .....	48
Huge Bear, Sonoma, 2016 .....	50
Sixto Uncovered, Washington State, 2017, <b>JS 95</b> .....	50
Ferrari-Carano “Tre Terre”, Sonoma, 2018.....	52
Meyer Family Cellars, Anderson Valley, 2016 .....	55
Jordan, Russian River, 2016.....	56
Chablis Premier Cru, Mont de Milieu, 2017 .....	58
Rombauer, Carneros, 2018 .....	64
Domaine Drouhin “Arthur”, Oregon, 2016.....	69
Cakebread, Napa, 2017.....	76
DuMol Estate, Sonoma, 2015.....	90
Far Niente, Napa Valley, 2017 .....	92
Stonestreet Estate “Upper Barn”, Sonoma, 2015.....	99
Kosta Browne, Russian River, 2017.....	100

### SAUVIGNON BLANC

Oyster Bay, New Zealand, 2019.....	40
Silverado “Miller Ranch”, Napa, 2018.....	48
La Moussière, Sancerre, 2018.....	52
Cloudy Bay, Marlborough, 2019.....	55

### PINOT GRIGIO

Principato, Italy, 2019.....	40
*Montinore Estate Pinot Gris, Willamette Valley, 2017.....	44
Santa Margherita, Italy, 2019 .....	52

### OTHER WHITE VARIETALS

Pavão Branco, Vinho Verde, NV .....	36
A to Z Riesling, Oregon, 2019.....	40
Pine Ridge Chenin Blanc + Viognier, California, 2018.....	44
Miraval Rosé, Provence, 2019 .....	48
Allende Rioja, Spain, 2015, <b>RP 92</b> .....	50

### CHAMPAGNE & SPARKLING WINE

Canard-Duchêne, Champagne, N.V. ....	60
Nicolas Feuillatte Rosé, France, N.V., <b>WS 90</b> .....	81
Moët Chandon “Imperial”, France, N.V., <b>WS 91</b> .....	85
Veuve Clicquot Ponsardin Brut (Yellow Label), France, NV, <b>WS 90</b> .....	105
Dom Perignon, France, 2008 .....	199

### CABERNET SAUVIGNON & MERITAGE

Josh Cellars, California, 2018.....	40
Substance Cabernet, Washington, 2017 .....	44
Errazuriz Max Reserva, Chile, 2016.....	45
Rich Table Cabernet, Columbia Vally, 2016.....	45
J. Lohr “Seven Oaks”, Paso Robles, 2018, <b>WE 91</b> .....	46
Borne of Fire, Columbia Valley, 2017, <b>JS 92</b> .....	48
Roth Estate Cabernet, Alexander Valley, 2018 .....	48
Double Canyon, Washington, 2015, <b>WW 91</b> .....	49
Steven Vincent Cabernet, Napa, 2018 .....	50
Sean Minor Cabernet, North Coast, 2017.....	52
The Big Easy, Santa Barbara, 2017.....	52
The Counselor, Alexander Valley, 2016 .....	55
J.Lohr “Hilltop”, Paso Robles, 2017.....	60
Burgess Cabernet, Napa, 2014 .....	64
Hall Cabernet, Napa Valley, 2017, <b>WW 90</b> .....	66
Austin Hope Cabernet, Paso Robles, 2018, <b>D 90</b> .....	68
Jordan, Sonoma, 2018.....	76
<b>#26 Legit Cabernet, Tuscany, 2013, WS 94 .....</b>	<b>76</b>
Merryvale Cabernet, Napa, 2015, <b>JS 95</b> .....	80
Cakebread, Napa, 2016 .....	99
Caymus Cabernet, Fairfield, CA, 2018 .....	100
Ghost Block, Napa Valley, 2016, <b>WS 93</b> .....	100
Joseph Phelps, Napa Valley, 2016, <b>JS 94</b> .....	100
My Favorite Neighbor by Booker, Napa, 2017, <b>JD 97</b> .....	100
Silverado “Geo”, Coombsville, Napa Valley, 2014, <b>JS 95</b> .....	100
Silver Oak, Alexander Valley, 2015 .....	120
DuMol Cabernet, Napa, 2016 .....	128
M by Michael Mondavi Cabernet, Napa, 2015, <b>JS 95</b> .....	150
Joseph Phelps “Insignia”, Meritage, Napa, 2015.....	255
Opus One, Meritage, Napa, 2013 .....	275

### MERLOT & MALBEC

Josh Cellars, California, 201 .....	40
Nieto Senetiner Malbec, Mendoza, 2018, <b>JS 90</b> .....	40
Catena Malbec, Mendoza, 2017.....	48
Whitehall Lane Merlot, Napa, 2015, <b>WE 90</b> .....	54
Cuarto Dominio Malbec, Mendoza, 2016.....	75

### OTHER REDS

Laroque Cabernet Franc, France, 2018.....	40
Buena Vista “The Count” Red Blend, Sonoma, 2015 .....	44
*Los Frailes, Spain, Organic, 2013.....	44
19 Crimes “The Warden” Red Blend, Australia, 2016 .....	45
Kiona, Columbia Valley, 2014.....	47
Tenuta di Arceno, Chianti Classico, 2015 .....	48
Turley “Juvenile” Zinfandel, California, 2017, <b>WS 92</b> .....	48
Leviathan, Oakville, CA, 2017 .....	55
“Shatter” by Joel Gott, Grenache, France, 2017 .....	55
Pertinace Langhe Nebbiolo, Italy, 2017, <b>JS 91</b> .....	58
Secret de Nos Vignes, Château-neuf-du-pape, 2016.....	75
Peter Michael, ‘L’Esprit Des Pavotes’, Sonoma, 2015.....	140

### PINOT NOIR

J. Lohr, Monterey County, 2018.....	40
*Montinore Estate, Willamette Valley, 2017 .....	44
Mer Soleil Reserve, Santa Lucia, 2018 .....	48
Penner-Ash, Willamette Valley, 2016.....	60
Purple Hands, Yamhill-Carlton, 2017 .....	72
RoseRock “Zépherine”, Amity Hills, 2015, <b>JS 98</b> .....	80
Caymus, Belle Glos “Dairyman”, Russian River, 2018 .....	82
Kosta Browne, Russian River, 2015, <b>JS 94</b> .....	125

## Sole Cocktails

### Seasonal Favorites

#### IRELAND RUNS ON \$12

Jameson Cold Brew, Kahlúa, vanilla simple syrup

#### THE DETAILS \$12

Crop Organic pumpkin vodka, Devil’s River rye, Boston Harbor maple cream liqueur, cinnamon simple syrup

#### SO BLOODY OLD FASHIONED \$12

Devil’s River rye, Solerno blood orange liqueur, Aztec chocolate Bitters, simple syrup, orange slice

#### RAFAEL’S SKINNY MARGARITA \$12

Avion tequila, DeKuyper O3, splashes of orange juice and sour mix, two squeezed limes

#### LEMON BASIL BOWL \$10

Nantucket Half & Half, Tito’s vodka, Peches, basil, garnished with lemon and basil. For Two \$18

### Barrel Aged Cocktails

#### RED OR WHITE SANGRIA \$10

Aged for 6 weeks in used Rum Barrels, our Sangria is infused with premium liquors. For Two \$18

#### DAVE’S MAI TAI \$13

Dave’s spin on a classic. Plantation white rum, Gosling’s dark rum, almond liqueur, orange and pineapple juices and splash of crème de noyaux. \$13

### Sole Legends

#### CEO MARTINI \$13

Elyx vodka served up with bleu cheese stuffed olives

#### ESPRESSO MARTINI \$12

How do you take yours?

**Black** - Double Espresso vodka and Tuaca

**With Cream** - Double Espresso vodka & Godiva White

#### MOJITOS \$12

**Mango** - Mango rum, mango fruja, mint leaves, lime juice, soda, sugared rim

**Strawberry** - Bacardi Limon, strawberry liqueur, mint, lime juice, strawberry purée and soda, with a sugared rim

#### GENTLEMAN’S SIDECAR \$13

Ketel One vodka, Hennessy, Aromatic Bitters, grapefruit

#### FLIRTINI \$12

Raspberry vodka, orange liqueur, peach liqueur, pineapple juice, champagne

#### ULTIMATE MARGARITA \$13

Avión tequila, Grand Marnier, Cointreau, orange juice, lime

#### SOLE BOWL \$9

Coconut rum, white rum, blue curaçao, and mixed fresh fruit juices. For Two \$16

#### HUCKLEBERRY BOWL \$10

Mountain Huckleberry vodka with lemonade and blueberries, served on the rocks. For Two \$18