

Gluten Free Lunch Menu

Appetizers

- LOBSTER BISQUE Crock 14.99
- TUNA POKE 13.99
Diced Yellowfin Tuna, avocado, scallions and cilantro in an Asian style sauce. Served on crispy fried wontons.
No wontons, served on cucumber slices
- WILD SPANISH OCTOPUS 16.99
Marinated Spanish octopus prepared sous vide, served with Yukon potato, chorizo sausage, pickled chili, arugula.
- CLAMS CASINO 16.99
Baked whole clams, bacon, pimento and green pepper.
- STEAMED MAINE CLAMS 19.99
One pound with butter and broth
- STEAMED MAINE MUSSELS 16.99
Fresh Maine mussels tossed in a coconut curry sauce, served with grilled focaccia bread. **No focaccia bread**
- GOAT CHEESE CROSTINI 14.99
Goat cheese spread, apple and jalapeño salsa, strawberry and local honey. **No crostini, served on cucumber slices**

Raw Bar

- SHRIMP COCKTAIL
Four 13.99, Half Dozen 19.99, Dozen 38.99
- CHERRYSTONES ON THE HALF SHELL
Each 2.25, Half Dozen 12.99, Dozen 23.99
- OYSTERS ON THE HALF SHELL
Please ask your server for today’s fresh selection
Each 3.50, Half Dozen 19.99, Dozen 38.99
- CHILLED SEAFOOD PLATTER
Shrimp, Oysters, Clams & Mussels 39.99
With Chilled 1.25 lb.Lobster 76.99
- ATLANTIC SALMON CRUDO 13.99
Avocado, black garlic aioli, pickled and crispy shallots, micro cilantro
- AHI TUNA CRUDO 17.99
Avocado, passion fruit pearls, scallion, ponzu, chili oil, wasabi
- PACIFIC HAMACHI CRUDO 17.99
Kumquat, jalapeno, fried capers, togarashi, wasabi-yuzu vinaigrette

Salads

- SEAFOOD COBB SALAD 19.99
Shrimp, crab, smoked mussels, bacon, avocado, tomatoes, hard boiled egg, feta cheese, scallion, romaine lettuce and green goddess dressing.
- The following items can be added to the Salads below.*
Grilled Chicken 7 | Grilled Shrimp 7 | Grilled Salmon 9
Chilled Lobster Meat Salad 15
- MIXED FIELD GREENS SALAD 7.99
House-made cider vinaigrette over mixed field greens, cherry tomatoes, cucumber, and pickled shallots
- CAESAR SALAD 10.99
Fresh chopped Romaine lettuce with our house made Caesar dressing, croutons, grated Parmesan cheese and Parmesan crisp. **No croutons**
- PEAR & WALNUT SALAD 11.99
Romaine and arugula tossed with a honey tarragon vinaigrette, walnuts, dried cranberries and Bleu cheese. Topped with red wine poached pears.
- BEET & BURRATA SALAD 11.99
Red beets, arugula, mandarin oranges, toasted pistachios, and lemon vinaigrette

Sushi

- RAINBOW MAKI 15.99
Tuna, salmon, avocado, cucumber, cream cheese, rolled inside-out with sesame seeds.
- TIGER EYE 15.99
Tuna, salmon, asparagus, tempura fried, topped with scallions, spicy mayonnaise, eel sauce and masago **Not tempura fried**
- HIGHLAND STREET ROLL 14.99
Shrimp, avocado, and cucumber, rolled inside out, topped with salmon tartare, masago, eel and wasabi sauces.
- YELLOWTAIL ROLL 18.99
Hamachi, tuna, yuzu, pickled daikon, scallion, wasabi tobiko.
- SPICY TUNA CRUNCH 15.99
Tuna, avocado, fried sweet potato, sriracha, rolled inside out with sesame seeds then drizzled with spicy mayonnaise.
No fried sweet potato
- VOLCANO ROLL 15.99
Crab stick and avocado with a soy wrap.
Topped with baked chopped scallop, crab stick and spicy mayonnaise.
- BUSTER ROLL 15.99
Jumbo lump crab meat, spicy mayonnaise, crab stick, cucumber, and scallion, topped with wasabi sauce and toasted panko crumbs.
No panko
- FIRECRACKER SUSHI 18.99
Lobster meat, avocado, fried sweet potato, and spicy mayonnaise. Served inside-out with sesame seeds. **No fried sweet potato**
- CALIFORNIA SHRIMP ROLL 13.99
Shrimp, avocado, and cucumber

Gluten-Free Lunch Entrées

- CHEF’S BURGER 17.99
Char grilled 8 oz. burger, bacon-onion jam, black garlic aioli, three cheese blend, arugula, on a toasted brioche bun, served with French fries. **No bun, served on lettuce**
- SALMON WITH TOMATO BASIL 18.99
Fresh North Atlantic salmon fillet, grilled and topped with a seasoned tomato basil relish served with pesto rice
- PESTO SCALLOPS & SHRIMP 19.99
Pan seared scallops and gulf shrimp tossed with cavatappi pasta and tomatoes in a pesto cream sauce **Gluten free pasta**
- CHICKEN PICCATA 15.99
Sautéed chicken breast tossed with linguine in a lemon-caper butter sauce. **Gluten free pasta**
- AHI TUNA BOWL 16.99
Chopped fresh Ahi Tuna with a soy marinade over jasmine rice with crisp sweet potatoes and micro cilantro **No sweet potatoes**
- SHRIMP SCAMPI 15.99
Shrimp sautéed with white wine, fresh garlic, chopped fresh tomato, basil, and linguine. Garnished with Parmesan and Romano
Gluten free pasta
- SALMON RANGOON 19.99
Seared salmon topped with crab rangoon filling and spicy duck sauce. Served over Jasmine rice and roasted asparagus.
No duck sauce, no wonton strips
- BAKED HADDOCK 19.99
North Atlantic Haddock fillet topped with seasoned Ritz crumbs and baked. Served with fingerling potatoes and roasted asparagus **No crumbs**
- SEAFOOD COCONUT CURRY 16.99
Swordfish, Gulf shrimp and mussels simmered in a spicy coconut green curry served with jasmine rice.
- SEAFOOD PAELLA 17.99
Salmon, swordfish, shrimp, calamari, and mussels, sautéed with green peas, tomatoes, and saffron risotto.
- QUARTER POUND LOBSTER ROLL 26.99
Quarter pound of lobster meat with a touch of mayonnaise and lemon juice in a toasted Brioche roll. Served with French fries
Does not include first course* *No roll, on lettuce, No French fries
- HALF POUND LOBSTER ROLL 44.99
Half pound of lobster meat with a touch of mayonnaise and lemon juice in a toasted Brioche roll. Served with French fries
Includes first course* *No roll, on lettuce, No French fries

Boat to Table

- Served with fingerling potatoes and roasted asparagus.
Broiled | Grilled | Seared | Blackened
- Fresh NORTH ATLANTIC HADDOCK 19.99
Fresh NORTH ATLANTIC SALMON 18.99
Fresh NORTH ATLANTIC SOLE 16.99
Fresh SEA SCALLOPS 27.99
Fresh SWORDFISH 29.99
Fresh TUNA STEAK 29.99
GULF SHRIMP 16.99

Indicates the modifications to make an item Gluten Free

☞Before placing your order, Please inform your server if a person in your party has a food allergy ☜

☞Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a certain medical condition ☜

Gluten Free Menu

All dinner entrees are served with a Mixed Field Greens Salad.
For an additional charge of \$7, you may substitute a Caesar Salad, Pear & Walnut Salad, or Beet & Burrata Salad

Dinner Entrées

MOJO JUMBO SHRIMP 35.99

Citrus glazed jumbo shrimp, over saffron rice mixed with black beans, onions and peppers, topped with fried plantains. **No fried plantains**

HADDOCK WITH LOBSTER NEWBURG 37.99

North Atlantic haddock fillet baked with seasoned Ritz crumbs, topped with lobster meat and Newburg sauce. Served with asparagus **No crumbs**

NEW YORK SIRLOIN 47.99

Twelve ounces of well-marbled and closely trimmed New York Sirloin, served with Yukon Gold mashed potatoes and roasted asparagus topped with demi glace.

BRAISED SHORT RIB 41.99

Fork tender, served with fontina and gorgonzola au gratin potatoes and sautéed bacon, apple and Brussels sprouts. Topped with demi-glace and fried shallots. **No shallots**

BLACKENED TUNA STEAK SASHIMI 39.99

Yellowfin tuna, slightly blackened and served extra rare, with sweet sesame slaw. Served with sweet soy sauce, wasabi, pickled ginger. **Guten-free soy sauce**

SOLE MEUNIÈRE 34.99

Sautéed George’s Bank Sole over fingerling potatoes and spinach with a brown butter lemon-caper sauce. **Not floured**

GOLDEN SALMON 34.99

South Carolina gold BBQ sauce, house pickled vegetables, smoked gouda grits, and hot honey Brussels sprouts

SEAFOOD SAUTÉ 35.99

Lobster meat, shrimp, and scallops sautéed in garlic, leeks, and clam juice served over penne. **Guten-free pasta**

BAKED STUFFED SHRIMP & FILET 39.99

Choice Black Angus filet and two jumbo baked, crab-stuffed shrimp, topped with lemon butter served with Yukon Gold mashed potatoes and roasted asparagus with demi glace.

Shrimp not baked stuffed, grilled or broiled

TUNA STEAK BARCELONA 35.99

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.

CHERRY BALSAMIC SEA BASS 44.99

Pan seared, over asparagus, cherry tomatoes, fingerling potatoes and buttered leeks, with lemon aioli and a cherry-balsamic reduction.

LOBSTER RISOTTO 36.99

Lobster meat sautéed in butter with smoked bacon, cherry tomatoes, and fresh basil served over creamy lobster risotto

NEW ENGLAND LOBSTER BAKE

One whole Maine lobster, Maine steamer clams, Maine mussels, corn on the cob, and baby potatoes

1.25 pound Lobster Bake \$53.99
2 pound Lobster Bake \$62.99

Early Dining Menu \$19.99

SCALLOP GRATIN

Fresh all natural scallops, crimini mushrooms, in a white-wine and four-cheese blend served with jasmine rice and asparagus.

PESTO SHRIMP

Pan seared gulf shrimp tossed with cavatappi pasta and tomatoes in a pesto cream sauce. **Gluten free pasta**

**First Course Not Included*
No substitutions ~ No split entrees
Dine in only, not available for take out
Available Monday-Thursday 11:30 am - 6:00 pm*

Lobster

Served with a Mixed Field Greens Salad.
For an additional charge you may substitute Caesar Salad, Pear & Walnut Salad, or Beet & Burrata Salad \$7

1.25 LB. LOBSTER 39.99

Steamed, served with French fries and coleslaw **No French fries**
Stuffed with Sea Scallops or Shrimp or Lobster Meat Add \$8

2 LB. LOBSTER 54.99

Steamed, served with French fries and coleslaw **No French fries**
Stuffed with Sea Scallops or Shrimp or Lobster Meat Add \$18

FILET & LOBSTER TAIL 49.99

House cut Choice filet and hard shell Maine lobster tail served with Yukon Gold mashed potatoes and roasted asparagus with demi glace.

HALF POUND LOBSTER ROLL 44.99

Half pound of lobster meat with a touch of mayonnaise and lemon juice in a toasted Brioche roll. Served with French fries **No roll or French fries**

Boat to Table

Served with a Mixed Field Greens Salad.
For an additional charge you may substitute Caesar Salad, Pear & Walnut Salad, or Beet & Burrata Salad \$7

*All fish served with
roasted asparagus & fingerling potatoes*

Broiled | Grilled | Seared | Cajun Blackened

Fresh SWORDFISH 38.99

Fresh ARCTIC CHAR 34.99

Fresh CHILEAN SEA BASS 44.99

Super JUMBO U8 SHRIMP 34.99

Fresh NORTH ATLANTIC SOLE 34.99

Fresh All Natural SEA SCALLOPS 44.99

Fresh NORTH ATLANTIC SALMON 32.99

Fresh NORTH ATLANTIC HADDOCK 34.99

Fresh TUNA STEAK (always cooked medium rare) 39.99

Sides

PARMESAN ROASTED BROCCOLI 6.99

ROASTED FINGERLING POTATOES 6.99

YUKON GOLD MASHED POTATO 6.99

ROASTED ASPARAGUS 9.99

SAUTÉED SPINACH 6.99

JASMINE RICE 6.99

LOBSTER MAC & CHEESE 17.99
Gluten-Free Pasta, no crumbs

Desserts

CHEESECAKE 11.99

Thick, lightly browned, flavored with lemon and vanilla, choice of strawberries

FLOURLESS CHOCOLATE CAKE 11.99

Decadent dark chocolate cake, ganache glaze, served with vanilla ice cream.

CHOCOLATE TULIP CUP 11.99

A delicate chocolate tulip cup with white chocolate accents filled with a light, fluffy white chocolate mousse, served on raspberry purée.

SORBETTO 10.99

Three scoops of VIA Italian Table’s delicious Blood Orange sorbetto.

VANILLA BEAN CRÈME BRÛLÉE 11.99

Sweet vanilla bean custard with caramelized sugar topped with whipped cream and seasonal berries.

Indicates the modifications to make an item Gluten Free

6.30.25

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