

Gluten Free Dinner Menu

Appetizers

TUNA POKE 13

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 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.

Raw Bar

SHRIMP COCKTAIL

Four 13, Half Dozen 19, Dozen 36

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

CHERRYSTONES ON THE HALF SHELL

Each 1.75, Half Dozen 10, Dozen 18

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 crumbs, sesame seeds. **No panko crumbs**

VEGETABLE ROLL 10

Avocado, cucumber, asparagus served inside-out with sesame seeds.

SOLE ROLL 13

Smoked salmon, avocado, cucumber, asparagus, spicy mayo.

TIGER EYE 14

Tuna, salmon, asparagus, tempura fried, topped with scallions, spicy mayonnaise, eel sauce and masago **Not tempura fried**

BUSTER ROLL 13

Jumbo lump crab meat, spicy mayo, crab stick, cucumber, and scallion, topped with wasabi sauce and toasted panko crumbs. **No panko crumbs**

TUNA CRUNCH 15

Tuna, fried sweet potato, avocado, spicy mayo. **No fried sweet potato**

CALIFORNIA SHRIMP ROLL 13

Shrimp, avocado, and cucumber

FRESH BLACKENED TUNA SASHIMI 16

Center cut, Yellowfin tuna blackened, slightly chilled and sliced.

Sole Classics

Served with a Wedge Salad.

For an additional charge you may substitute Clam Chowder \$2, or Caesar Salad \$6

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. **No noodle salad, substitute sushi rice**

PAN SEARED ATLANTIC HALIBUT 32

Fresh Atlantic halibut served with butternut squash risotto, roasted asparagus, and pomegranate reduction.

SOLE MEUNIÈRE 26

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

SEAFOOD SAUTÉ 27

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

BAKED STUFFED SHRIMP & FILET 37

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**

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. **No plum sauce**

ALASKAN KING JUMBO CRAB LEGS 69

One pound of steamed Alaskan King jumbo crab legs, served with French fries and coleslaw. **No French fries**



Lobster Fest



Appetizers

FIRECRACKER SUSHI 15

Lobster meat, avocado, fried sweet potato, and homemade spicy mayonnaise. Served inside-out with sesame seeds. **No fried sweet potato**

LOBSTER MAC 'N' CHEESE 13

Lobster meat mixed with homemade four cheese blend and orecchiette pasta, topped with panko crumbs **Gluten free pasta, no crumbs**

LOBSTER BISQUE Crock 12, Quart 22

Entrées

All entrées served with a wedge salad

QUARTER POUND LOBSTER ROLL 19

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, no French fries

HALF POUND LOBSTER ROLL 32

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

1.25 LB. LOBSTER 34

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

2 LB. LOBSTER 49

Steamed, served with French fries and coleslaw **No French fries**
Stuffed with Sea Scallops or Shrimp or Lobster Meat Add \$16

BUTTER POACHED LOBSTER CASSEROLE 32

Topped with Ritz crackers served with French fries and coleslaw
No Ritz, no French fries

LOBSTER RISOTTO 27

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

HADDOCK WITH LOBSTER NEWBURG 29

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

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



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 \$6

Broiled | Grilled | Seared | Cajun Blackened

Fresh NORTH ATLANTIC HADDOCK 25

Fresh NORTH ATLANTIC SALMON 25

Fresh NORTH ATLANTIC SOLE 26

Super JUMBO SHRIMP 27

Fresh SEA SCALLOPS 29

Fresh ATLANTIC HALIBUT 32

Fresh SWORDFISH 32

Fresh TUNA STEAK 32

Sides

PARMESAN ROASTED BROCCOLI 5

ROASTED FINGERLING POTATOES 5

YUKON GOLD MASHED POTATO 5

ROASTED ASPARAGUS 8

SAUTÉED SPINACH 5

JASMINE RICE 5

Salads

WEDGE SALAD 6

House made French dressing with bleu cheese crumbles over iceberg lettuce wedge, cherry tomatoes, sesame seeds.

CAESAR SALAD 9

Fresh chopped Romaine lettuce with our house made Caesar dressing, croutons, grated Parmesan cheese and Parmesan crisp. **No croutons**

PEAR & WALNUT SALAD 9

Romaine and arugula tossed with a honey tarragon vinaigrette, walnuts, dried cranberries and Bleu cheese. Topped with red wine poached pears.

BEEF & BURRATA SALAD 9

Red and yellow beets, arugula, mandarin oranges, toasted pistachios, and lemon vinaigrette

Desserts

CHEESECAKE 10

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

FLOURLESS CHOCOLATE CAKE 10

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

Appetizers

LOBSTER BISQUE Crock 12

TUNA POKE 13

Diced Yellowfin Tuna, avocado, scallions and cilantro in an Asian style sauce. Served on fried wontons. **No wontons, cucumber slices**

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 MUSSELS 13

1 lb. of fresh mussels, steamed with garlic and white wine

STEAMED MAINE CLAMS 19

1 lb. with butter and broth.

Raw Bar

SHRIMP COCKTAIL

Four 13, Half Dozen 19, Dozen 36

OYSTERS ON THE HALF SHELL

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Wellfleet Oysters: Cape Cod, MA

Katama Bay: Martha's Vineyard, MA

CHERRYSTONES ON THE HALF SHELL

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SPICY TUNA ROLL 14

Tuna, cucumber, spicy mayo, wasabi sauce, scallions, brown butter panko crumbs, sesame seeds. **No panko crumbs**

VEGETABLE ROLL 10

Avocado, cucumber, asparagus served inside-out with sesame seeds.

SOLE ROLL 13

Smoked salmon, avocado, cucumber, asparagus, spicy mayo.

TIGER EYE 14

Tuna, salmon, asparagus, tempura fried, topped with scallions, spicy mayonnaise, eel sauce and masago **Not tempura fried**

FIRECRACKER SUSHI 15

Lobster meat, avocado, fried sweet potato, and spicy mayonnaise. Served inside-out with sesame seeds. **No fried sweet potato**

BUSTER ROLL 13

Jumbo lump crab meat, spicy mayo, crab stick, cucumber, and scallion, topped with wasabi sauce and panko crumbs. **No panko crumbs**

TUNA CRUNCH 15

Tuna, fried sweet potato, avocado, spicy mayo. **No fried sweet potato**

CALIFORNIA SHRIMP ROLL 13

Shrimp, avocado, and cucumber

FRESH BLACKENED TUNA SASHIMI 16

Center cut, Yellowfin tuna blackened, slightly chilled and sliced.

Lunch Entrées

HALF POUND LOBSTER ROLL 32

Half pound of lobster meat in a toasted Brioche roll, served with French fries and coleslaw. **No roll, on lettuce, No French fries**
Your choice of traditional (a touch of mayonnaise and lemon juice), or Rhode Island style (butter poached). Served with a Wedge Salad

SALMON WITH TOMATO BASIL 15

Fresh North Atlantic salmon fillet, grilled and topped with a seasoned tomato basil relish served with roasted fingerling potatoes

PESTO SCALLOPS & SHRIMP 15

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

AHI TUNA BOWL 14

Chopped fresh Ahi Tuna with a soy marinade over jasmine rice with crisp sweet potatoes and micro cilantro **No sweet potatoes**

FISH TACOS 15

Blackened and sliced swordfish with flour tortilla, pico de gallo, red cabbage slaw and chili sour cream accompanied by black bean rice **No tortillas**

SHRIMP SCAMPI 14

Shrimp sautéed with white wine, fresh garlic, chopped fresh tomato, basil, and linguine. Garnished with Parmesan and Romano **Gluten free pasta**

SALMON MARSALA 15

Pan seared salmon with shallots, sliced crimini mushrooms and a Marsala demi glaze. Served with mashed potatoes and roasted asparagus

BAKED HADDOCK 15

North Atlantic Haddock fillet topped with seasoned Ritz crumbed and baked. Served with fingerling potatoes and roasted asparagus **No crumbs**

SALMON & SCALLOPS BASILIO 16

Salmon and scallops tossed with spinach, sun-dried tomatoes and penne pasta **Gluten free pasta**

QUARTER POUND LOBSTER ROLL 19

Quarter pound of lobster meat in a toasted Brioche roll, served with French fries and coleslaw. **No roll, on lettuce, No French fries**
Your choice of traditional (a touch of mayonnaise and lemon juice), or Rhode Island style (butter poached)

Salads

SEAFOOD COBB SALAD 17

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 10

WEDGE SALAD 6

House made French dressing with bleu cheese crumbles over iceberg lettuce wedge, cherry tomatoes, sesame seeds.

CAESAR SALAD 9

Fresh Romaine lettuce with our house made Caesar dressing, croutons, grated Parmesan cheese and Parmesan crisp **No croutons**

PEAR & WALNUT SALAD 9

Romaine and arugula tossed with a honey tarragon vinaigrette, walnuts, dried cranberries and Bleu cheese. Topped with red wine poached pears.

BEEF & BURRATA SALAD 9

Red and yellow beets, arugula, mandarin oranges, toasted pistachios, and lemon vinaigrette.

Desserts

CHEESECAKE 10

Over two inches thick, lightly browned, flavored with lemon and vanilla, choice of strawberries

FLOURLESS CHOCOLATE CAKE 10

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