

We work closely with two of the nation's top seafood purveyors. We inspect their New England facilities and they inspect our kitchens to assure you of the highest standards of quality and freshness. This menu is printed weekly and has all of the house favorites and the best new catches out of ever changing waters.



GF We have prepared this list of gluten free menu items based on current ingredients and information provided from our suppliers. Please be aware that this information is only a guide and ingredients may change, we cannot assume any responsibility for its use. Please notify a manager if you have specific dietary requirements.

•Nutritional Information Available Upon Request

## GLUTEN FREE LUNCH MENU

### GF FRESH CATCH

Enjoy your fresh catch broiled, bbq or grilled, or for something more adventurous try one of the following options for an additional 1.95

**Blackened** - seasoned with our own special Cajun blend, seared and served with cilantro aioli.

**Shanghai Style** - sesame steamed, with sticky rice, spinach and ginger soy sauce.

**Our menu is printed weekly to ensure the best, freshest products and Fresh Catches available on the market. This menu is a great representation of dishes we offer but it is subject to change. For a copy of today's menu please call 1-888-456-DINE.**

### CHEF'S FEATURES

Please refer back to the menu webpage for a listing of our Chef's Features.

### HEARTY SOUPS AND SALADS

- CREAMY NEW ENGLAND CHOWDER** .....3.95 cup 5.95 bowl
- MANHATTAN CHOWDER** .....3.95 cup 5.95 bowl
- HOUSE SALAD** -with cheddar cheese and balsamic vinaigrette . . . 3.95
- CAESAR SALAD** - Romaine, parmesan, croutons and Caesar dressing .8.95
  - \*with Pepper Crusted salmon . . . . . 10.95
  - \*with Grilled Shrimp . . . . . 11.95
  - \*with Grilled Breast of Chicken . . . . . 9.95
- WEDGE SALAD** - wedges of iceberg lettuce, blue cheese dressing and crispy bacon. . . . .6.95
- COBB SALAD** - classic combination of mixed greens, grilled chicken, smoked crispy bacon, tomatoes, avocado, blue cheese and chopped eggs, with creamy garlic dressing. . . . .10.95
- CRISPY SCALLOPS AND FRESH FRUIT** - fried scallops, mixed greens, fresh berries, oranges and mango with creamy blue cheese dressing . 11.95
- CRANBERRY CHICKEN SALAD** - strips of grilled cranberry chicken, pecans, dried cranberries, red onions, bleu cheese and cranberry vinaigrette . . . . .9.95

### SANDWICHES

- All sandwiches served with french fries and dill pickle
- GRILLED CHICKEN CLUB SANDWICH** - marinated chicken breast with hickory smoked bacon, sliced tomato, swiss cheese and mustard sauce on a toasted roll with fries and a dill pickle . . . . .9.95
  - GEORGE'S BANK BEER BATTERED SCRODS SANDWICH** -with lettuce, tomato and tartar sauce on a toasted roll, with fries and a dill pickle . . . . .9.95
  - PERCH SANDWICH** - lightly fried perch filets on a toasted roll with lettuce, tomato and tartar sauce, with fries and a dill pickle . .10.95
  - TUNA MELT** - tuna salad on grilled rye bread with cheddar cheese and tomato served with fries and a dill pickle . . . . .8.95
  - SHRIMP WRAP** - ginger fried shrimp, rice, red onions, lettuce and sweet sesame sauce . . . . .10.95

### BURGERS

- All burgers served with french fries and dill pickle
- "HALF-POUND HOMEMADE PATTY** - ground chuck on a toasted roll, served with lettuce and tomato . . . . .6.95
- Add 50¢ for each of the following: cheese (cheddar, Swiss or bleu cheese), caramelized onion, crispy bacon or sauteed mushrooms.
- \***SALMON BURGER** - broiled chopped salmon with a Teriyaki glaze, on a toasted roll with cucumbers and wasabi aioli . . . . .7.95

### PASTAS

- Gluten free or wheat pasta available upon request, please ask your server for details
- LINGUINE PESCATORE** - traditional Italian fishermen's style pasta with clams, mussels, shrimp and scallops in tomato sauce . . . . . 14.95
  - FETTUCINE ALFREDO** . . . . . 8.95
    - with Grilled Chicken Breast . . . . . 11.95
  - SEAFOOD ALFREDO** - with salmon, shrimp and scallops . . . . .13.95

### SPECIALTIES OF THE HOUSE

- All lunch entrees served with bleu cheese coleslaw, hot homemade bread, butter and a choice of side.
- SAUTEED LAKE SUPERIOR WHITEFISH** - with dried Michigan cherries, shiitake mushrooms and fresh basil. . . . .11.95
  - PAN FRIED JUMBO LUMP CRAB CAKE** - with mustard sauce . . . . . 11.95
  - BROILED NATURAL SEA SCALLOPS** - fresh from the coast, in sherry butter . . . . . 14.95
  - SHRIMP SCAMPI** - sauteed in white wine, herbs and garlic butter with artichoke hearts and sun dried tomatoes . . . . . 11.95
  - FRIED GULF SHRIMP** . . . . . 10.95
  - CHICKEN BREAST DIJON** - with portobello mushroom and balsamic vinaigrette . . . . . 9.95
  - PARMESAN CRUSTED GEORGE'S BANK LEMON SOLE** - with lemon and capers . . . . .14.95

### APPETIZERS

- CHORIZO STEAMED LITTLE NECK CLAMS** - steamed in white wine, garlic, butter, chorizo sausage and sweet peppers . . . . .12.95
- EDAMAME** - soybeans steamed and salted in the pod. . . . .7.95
- PAN FRIED JUMBO LUMP CRAB CAKE** - with mustard sauce . . . . .9.95
- CRAB AND SHRIMP SPRING ROLL** - with ginger dipping sauce . . . .9.95
- FRIED CAPE CLAM STRIPS** . . . . .7.95
- GF BLUE HILL BAY MUSSELS** - your choice of plain, garlic herb or marinara sauce . . . . .9.95
- POINTE JUDITH CALAMARI** - flash fried and served with saffron aioli or with sauteed chili peppers, scallions and lemon . . . . .10.95
- HOT ROCKS** - crispy fried rock shrimp tossed in spicy cream sauce. .9.95
- SALT & PEPPER TUNA** - with seaweed salad and ponzu sauce . . . .11.95

### CHILLED FROM THE RAWBAR

*we serve only premium oysters known for their meaty, salty flavor, iced on the half shell. Occasionally the availability of the oysters listed below may change.*

- GF \*DUXBURY** - Massachusetts, by the piece 1.95 1/2 dozen . . . . . 10.95
- GF \*MALPEQUE** - Prince Edward Isle, by the piece 1.95 1/2 dozen. . . . . 10.95
- GF \*BLUE POINT** - Long Island, by the piece 1.95 1/2 dozen . . . . . 10.95
- GF \*OYSTER SAMPLER** - served by the half dozen . . . . . 10.95
- GF JUMBO SHRIMP COCKTAIL** - . . . . . 10.95
- GF JUMBO LUMP CRAB MEAT** - 2oz. with mustard sauce . . . . . 6.95
- GF RAWBAR PLATTER FOR TWO** - Shrimp cocktail, salt and pepper seared tuna and jumbo lump crab meat. . . . . 14.95
- GF SEAFOOD PLATTER** - chilled Maine Lobster, Cocktail Shrimp, Oysters and 2oz. of Jumbo Lump Crab Meat, serves up to four people. . 33.95

### ACCOMPANIMENTS

- SKILLET FRIED HASH BROWN POTATOES** . . . . .2.95
- GF STEWED TOMATOES** . . . . .2.95
- RICE PILAF** . . . . .2.50
- GF STEAMED BROCCOLI** . . . . .2.95
- FRENCH FRIES** . . . . .2.25
- BLEU CHEESE COLESLAW VINAIGRETTE** . . . . .2.25

At times when the quality of a given product does not meet our standards items on this menu will not be served. Please notify us of food allergies. Not responsible for personal property. \*The consumption of raw or undercooked foods such as beef, chicken or fish which may contain harmful bacteria, may cause serious illness or death.