



STARTERS AND SOUPS

HUMMUS // Marinated olives & tomatoes served with fresh veggies **10**

BLUE CORN NACHOS // Fresh corn tortilla baked with cheese, topped with salsa, sour cream, black olives and fresh jalapenos **10**, Add guacamole **3**, With black bean chili **13**, With chicken **13**, Smaller size available

NEW ENGLAND CLAM CHOWDER // A generous portion of our homemade creamy chowder **Cup 7 / Bowl 9**

BLACK BEAN CHILI // Bean and vegetable chili garnished with fresh salsa, shredded cheese and tortilla chips. Vegan preparation available **6.5**

SALADS

DRESSINGS: Ranch, Balsamic, Bleu Cheese, 1000 Island, Avocado-Lime Yogurt, Greek, Buttermilk Lime

MARKET // Fresh greens, tomato wedges, cucumber, shredded carrots, red onion **8**

CAESAR // Chopped romaine lettuce with shredded parmesan. Available with anchovies (\$1) **8**

AVOCADO & QUINOA // Spinach & bibb lettuce topped with tri-colored quinoa, avocado, cherry tomatoes, sliced almonds and avocado-lime yogurt dressing **12**

**Grilled or Blackened Chicken-4 • Blackened Haddock-6
Grilled Salmon*-9 • Steak & Artichoke Skewer *-7.50
Grilled Shrimp Skewer-6 •**

BLACKENED CHICKEN COBB SALAD // Butter lettuce, heirloom tomatoes, bacon, blue cheese crumbles, chopped egg, blackened chicken & buttermilk lime dressing **13**

MEDITERRANEAN STEAK & ARTICHOKE* // Grilled beef tip and artichoke kabob over chopped romaine topped with tomato wedges, red onion, cucumber, feta cheese and Greek dressing **15**

PIZZA

PLAIN CHEESE // Red sauce, provolone, mozzarella and parmesan on an Udi's gluten free crust **10**

ADD TOPPINGS // Tomato, onion, peppers, mushrooms, bacon, feta, olives, chicken, jalapeno, spinach, bleu cheese crumbles **1 each**

SANDWICHES AND BURGERS

All sandwiches are served on a Gluten-free bun with your choice of side and a pickle. Some sides are an additional charge. Lettuce and tomato served upon request

CHILI LIME SHRIMP TACO // Soft corn tortilla, grilled chili-lime shrimp, shaved cabbage, cilantro crema, diced tomato, pickled red fresno pepper and Cotija cheese **12**

BLACKENED HADDOCK TACO // Soft corn tortilla, blackened haddock, cabbage, avocado, pico de gallo & serrano-lime aioli **13**

CHICKEN BACON CHEDDAR // Crisp bacon and melted cheddar **13**

BLACKENED HADDOCK SANDWICH // blackened seared haddock filet with tartar **13**

GRILLED TURKEY BURGER // Served with cheddar cheese, sliced red onion and avocado **12**

BASIC BURGER* **11** // with American, cheddar, Swiss, crumbled bleu or pepper-jack cheese **12**

INCLUDED SIDES Cole Slaw • Rice • Mashed Potatoes
Steamed Vegetables • Blue Chips

ADDITIONAL SIDES • Market Salad **2** • Caesar Salad **2**
Cuban Black Beans **2**

ENTREES

ST. LOUIS RIBS // Served with Maine blueberry sauce, mashed potato and cole slaw **28** Half Rack **18**

PESTO HADDOCK // Broiled filet topped with pesto and blue corn chip crust. Served with house rice and seasonal vegetables **20** Lunch portion **15**

TAMARI GLAZED SALMON* // Fresh Atlantic salmon glazed with Tamari sauce and served with house rice and grilled asparagus **20**

GRILLED CHICKEN DINNER // Grilled chicken breast served with house mashed potatoes & seasonal vegetables **13** Additional Chicken Breast **4**

*This food is or may be served raw or undercooked or may contain raw or undercooked foods. Consumption of this food may increase the risk of foodborne illness. Please check with your physician if you have any questions about consuming raw or undercooked foods

A gluten free diet is a diet completely free of ingredients derived from gluten-containing cereals: wheat, barley, rye and triticale, as well as the use of gluten as a food additive in the form of a flavoring, stabilizing or thickening agent. We have created a menu using gluten free ingredients with cooking procedures intended to be free of allergens cross contamination. However, the potential for cross contamination along the entire food chain starting with ingredient cultivation to eventual consumption makes it impossible for us to make a guarantee regarding the allergen content of any menu item.