

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.



REAL SEAFOOD COMPANY IS HOME TO THE FINEST SEAFOOD. OUR SELECTIONS ARE PROCURED BY TRADITIONAL "WATERMEN" AND SELECTED BY STANDARDS SET CENTURIES AGO. OUR SEAFOOD IS SAID TO BE AS CLOSE TO THE NEW ENGLAND WATERS AS YOUR TASTE CAN TRAVEL.

## LUNCH MENU

### FRESH CATCH

ENJOY YOUR FRESH CATCH BROILED, FRIED OR GRILLED, OR FOR SOMETHING MORE ADVENTUROUS TRY ONE OF THE FOLLOWING OPTIONS: BLACKENED - SEASONED WITH OUR OWN SPECIAL CAJUN BLEND, SEARED AND DRIZZLED WITH ROASTED PEPPER AIOLI  
SHANGHAI STYLE - SESAME STEAMED, WITH STICKY RICE, SPINACH AND GINGER-SCALLION SOY SAUCE, ADD 2.95  
ADOBO STYLE - ADOBO RUBBED AND GRILLED WITH MANGO-AVOCADO SALSA AND CRISPY TORTILLA STRIPS, ADD 2.95

GEORGE'S BANK BLUE COD, CHEF SUGGESTS: BROILED • 13.95

\* ATLANTIC SALMON, CHEF SUGGESTS: CHARGRILLED • 15.95

LAKE SUPERIOR WHITEFISH, CHEF SUGGESTS: BROILED OR BLACKENED • 14.95

YELLOW LAKE PERCH, CHEF SUGGESTS: DEEP FRIED OR PAN FRIED • 16.95

\* BLOCK ISLAND SWORDFISH, CHEF SUGGESTS: CHARGRILLED OR BLACKENED • 14.95

MAHI MAHI, CHEF SUGGESTS: CHARGRILLED OR ADOBO STYLE • 16.95

### FEATURES

#### PICK TWO LUNCH COMBO

PLEASE CHOOSE FROM THE FOLLOWING:

SOUP AND SALAD - CUP OF NEW ENGLAND OR MANHATTAN CHOWDER AND 1/2 HOUSE SALAD • 9.95

SOUP OR SALAD WITH 1/2 SANDWICH - CUP OF NEW ENGLAND OR MANHATTAN CHOWDER OR 1/2 HOUSE SALAD WITH 1/2 FISH TACO • 11.95

### FROM THE RAWBAR

WE SERVE ONLY PREMIUM OYSTERS KNOWN FOR THEIR MEATY, SALTY FLAVOR, SHUCKED TO ORDER, SERVED ON THE HALF SHELL.

PLEASE ASK FOR OUR CURRENT SELECTION OF OYSTERS, AS THEY CHANGE DAILY.

SHRIMP COCKTAIL - 5 LARGE SHRIMP WITH OUR HOUSE-MADE COCKTAIL SAUCE • 14.95

SEAFOOD PLATTER - OYSTERS, TUNA TARTARE, SHRIMP COCKTAIL, CRAB LOUIE AND A WHOLE MAINE LOBSTER SERVED CHILLED WITH COCKTAIL SAUCE, HORSERADISH, AND OYSTER DIPPING SAUCE • 59.95

### HEARTY SOUPS

CREAMY NEW ENGLAND CLAM CHOWDER CUP • 5.95 BOWL • 7.95

MANHATTAN SEAFOOD CHOWDER CUP • 5.95 BOWL • 7.95

LOBSTER BISQUE CUP • 6.95 BOWL • 9.95

### SALADS

KALE AND QUINOA SALAD - FRESH KALE AND SOUTH AMERICAN QUINOA TOSSED IN APPLE CIDER VINAIGRETTE, FINISHED WITH OVEN ROASTED BUTTERNUT SQUASH, ROASTED SHALLOTS, MICHIGAN DRIED CHERRIES AND SPICED ALMONDS • 11.95

WITH GRILLED CHICKEN • 14.95

MEDITERRANEAN SALAD - MIXED GREENS, PICKLED CUCUMBERS, TOMATOES, RED ONIONS, OLIVES, FETA CHEESE, SHALLOT VINAIGRETTE; SERVED WITH HUMMUS AND FLATBREAD CRACKERS • 11.95

WITH CHICKEN • 14.95 WITH SALMON • 15.95

HOUSE SALAD - MIXED GREENS TOPPED WITH SHREDDED WHITE CHEDDAR CHEESE, RED ONION AND TOMATO, WITH SHALLOT VINAIGRETTE • 4.95

\* CAESAR SALAD - WITH SHAVED PARMESAN AND GARLIC CROUTONS • 10.95

WITH SALMON • 13.95 WITH GRILLED CHICKEN • 11.95 WITH SHRIMP • 14.95

### SANDWICHES & BURGERS

LOBSTER ROLL - CREAMY FRESH MAINE LOBSTER SALAD ON A NEW ENGLAND STYLE ROLL • 17.95

\* SPICE RUBBED FISH TACOS - GRILLED CORN TORTILLAS FILLED WITH LIGHTLY SPICED COD, CHIPOTLE SLAW, ROASTED CORN PICO DE GALLO, AND AVOCADO CREMA • 12.95

CHICKEN, BACON AND AVOCADO FLATBREAD SANDWICH - WITH SRIRACHA AIOLI AND SWEET POTATO "COTTAGE FRIES" • 12.95

THE REAL FISH SANDWICH - WITH LETTUCE, TOMATO AND TARTAR SAUCE ON A BRIOCHE BUN, SERVED WITH FRIES AND A DILL PICKLE • 10.95

\* HALF-POUND PRIME BURGER - 100% PRIME BEEF ON A BRIOCHE BUN, SERVED WITH LETTUCE, TOMATO AND COLESLAW. SERVED WITH FRIES AND DILL PICKLE • 11.95

ADD 50¢ FOR EACH OF THE FOLLOWING: CHEESES - CHEDDAR OR SWISS, GRILLED ONION, CRISPY BACON, SAUTÉED MUSHROOMS

### PASTAS

GLUTEN-FREE PASTA AVAILABLE UPON REQUEST,

PLEASE ASK YOUR SERVER FOR DETAILS.

PESTO AND GOAT CHEESE GNOCCHI - POTATO GNOCCHI TOSSED WITH BASIL PESTO, GOAT CHEESE, SUNDRIED TOMATOES, AND PINE NUTS • 12.95

LINGUINE WITH CLAMS - IN A CLASSIC WHITE SAUCE • 13.95

\* SEAFOOD ALFREDO - WITH ATLANTIC SALMON, SHRIMP AND SCALLOPS • 14.95

\*CONTAINS RAW OR UNDERCOOKED INGREDIENTS. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS. PLEASE ALERT YOUR SERVER IF YOU HAVE ANY FOOD ALLERGIES. ASK ABOUT GLUTEN-FREE MENU OPTIONS. ALL MENU ITEMS AND PRICING ON OUR MENU ARE SUBJECT TO CHANGE, WITHOUT NOTICE BASED ON AVAILABILITY AND MARKET PRICE.

AT TIMES WHEN THE QUALITY OF A GIVEN PRODUCT DOES NOT MEET OUR STANDARDS, ITEMS ON THIS MENU WILL NOT BE SERVED.

18% SUGGESTED GRATUITY ON PARTIES OF 8 OR MORE.

IF YOU FEEL THAT SERVICE DID NOT WARRANT THE SUGGESTED GRATUITY, PLEASE SPEAK TO OUR MANAGER. IF YOU FEEL THAT SERVICE EXCEEDED THIS, FEEL FREE TO TIP MORE!

### APPETIZERS

CRAB STUFFED AVOCADO - JONAH CRAB STUFFED AVOCADO WITH FRESH BIBB LETTUCE, ROASTED PEPPER VINAIGRETTE, AND A LEMON-CREME FRAICHE DRIZZLE • 13.95

VEGETABLE PLATTER - LIGHTLY SEASONED, SEASONAL VEGETABLES • 9.95

CRISPY FRIED BRUSSELS SPROUTS - FLASH FRIED WITH SHAVED PARMESAN, PECANS, MAPLE MUSTARD, AND A BALSAMIC GLAZE • 9.95

DYNAMITE SHRIMP - CRISPY FRIED SHRIMP, TOSSED WITH GREEN BEANS, CRUNCHY WONTONS, SWEET & SPICY SAUCE AND TOPPED WITH SESAME SEEDS • 13.95

ESCARGOT - IN GARLIC BUTTER • 10.95

LOBSTER BITES - FRIED LOBSTER BITES AND ASPARAGUS WITH SRIRACHA AIOLI DIPPING SAUCE • 14.95

\*TUNA TARTARE - WITH ASIAN PEARS, TOASTED SESAME SEEDS AND AVOCADO • 13.95

STEAM POTS - ALL SERVED IN A WHITE WINE GARLIC BROTH

STEAMED BLUE HILL BAY, MAINE MUSSELS • 10.95

STEAMED BABY MAINE CLAMS • 12.95

1/2 STEAMED CLAMS 1/2 STEAMED MUSSELS • 11.95

MARYLAND STYLE LUMP BLUE CRAB CAKE - WITH MUSTARD SAUCE AND GREENS TOSSED WITH FRUIT AND NUTS • 12.95

### SPECIALTIES OF THE HOUSE

MAHI MAHI VERACRUZANA - GRILLED MAHI MAHI SERVED ON A BED OF RICE PILAF WITH A FRESH SAUTE OF ONIONS, PEPPERS, TOMATO, AND CILANTRO • 18.95

PARMESAN ENCRUSTED LEMON SOLE - GEORGE'S BANK SOLE WITH A PARMESAN CRUST AND LEMON-CAPER BEURRE BLANC • 15.95

SAUTEED LAKE SUPERIOR WHITEFISH - WITH DRIED MICHIGAN CHERRIES, SHIITAKE MUSHROOMS AND FRESH BASIL • 13.95

PECAN CHICKEN - SAUTÉED PECAN ENCRUSTED CHICKEN WITH A HONEY-WHOLE GRAIN MUSTARD SAUCE • 12.95

BAKED STUFFED FLOUNDER - FRESH FLOUNDER, STUFFED WITH LUMP BLUE CRAB MEAT, ROCK SHRIMP, SPINACH, MUSHROOMS AND LEEKS • 13.95

JUMBO GULF SHRIMP - PREPARED SCAMPI STYLE OR FRIED • 12.95

FISH & CHIPS - OUR FRESH CATCH SCROD IS BEER BATTERED AND SERVED WITH FRIES AND TARTAR SAUCE • 11.95

JAMBALAYA - WITH CHORIZO SAUSAGE, ROCK SHRIMP, SWORDFISH, BLACKENED CHICKEN, MUSHROOMS AND SPICY CREOLE SAUCE, SERVED OVER RICE • 12.95

### ACCOMPANIMENTS

MEXICAN STYLE STREET CORN - WITH RED ONION, CHIPOTLE CREAM, CILANTRO, AND QUESO FRESCO • 5.95

SWEET POTATO "COTTAGE FRIES" DRIZZLED WITH MICHIGAN MAPLE SYRUP • 5.95

GRILLED PARMESAN AND FRESH CORN POLENTA WITH FRESH CILANTRO AND MINT SALSA VERDE • 6.95

CRISPY FRIED BRUSSELS SPROUTS - MAPLE MUSTARD AND A BALSAMIC GLAZE • 5.95

ROASTED REDSKIN POTATOES • 3.95

GRILLED ASPARAGUS • 5.95

RICE PILAF or STICKY RICE • 3.95

STEWED TOMATOES • 3.95

SHANGHAI STYLE SPINACH • 5.95

VEGETABLES OF THE SEASON • 3.95

FRENCH FRIES • 2.95

RICH CREAMY COLESLAW • 2.95

### DESSERTS

HUMMINGBIRD CAKE - HOUSE MADE BANANA AND PINEAPPLE LAYER CAKE WITH PECANS AND CREAM CHEESE FROSTING • 5.95

NEW YORK STYLE CHEESECAKE • 7.95

KEY LIME PIE - WITH WHIPPED CREAM • 6.95

CHOCOLATE BRANDY MOUSSE - WITH WHIPPED CREAM AND SHAVED CHOCOLATE • 6.95

COCONUT CREAM PIE • 5.95

CREME BRULEE • 7.95

VANILLA BEAN ICE CREAM OR FRUIT SORBET • 3.95