



WOOD FIRE GRILL

LUNCH MENU

SOUP

NEW ENGLAND CLAM CHOWDER

SOUP DU JOUR

CHILLED SHELLFISH

PINK PEPPERCORN MIGNONETTE - COCKTAIL SAUCE - LEMON

SHRIMP COCKTAIL - NATIVE OYSTER - NATIVE LITTLENECK

RAW BAR SAMPLER

FOUR SHRIMP - FOUR LITTLENECKS - FOUR OYSTERS

STARTERS

PEI MUSSELS

WHITE WINE - BEURRE CHIVRY

RED PEPPER PARMESAN GARLIC BREAD OR HAND CUT FRITES & AIOLI

LUMP CRAB CAKES

ROASTED CORN SALSA - CHIPOTLE AIOLI - MICRO CILANTRO

NEW ENGLAND STUFFED QUAHOGS

LINGUICA & PEPPER STUFFING

CALAMARI

CORNMEAL BREADED RINGS & TENTACLES - CHOURICO - CHERRY PEPPERS - CILANTRO YOGURT SAUCE

SESAME SEARED AHI TUNA

AHI TUNA - BABY GREENS - CREAMY SESAME GINGER VINAIGRETTE

LOBSTER AND CORN FRITTERS

ROASTED RED PEPPER AIOLI

VEGETABLE EGG ROLLS

ASIAN SLAW - ARUGULA - SWEET JALAPEÑO JELLY

SALADS

GARDEN SALAD

BABY GREENS - FRESH SEASONAL VEGETABLES

CHOICE OF DRESSING

ITALIAN - ROMANO BLACK PEPPER - BLUE CHEESE - RASPBERRY VINAIGRETTE - HONEY MUSTARD

CAESAR SALAD

ROMAINE LETTUCE - HOUSE CROUTONS - CAESAR DRESSING - SHAVED PARMESAN

STRAWBERRY SALAD

BABY SPINACH - BLUEBERRIES - POACHED ASPARAGUS - TOASTED PECANS

FRESH MOZZARELLA - POPPY SEED DRESSING

BUTTERMILK BLUE ICEBERG WEDGE

BABY ICEBERG LETTUCE - APPLEWOOD SMOKED BACON - CRUMBLLED BLUE CHEESE

GRAPE TOMATOES - RED ONION - BUTTERMILK RANCH DRESSING

SALAD ADDITIONS

CHICKEN - MARINATED SIRLOIN TIPS - SHRIMP (THREE) - SEARED SALMON

SEARED SCALLOPS - SESAME CRUSTED TUNA - GRILLED SWORDFISH

LUNCH SANDWICHES

ALL SANDWICHES COME WITH A CHOICE OF
HAND-CUT FRIES & DILL PICKLE OR DRESSED BABY GREENS

LOBSTER ROLL

BRIOCHE ROLL - LEMON - MAYONNAISE - SHREDDED BABY GREENS

TRAFFORD BURGER

BRIOCHE BUN - BABY GREENS - BACON - SHARP WHITE CHEDDAR - CARAMELIZED ONIONS

BISTRO BURGER

BRIOCHE BUN - MELTED BRIE - CARAMELIZED SHALLOT BALSAMIC JAM - BABY ARUGULA

STEAK PANINI

SHAVED SIRLOIN - BABY ARUGULA - ROASTED RED PEPPERS - CHEDDAR CHEESE
ROASTED GARLIC AIOLI - SOURDOUGH

FISH TACOS

CAJUN FRIED COD - SHREDDED CABBAGE - FIRE ROASTED TOMATO SALSA
CILANTRO YOGURT SAUCE

BLACKENED SWORDFISH TACOS

SHREDDED CABBAGE - FIRE ROASTED CORN SALSA - LIME SOUR CREAM

FISH SANDWICH

BRIOCHE BUN - PANKO FRIED COD - LETTUCE - TOMATO - LEMON CAPER AIOLI

GRILLED CHICKEN WRAP

WOOD GRILLED CHICKEN - MIXED GREENS - GOAT CHEESE - RASPBERRY VINAIGRETTE
DRIED CRANBERRIES - TOASTED PECANS

CHICKEN CAPRESE PANINI

SOURDOUGH - MOZZARELLA - BASIL PESTO - TOMATO - BALSAMIC GLAZE

PORTABELLA WRAP

ROASTED RED PEPPER AIOLI - TRUFFLE DRESSED ARUGULA
MARINATED PORTABELLA MUSHROOM - ASPARAGUS - CHEDDAR CHEESE

LUNCH ENTREES

FISH & CHIPS

FRESH COD - HAND CUT FRIES - COLESLAW - TARTAR SAUCE
(5oz) (8oz)

SHRIMP SCAMPI

GARLIC BUTTER - WHITE WINE - CHERRY TOMATOES - LEMON - BABY SPINACH
LINGUINI PASTA

FRIED CLAMS

HAND CUT FRIES - COLESLAW - TARTAR SAUCE

SESAME GINGER SHRIMP BOWL

CHILLED SHRIMP - WHITE QUINOA - BABY BOK CHOY - JULIENNED CARROTS - SCALLIONS
SESAME GINGER VINAIGRETTE

SEARED SCALLOPS

BABY ARUGULA - ASPARAGUS - ROASTED PEPPERS
ROASTED GARLIC SHERRY VINAIGRETTE - SHAVED ASIAGO

PAN ROASTED SALMON

BARBECUE RUBBED SALMON - BABY SPINACH - SUMMER SUCCOTASH - BUTTERMILK RANCH

STEAK TIPS & FRITES

WOOD GRILLED SIRLOIN TIPS - DEMI - FRITES - TRUFFLED ARUGULA

BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY. ADDITIONALLY, IF A PERSON IN YOUR PARTY HAS A SPECIAL DIETARY NEED (E.G., GLUTEN INTOLERANCE), PLEASE INFORM YOUR SERVER AT THE BEGINNING OF YOUR VISIT. WE WILL DO OUR BEST TO ACCOMMODATE YOUR NEEDS. PLEASE BE AWARE THAT OUR RESTAURANT USES INGREDIENTS THAT CONTAIN ALL THE MAJOR FDA ALLERGENS (PEANUTS, TREE NUTS, EGGS, FISH, SHELLFISH, MILK, SOY AND WHEAT).

*THESE ITEMS ARE COOKED TO ORDER AND MAY BE SERVED RAW OR UNDERCOOKED. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.