



FRESH INGREDIENTS. FRESH AIR. FRESH FOOD

## SHELL FISH

### SHRIMP COCKTAIL - 3

### NATIVE OYSTER - 3

### NATIVE LITTLENECK - 2

pink peppercorn mignonette  
cocktail sauce - lemon

### RAW BAR SAMPLER - 30

four shrimp  
four littlenecks  
four oysters

## SALAD

### GARDEN SALAD - 9

baby greens - fresh seasonal vegetables  
choice of dressing

italian - romano black peppercorn - blue cheese  
raspberry vinaigrette - honey mustard

### CAESAR SALAD - 9

romaine lettuce - house croutons - caesar dressing  
shaved parmesan

### ROASTED BEET SALAD - 11

beets - goat cheese - candied walnuts  
baby greens - balsamic

### WILTED SPINACH SALAD - 12

toasted almonds - goat cheese - dried cranberries  
warm portabella and bacon vinaigrette

## STARTERS

### PEI MUSSELS - 14

white wine - beurre chivry

red pepper parmesan garlic bread or  
hand cut frites & aioli

### LUMP CRAB CAKES - 13

roasted corn salsa - chipotle aioli

### NEW ENGLAND STUFFED QUAHOGS - 7

linguica & pepper stuffing

### CALAMARI - 13

cornmeal breaded rings & tentacles - chourico  
cherry peppers - cilantro yogurt sauce

### SEARED TUNA NACHOS - 12

ahi tuna - wakame - siracha mayo - sweet soy

### PORK BELLY SLIDERS - 12

pickled carrots - green onion mayo  
shredded cabbage

### CRISPY BRUSSEL SPROUTS - 11

melted goat cheese - rosemary - truffle salt

## SOUP

### NEW ENGLAND CLAM CHOWDER

cup - 4      bowl - 5.5

### FRENCH ONION SOUP

crook - 7

### SOUP OF THE MOMENT

cup - 3.5      bowl - 5.25

## SALAD ADDITIONS

CHICKEN 6 - MARINATED SIRLOIN TIPS 9 - SHRIMP (THREE) 9 - SEARED SALMON 7  
SEARED SCALLOPS 10 - SESAME CRUSTED TUNA 10 - GRILLED SWORDFISH 8

# LAND

## **TRAFFORD TENDERLOIN TIPS - 24**

wood grilled tenderloin tips - asparagus  
garlic mashed potatoes - roasted shallot and  
mushroom demi

## **BRAISED SHORT RIBS - 22**

beef short ribs - merlot demi - roasted baby carrots  
mashed potatoes

## **STEAK FRITES - 26**

wood grilled sirloin - garlic herb butter  
truffle frites - asparagus

## **STEAK HOUSE BURGER - 14**

wood grilled ground chuck - smoked gouda - raw  
onion steak sauce - baby arugula - brioche bun

## **CRISPY DUCK BREAST - 24**

pan seared duck - sweet potato hash  
fig port reduction - rosemary brussels sprouts

## **CHICKEN MADEIRA - 22**

pan fried chicken - madeira wine demi - onions  
portabella mushrooms - fresh herbs  
garlic mashed

## **BRIOCHE CRUSTED VEAL - 24**

veal cutlet - parmesan polenta - asparagus  
lemon herb jus - roasted artichoke pesto

## **LAMB CHOPS - 25**

wood grilled coffee rubbed lamb - sage yogurt  
smashed new potatoes - baby arugula

# WATER

## **LOBSTER STUFFED COD - 34**

fresh cod - seafood stuffing - lobster - asparagus  
roasted fingerling potatoes - lobster cream

## **TRAFFORD COD PAN ROAST - 26**

fresh cod - mussels - calamari - shrimp - chorizo  
potatoes - spicy tomato seafood broth  
grilled sourdough bread

## **FISH AND CHIPS - 18**

fresh cod - house cut fries - coleslaw - tartar  
sauce

## **SEARED SCALLOPS - 25**

sea scallops - roasted cauliflower risotto  
bacon braised arugula - basil oil  
red pepper coulis

## **FISH TACOS - 14**

cajun fried cod - shredded cabbage  
fire roasted tomato salsa - cilantro yogurt sauce

## **WHOLE ROASTED BRONZINO - 28**

fresh bronzino - country mustard aioli  
rosemary oil - crispy fennel - roasted fingerlings

## **MAPLE MUSTARD GLAZED SALMON - 25**

pan seared salmon - winter squash puree  
andouille risotto - toasted pecans

## **WOOD GRILLED SWORDFISH - 26**

fresh cut swordfish - roasted red pepper aioli  
basil pesto - asparagus - roasted fingerlings

## **LOBSTER MAC AND CHEESE - 31**

hand shucked hard shell lobster - cavatappi  
smoked gouda cheese sauce - scallions  
rendered applewood smoked bacon

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.

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Call 401-289-2265 or email [info@traffordrestaurant.com](mailto:info@traffordrestaurant.com) for more information

