



Lunch

shellfish

SHRIMP COCKTAIL - 3/SHRIMP
cocktail sauce • lemon wedge

- * NATIVE OYSTERS - 3/OYSTER
pink peppercorn mignonette
cocktail sauce • lemon wedge
- * NATIVE LITTLENECKS - 2/LITTLENECK
pink peppercorn mignonette
cocktail sauce • lemon wedge
- * RAW BAR SAMPLER - 30
four shrimp • four littlenecks • four oysters
pink peppercorn mignonette • cocktail sauce
lemon wedge

salad

- GARDEN SALAD - 9
baby greens • cucumber • grape tomatoes
carrots • peppers
- CAESAR SALAD - 9
romaine lettuce • house-made croutons
caesar dressing • parmesan • grilled lemon half
- ROASTED BEET SALAD - 11
red and golden beets • candied walnuts
baby greens • goat cheese • balsamic vinaigrette
- WILTED SPINACH SALAD - 12
toasted almonds • goat cheese
dried cranberries • warm portabella, onion
and bacon vinaigrette

salad additions

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

starters

- PEI MUSSELS - 14
white wine • beurre chivry
choice of red pepper parmesan garlic
bread or hand cut frites & aioli
- LUMP CRABCAKES - 13
roasted corn salsa • chipotle aioli • cilantro
- NEW ENGLAND STUFFED
QUAHOGS - 7
signature linguica & pepper stuffing
butter • lemon wedge
- CALAMARI - 13
cornmeal breaded rings & tentacles
chourico • cherry peppers
cilantro sour cream
- * SEARED TUNA NACHOS - 12
ahi tuna • wakame • siracha mayo
sweet soy
- VEGETABLE EGG ROLLS - 11
asian slaw • arugula • sweet jalapeño jelly
- CRISPY BRUSSELS SPROUTS - 11
melted goat cheese • rosemary truffle salt

soup

- NEW ENGLAND CLAM
CHOWDER
cup - 4 bowl - 5.5
- FRENCH ONION SOUP
house-made croutons • swiss cheese
crock - 7
- SOUP OF THE MOMENT
cup - 3.5 bowl - 5.25

land

* STEAK TIPS & FRITES - 18

wood-grilled sirloin tips • demi • frites • truffled arugula

* TRAFFORD BURGER - 13

wood-grilled beef chuck • baby greens • bacon • white cheddar
caramelized onions • brioche bun

* STEAKHOUSE BURGER - 14

wood-grilled beef chuck • smoked gouda • onions • steak sauce
baby arugula • brioche bun

STEAK PANINI - 13

shaved sirloin • baby arugula • roasted red peppers • white cheddar
roasted garlic aioli • sourdough bread

CHICKEN CAPRESE PANINI - 13

wood-grilled chicken • mozzarella • basil pesto • tomato • balsamic glaze
sourdough bread

CRISPY CHICKEN SANDWICH - 12

panko fried chicken • garlic aioli • bacon • swiss • lettuce • tomato
brioche bun

PORK BELLY SANDWICH - 13

crispy pork belly • pickled red onions • maple dijon mustard • arugula
brioche bun

PULLED PORK QUESADILLA - 12

braised barbeque pork • black bean puree • pickled red onions •
pepperjack • pico de gallo

FALAFEL WRAP - 14

house-made falafel • tomato • cucumber • pickled red onions • lemon dill
yogurt

water

FISH & CHIPS - 18

fresh cod • house-cut fries • coleslaw • tartar sauce • lemon wedge

FISH TACOS - 14

cajun fried cod • shredded cabbage • fire-roasted tomato salsa
cilantro sour cream

FISH SANDWICH - 12

panko fried cod • lettuce • tomato • lemon caper aioli • brioche bun

SHRIMP SCAMPI - 21

sautéed shrimp • garlic butter • white wine • lemon • baby spinach
grape tomatoes • linguine

free-from options

A number of our menu items can be prepared gluten-free, nut-free and/or dairy-free.

Before placing your order, please inform your server if a guest in your party has a food allergy or a special dietary need (e.g., gluten intolerance). 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.