



Lunch

Raw Bar

Soups

Oysters on the Half	
Mystic, CT	2 ⁵
East Beach, RI	3
Salt Pond, RI	3
Standish Shore, MA	3
Conway Pearl, CAN	3
<i>add a skosh of scotch</i> 3	

New England Clam Chowder	6 / 8
Lobster Bisque	8 / 10
Seafood White Bean Chili	10
Vegetarian Soup du Jour	6
Oyster Stew	11

Hot Appetizers

Tuna Tartare	15
<i>over a crispy wonton with wasabi</i>	
Jumbo Shrimp	3 ⁵
Little Neck Clams <i>six</i>	10
Scallop Ceviche	14
Jumbo Lump Crab Cocktail	15
<i>coconut milk, cilantro, lime & mango served with plantain chips</i>	
S&P Seafood Tower 39	
<i>6 oysters, 4 little necks, 5 jumbo shrimp, scallop ceviche</i>	
S&P Premium Tower 95	
<i>12 oysters, 6 little necks, 6 jumbo shrimp & 1 lb Alaskan king crab legs</i>	

Stuffed Poblano Pepper	13
<i>deep fried, shrimp, crab, lobster, leeks & cream cheese</i>	
Seafood Stuffed Potato Skins	13
Oysters Rockefeller	12
Fried Oysters <i>creamy horseradish sauce</i>	15
Prosciutto Wrapped Sea Scallops	14
<i>white bean cumin salad</i>	
Clams Casino	10 ⁵
Spicy Mediterranean Calamari	13
Spinach & Artichoke Dip	11
Tomato Basil PEI Mussels	13
<i>white wine, garlic, butter & clam broth served with garlic toast</i>	

Salads

Garden Salad 7
<i>artisan greens, tomatoes & carrots tossed with lemon vinaigrette</i>
Wedge Salad 8
<i>aji amarillo blue cheese dressing & crispy prosciutto</i>
Rocket Salad 11
<i>arugula, red & green grapes, jicama, avocado, goat cheese & walnuts tossed with an agave white balsamic vinaigrette</i>
Bulgur Wheat & Kale Salad 9
<i>chick peas, red peppers, cucumbers & feta cheese</i>
Wood Grilled Vegetable Salad 12
<i>asparagus, squash, portabella mushroom, red pepper & Spanish onions over mixed greens with roasted shallot vinaigrette & feta cheese</i>

Salad Enhancers

3 Wood Grilled Jumbo Shrimp	10	Wood Grilled Faroe Island Salmon 5oz	11
Wood Grilled Yellowfin Tuna 4oz	13	Wood Grilled Swordfish 5oz	12
Wood Grilled Chicken 5oz	6	Pan Seared Sea Scallops 4oz	13



Lunch

Fried Oyster Taquitos 16
*breaded with blue corn flour in
white corn taquitos with remoulade,
served with citrus slaw & yucca fries*

Ground Steak Burger 12
*wood grilled with Vermont white cheddar
topped with sigsig sauce, lettuce & tomato,
served with french fries*

Wood Grilled Portabella Sandwich 10⁵
*baby spinach, roasted red peppers & swiss
cheese, served with bulgur wheat salad*

Chilled Lobster Roll 25
*lightly tossed with mayonnaise, celery
& fresh herbs with baby arugula
served with yucca fries*

Pulled Pork 10⁵
*in a spicy bbq style sauce, topped with slaw,
served with onion rings*

Vegetable Tacos 12
*flour tortillas, eggplant, squash, red peppers,
Spanish onion, black bean, corn,
avocado & a jalapeno cumin crema*

Wood Grilled Swordfish on Brioche 15
*tomato, applewood bacon, baby arugula
& avocado with a spicy aioli,
served with patatas bravas*

Garden Wrap 11
*spinach flour tortilla, black bean hummus,
quinoa, kale, cucumber, carrots & avocado
served with patatas bravas*

Seafood Ambrosia 18
*shrimp, sea scallops, crab & dayboat cod
topped with seafood stuffing,
served with vegetables*

Jumbo Shrimp & Sea Scallops 17
*wood grilled over Greek
tri-colored orzo salad*

Seafood Fra Diavolo 19
*shrimp, calamari, clams & monkfish
in a spicy marinara sauce
tossed with linguine*

Chicken Tostada 12
*avocado puree, pepperjack cheese
& southwest slaw, served with white bean,
jicama & cumin salad*

Jumbo Shrimp Scampi Risotto 17
roasted seasonal squash

Santa Fe Chicken 13
*finished with pineapple
& tomatillo sauce
served over creamy poblano grits*

Sliced Steak Salad 15
*marinated with a soy, lime & Korean chili,
over mixed greens with carrots, cucumbers,
tomatoes & watermelon radishes
with ginger lime vinaigrette*

Filet Mignon 5oz 26
*port wine dijon, served with
julienne vegetables & a
poblano pepperjack twice baked potato*



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Most items on our dinner menu can be presented naked

Classics

Seared Yellowfin Tuna 28
*sesame seed encrusted #1 grade
served over miso ginger soba noodles*

Pan Seared Scallop Pasta 28
*pancetta, roasted tomatoes & shallots
in lemon tarragon cream sauce,
with fettuccine*

Jumbo Shrimp Scampi Risotto 25
roasted seasonal squash

Bouillabaisse 30
*lobster, mussels, shrimp,
calamari, salmon, swordfish
& tuna in a savory tomato stew*

Dayboat Cod Loin 25
*lemon butter pan sauce, wilted spinach
& whipped potatoes*

Lobster Alfredo 33
tossed with linguine

S&P Seafood Pasta 26
*shrimp, sea scallops, calamari & mussels
with fresh basil & fettuccine in
white wine garlic sauce*

Black Squid Ink Risotto 29
*wood grilled jumbo shrimp & sea scallops
finished with fried artichokes & leeks*

Slow Roasted Chicken 21
*Pennsylvania amish farm raised
topped with red onion, cilantro &
tomato slaw, served with yucca fries*

The Wood Grill

Faroe Island Salmon 25
*with a honey lime sriracha served over
a Chinese black rice risotto with
wood grilled baby bok choy*

Native Monkfish 26
*Mediterranean rub with a salsa picada
served with roasted vegetable couscous*

Swordfish 28
*topped with mango salsa
served over julienne vegetables
with coconut ginger rice*

Pork Tenderloin 22
*rustic rub & pineapple bbq sauce
topped with pineapple relish,
served with whipped potatoes*

Santa Fe Chicken 23
*pineapple & tomatillo sauce
served over creamy poblano grits*

Ribeye 34
*14 oz Spanish rub, roasted red pepper
& blue cheese sauce, served with
roasted fingerling potatoes*

Filet Mignon
5oz 26 8oz 42
*port wine dijon, served with
julienne vegetables & a poblano
pepperjack twice baked potato*

NY Strip 36
*12 oz with chipotle bourbon glaze,
served with wood grilled asparagus
& pecorino risotto croquettes*

Additions & Sides

Roasted Vegetable Risotto 8

Yucca Fries 3 / 5

Wood Grilled Asparagus 5 / 9

Chinese Black Rice Risotto 8

Wood Grilled Baby Bok Choy 5