



Lunch

Raw Bar

Oysters on the Half	
Mystic, CT	2 ⁵
East Beach, RI	3
Salt Pond, RI	3
Standish Shore, MA	3
Conway Pearl, CAN	3

add a skosh of scotch 3

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 45
6 oysters, 4 little necks, 5 jumbo shrimp, scallop ceviche

S&P Premium Tower 105
12 oysters, 6 little necks, 6 jumbo shrimp & 1 lb Alaskan king crab legs

Soups

New England Clam Chowder	6 / 8
Lobster Bisque	8 / 10
Seafood White Bean Chili	12
Vegetarian Soup du Jour	6
Oyster Stew	11

Hot Appetizers

Stuffed Poblano Pepper	15
<i>deep fried, shrimp, crab, lobster, leeks & cream cheese</i>	
Seafood Stuffed Potato Skins	14
Oysters Rockefeller	12
Fried Oysters <i>creamy horseradish sauce</i>	15
Prosciutto Wrapped Sea Scallops	14
<i>white bean cumin salad</i>	
Clams Casino	11
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
artisan greens, tomatoes & carrots tossed with lemon vinaigrette

Wedge Salad 8
aji amarillo blue cheese dressing & crispy prosciutto

Rocket Salad 11
arugula, red & green grapes, jicama, avocado, goat cheese & walnuts tossed with an agave white balsamic vinaigrette

Bulgur Wheat & Kale Salad 9
chick peas, red peppers, cucumbers & feta cheese

Wood Grilled Vegetable Salad 12
asparagus, squash, portabella mushroom, red pepper & Spanish onions over mixed greens with roasted shallot vinaigrette & feta cheese

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 11
baby spinach, roasted red peppers & swiss cheese, served with bulgur wheat salad

Chilled Lobster Roll 26
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 19
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
*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 35
tossed with linguine

S&P Seafood Pasta 27
*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 22
*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 38
*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