...... SUSTAINABILITY IN PRACTICE 

**>** ......



...... SUSTAINABILITY IN PRACTICE 

••• ALL SANDWICHES & ROLLS ARE SERVED WITH YOUR CHOICE OF SALAD OR FRIES ••••••



# **STARTERS**

#### TREET TACO

GRILLED OR FRIED FISH, CORN TORTILLA, CABBAGE, AWESOME SAUCE, JERSEY SAUCE, SALSA



#### CHOWDER FRIES

NATURAL-CUT FRIES SMOTHERED IN CREAMY CLAM CHOWDER & BACON



# **NEW ENGLAND CLAM CHOWDER**

RED POTATOES, CLAMS, BACON



#### SHRIMP CEVICHE

MARINATED SHRIMP, TOMATO, LIME, CUCUMBER, TORTILLA CHIPS



#### SAUTEED VEGGIES

ALWAYS FRESH, WHATEVER IS IN SEASON



# LOBSTER TAQUITOS

DRIZZLED WITH AWESOME SAUCE, FLOUR TORTILLA



# **CHILLED COCKTAIL SHRIMP**

LIGHTLY POACHED SHRIMP WITH ROOSTER COCKTAIL SAUCE (REQUEST FIVE ALARM SPICE)



#### SIMPLE SALAD

HAND-PICKED LETTUCES, CARROT, RADISH, CUCUMBER, TOMATO, CITRUS VINAIGRETTE



# *Stapfit* SALADS & BOWLS

## SIMPLY GRILLED FISH SALAD

YOUR CHOICE OF DAILY FISH OVER FRESH MIXED LETTUCES, HAND-CUT VEGGIES & HONEY-LIME VINAIGRETTE



# MEDITERRANEAN SEA SALAD

YOUR CHOICE OF DAILY FISH, BABY GREENS, FETA, PUMPKIN SEEDS, OLIVE OIL, FRIES



## CITRUS SHRIMP SALAD

GRILLED SHRIMP, CUCUMBER, TOMATO, BABY GREENS, CITRUS VINAIGRETTE



# POWER BOWL

MIXED-GRILL SEAFOOD, BROWN RICE, CRISP VEGGIES, AVOCADO, EXTRA VIRGIN OLIVE OIL



# GRILLED FISH BOWL

YOUR CHOICE OF DAILY FISH, SEASONED RICE, HERB SAUCE, HAND PICKED SALAD



# POKE BOWL\*

ONLY THE FRESHEST TUNA POKE, SEASONED RICE, CHIPS AND GREENS



# **HAWAIIAN BOWL**

GARLIC SHRIMP, PINEAPPLE, SEASONED RICE, HAND PICKED SALAD



# ORIGINALS

#### ULTIMATE FISH TACO

GIANT TWO-HANDED FISH TACO GRILLED OR CRISPY CABBAGE, AWESOME SAUCE, PICKLED ONION



#### **EPIC SHRIMP BURRITO**

PACKED WITH SHRIMP, TOMATO, RICE, FRIES, SALSA, PICKLED ONION



FISH & CHIPS (MAKE IT A SANDWICH) SINGLE OR DOUBLE | GRILLED OR CRISPY FLAKEY WHITEFISH SERVED WITH HOUSEMADE



# TARTAR SAUCE AND REAL FRIES SHRIMP ROLL

GRILLED OR FRIED SHRIMP PACKED INTO A SPLIT-TOP BUTTER ROLL, CHOOSE YOUR SAUCE



### REEL FISH SANDWICH

REGAL SPRINGS TILAPIA, LETTUCE, TOMATO, CABBAGE, CHOOSE YOUR SAUCE



# LOBSTER

# TRADITIONAL LOBSTER ROLL

SERVED WARM TOSSED LIGHTLY IN DRAWN BUTTER, MAYO & LEMON



### CLOBSTER GRILLED CHEESE

MELTING MIX OF LOBSTER, CRAB AND A CREAMY HERB SAUCE



# **SURF N TURF\* BURGER**

GRIDDLED BEEF PATTY SMOTHERED IN LOBSTER, CHEESE & CREAMY CARAMELIZED ONION, AWESOME SAUCE



# LOBSTER GRINDER

CHILLED LOBSTER, SHRIMP, SPICED AIOLI, PACKED INTO A SPLIT-TOP BUTTER ROLL



# SIDES WWW

HOUSEMADE PICKLES CHILLED OR FRIED, CHOOSE YOUR SAUCE	4.5
NATURAL-CUT FRIES	4
SALSA & HAND-CUT CHIPS	3.5
ORIGINAL SLAW	4
LETTUCE WRAPPED SHRIMP	6.5

\*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS