

Gluten Free Meals

All Pasta Dishes come with a gluten free penne.

All meals come with a salad or red chowder.

Cajun Beef Tips \$13.95
Beef tips with a Louisiana taste.

Maple Chicken \$11.95
Maple glazed chicken breast with walnuts.

Chicken Marsala \$14.95
Medallions of chicken with tomatos,
mushrooms and scallions in a marsala
wine sauce.

Chicken and Broccoli Alfredo \$16.95
A creamy parmesan cheese and sherry sauce.

Mussels Marinara \$14.95
P.E.I. Mussels with a marinara sauce,
Scallions and tomatos.

Shrimp Your Way

Shrimp Fra Diavlo \$16.95
Shrimp with roasted peppers,
onions ,In a spicy tomato sauce.

Shrimp and Sun-Dried Pesto \$16.95
Served with scallions and tomatos,
In a white wine, Butter, Pesto Sauce.

Shrimp Scampi \$15.95
Served with tomatos ,mushrooms ,
scallions,In a garlic , white wine
and lemon sauce.

Shrimp and Scallop Alfredo \$18.95
Served with tomatos ,scallions, In a
creamy parmesan cheese and sherry sauce.

Salmon With Tomato Basil Cream....\$16.95
Sauted Medallions of salmon in a tomato basil
cream sauce with scallions and tomatos.

Seafood Didonato \$19.95
Sauted Shrimp ,scallops ,mussels and
little necks in a creamy tomato sauce.

Scallops With a Sun-Dried Tomato Pesto ..\$17.95
Sea scallops sauted with tomatos , scallions,
garlic,in a white wine ,butter and sun dried
tomato pesto sauce.

Steamed Entree's

All steamed entree's are at market price.

Lobster
1.25 lb or Twin.

Mussels ...
2 lbs of P.E.I.mussels steamed
with white wine ,garlic ,butter ,tomatos
and Scallions.

Steamers ...
2 lbs of Maine clams served
with broth and butter.

Desserts

Chocolate Truffle Torte .\$.5.95

Chocolate Intensity... \$2.95
Sugar free Pudding.

Sugar Free Jello.. \$2.95

Salad Dressings

Apple Vinagrette , Raspberry Vinagrette , Lemon Parseley Vinagrette , Bleau Cheese,
Balsaamic Vinagrette, Italian , Honey Mustard Vinagrette.