

# To Start

---

Clam Chowder    Cup 6.00    Bowl 6.50

Seafood Chowder    Cup 7.25    Bowl 7.75

P.E.I. Mussels    14.99

Lemon butter, white wine, garlic, tomatoes

Scallops Wrapped In Bacon    13.99

Fresh scallops, smoked bacon, maple-shallot glaze, baby greens

Baked Artichoke Dip    10.99

Artichoke hearts, spinach, garlic-herb cheese, crostinis

Mozzarella Sticks (6)    9.99

Marinara

Boone Island Crabcakes    13.99

Lump crab meat, roasted pepper and basil remoulade

Fried Shrimp    10.99

Fried Clam Strips    10.99

Fried Whole Clams    16.99

Onion Rings (basket)    8.00

Fried Calamari    11.99

Calamari, cherry peppers, marinara

Chicken Fingers (5)    8.50

Barbeque sauce

# Sandwiches

---

Fried Haddock Sandwich    13.99

Beer battered haddock, lettuce, bulkie roll

Grilled Swordfish Sandwich    14.99

Fresh swordfish, tomato, basil pesto, bulkie roll

Grilled Chicken Sandwich    9.99

Lettuce, tomato, herb mayonnaise, bulkie roll

Fried Whole Clam Roll    14.99

Fried Strip Roll    10.99

Breaded & fried fresh clams, toasted roll

Lobster Roll    21.99

Maine Lobster, celery, mayo, lettuce, toasted roll

Salmon Sandwich    13.99

Maine Salmon Filet, lettuce, tomato, red pepper remoulade, bulkie roll

Surf Burger    11.99

1/2 lb. Black Angus burger, lettuce, tomato, bulkie roll  
add cheese 1.00    add bacon 2.00

Chicken Caesar Wrap    10.99

Chicken breast, romaine, parmesan, caesar dressing, flour tortilla

Chicken Humus Wrap    10.99

Grilled chicken breast, roasted red pepper humus, lettuce, tomato, cucumber, flour tortilla

Veggie Burger    10.99

Lettuce, tomato, bulkie roll

Served with a dill pickle and a choice of homemade pasta salad, chips, or french fries. Substitute Onion Rings 2.00

# Salads

---

Seaside Greens    7.99 / 9.99

Garden greens, red cabbage, carrots, red bell peppers, cucumbers, grape tomatoes, croutons

Caesar    9.99 / 11.99

Romaine, parmesan, croutons, caesar dressing

Summer Salad    9.99 / 11.99

Baby spinach, yellow onions, strawberries, blueberries, toasted almonds, lemon poppy seed dressing

Cranberry Walnut    9.99 / 11.99

Spring mix greens, dried cranberries, walnuts, feta cheese, raspberry balsamic vinaigrette

add grilled chicken 4.00

add grilled shrimp (4) 8.00

add grilled Maine salmon 10.00

# Entrees

Seafood Mixed Grill 27.99  
Swordfish, shrimp, scallops, basil pesto

Broiled Scallops 27.99  
White wine, lemon butter, sherried bread crumbs

Broiled Haddock 20.99  
White wine, lemon butter, sherried bread crumbs

Shrimp Scampi ★ 23.99  
Shrimp (5 jumbo), basil, white wine, lemon butter, tomatoes, parmesan, linguini

Tortellini Alfredo ★ 18.99  
Cream, parmesan, nutmeg, white wine  
chicken 4.00 Maine lobster 15.00 shrimp (4) 8.00

Grilled Beef Tenderloin 26.99  
Grilled tenderloin, hollandaise sauce

Two Way Broiled Combo 25.99  
Haddock, scallops, white wine, lemon butter, bread crumbs  
add shrimp 2.00/each

Grilled Swordfish 25.99  
Fresh swordfish, lemon beurre blanc

Fresh P.E.I Mussels ★ 18.99  
Lemon butter, white wine, garlic, tomatoes, linguini

Baked Stuffed Haddock 23.99  
Shrimp & scallop stuffing, hollandaise

Pasta Primavera ★ 17.99  
Broccoli, summer squash, snow peas, diced tomatoes, linguini, white wine garlic butter sauce  
chicken 4.00 Maine lobster 15.00 shrimp (4) 8.00

Maine Salmon 24.99  
Grilled Salmon Filet, Maple-Walnut glaze

★ Served with pasta. All other entrees served with a choice of garlic mashed potatoes, rice, or french fries.

RARE - center cool and red MEDIUM RARE - center warm and red MEDIUM - center warm and pink  
MEDIUM WELL - center warm with little to no pink WELL DONE - uniformly brown throughout  
Consumption of raw or undercooked food may increase the risk of food borne illnesses

# Lobster

New England Lobster Stew 25.99  
Sherry cream broth, potatoes, scallions, seasoning blend

Boiled Lobster 28.99  
1 1/4 lb lobster, drawn butter

Baked Stuffed Lobster 32.99  
1 1/4 lb lobster, shrimp & scallop stuffing, hollandaise

Lobster Roll 21.99  
Maine Lobster, celery, mayo, lettuce, toasted roll

Maine Lobster Casserole 31.99  
White wine, lemon juice, shrimp & scallop stuffing

All entrees (except Lobster Stew & Lobster Roll) are served with a choice of garlic mashed potatoes, rice, or fries. The Lobster Roll is served with a choice of fries, chips, or pasta salad.

# Fried Favorites

Fried Scallops 27.99

Haddock & Chips 20.99  
Beer batter, french fries

Fried Shrimp 19.99

Captain's Platter 32.99  
Beer battered haddock, scallops, shrimp, clam strips

Whole Clams 27.99

Clam Strips 19.99

Two Way Combo 25.99  
Select 2: shrimp, scallops, haddock, clams, or strips

Served with french fries and homemade coleslaw. Substitute rice or garlic mashed potatoes for 1.00.

Extra plate charge 3.00

Visa, Master Card and Discover accepted.

The Sun and Surf Restaurant is proud to source locally:

Maine Shellfish Company - Kennebunk, ME Taylor Lobster - Kittery, ME Shield's Meats - Kennebunk, ME  
Native Maine Produce - Westbrook, ME Mark Saunders Produce - Dover, NH Fogarty's Bakery - S. Berwick, ME