Sun & Surf Restaurant

Family owned & operated since 1965

To Start

Seaside Greens			10/12 pe tomatoes,	Caesar Salad Romaine lettuce, Parmesan cheese, croutons, Caesa	1.
Salads	SOLVOU WIDI	. 3. 3.10100 01		Jacon noovan z	
homemade Jim Beam Bourl		n a choice of	f fries, chips. co	leslaw, or onion rings for 3 Gluten free bun 2	
½ lb burger, cheddar, lettuc		ngs,		Talla VI caucu ciaili su ips	
Cowboy Burger			16	Fried Clam Strip Roll Hand-breaded clam strips	13
add cheese 1 add	d bacon <mark>2.5</mark> 0				12
½ lb burger, lettuce, tomat				Fried Whole Clam Roll Hand-breaded whole belly clams	1
Surf Burger			14	dressing, flour tortilla	A
salsa, bulkie roll				Grilled chicken breast, romaine, Parmesan, Caesar	
Grilled salmon fillet, lettuc	e, tomat <mark>o, pineappl</mark>	e-mango		Chicken Caesar Wrap	1
Salmon Sandwich		7//	17	tomato, flour tortilla	
Grilled swordfish, lettuce, 1 salsa, bulkie roll	tomato, pineapple-r	mango		Chicken Salad Wrap Grilled chicken breast, walnuts, cranberries, mayo, lo	1 ettuce
Swordfish Sandwich			18	lettuce, brioche roll	4
Beer-battered fresh haddock filet, lettuce, bulkie roll				Maine lobster knuckle and claw meat, celery, mayo,	
Fried Haddock Sandv	vich		15	L <mark>obster</mark> Roll	2
Sandwiche	25				
			4		
Garlic Bread French baguette. basil, garl	lic. Parmesan chees	e	/		
	A.		7	Onion Rings	10
crumbled blue cheese, blood orange balsamic glaze, baked flatbread				Fried Calamari	13
Homemade bruschetta with tomatoes, onions, parsley,				Fried Clam Strips Fried Whole Belly Clams	13 20
Bruschetta Flatbrea	d		13	Chicken Tenders	1
Bacon Wrapped Scallops 16 Fresh sea scallops, smoked bacon, maple-shallot glaze				oneddai oneese, nomemade oor oma omps	
Bacon Whanned Scallons 16			16	Artichoke hearts, baby spinach, parmesan and cheddar cheese, homemade tortilla chips	
Blue shell mussels, lemon-wine butter sauce, garlic,				Baked Artichoke Dip	1.
P.E.I. Mussels			15	onion, Vermont goat cheese, honey-mustard apple g	
Seafood Chowder	Cup 6.50 Cup 7.50	Bowl	•	Roasted Butternut Squash Herb roasted butternut squash, brussels sprouts, r	1. ed
Clam Chowder	ווי מווו	Bowl	7		

Seaside Greens	10/12	Caesar Salad	13	
Mixed greens, carrots, red bell peppers, cucumbers, grape tomatoes, croutons		Romaine lettuce, Parmesan cheese, croutons, Caesar dressing		
Summer Salad	13	Cranberry Walnut Salad	13	
Mixed greens, strawberries, blueberries, toasted almonds, goat cheese, lemon poppy seed dressing		Mixed greens, dried cranberries, walnuts, gorgonzola cheese, raspberry vinaigrette		

Salad adds:

chicken 6 shrimp (4) 9 salmon 10 swordfish 11 fried haddock 10

Sun & Surf Restaurant

Family owned & operated since 1965

Entrees

Broiled Haddock Fresh haddock, lemon-wine butter sauce, sherried b	22 read	Broiled Combo Haddock, scallops, lemon-wine butter sauce, sherried bread crumbs add shrimp 2.00	27
Pan Seared Scallops Fresh pan seared scallops, pork lardons, bourbon-poglaze, sweet potato puree	29 omegranate	P.E.I. Mussels Blue shell mussels, lemon-wine butter sauce, garlic, tomatoes, linguini, garlic bread	21
Shrimp Scampi Five tiger shrimp, lemon-wine butter sauce, tomatoo basil, Parmesan cheese, linguini	24 es,	Baked Stuffed Haddock Fresh haddock, lemon-wine butter sauce, seafood stuft hollandaise	26 fing,
Tortellini Alfredo Three cheese tortellini, creamy alfredo sauce, aged Parmigiano-Reggiano cheese	20	Lobster Ravioli Maine lobster ravioli, vodka pink sauce, aged Parmigiano Reggiano cheese	28 o-
add chicken 6 add shrimp (4) 9 Maine Salmon Grilled salmon, maple-walnut glaze	26	Roasted Veggie Ravioli Veggie and cheese ravioli, pistou sauce, sweet cherry pepper, baby spinach, aged Parmigiano-Reggiano cheese	21
New York Strip Sirloin Grilled sirloin steak, roasted garlic-thyme butter	28	Cioppino Swordfish, salmon, scallops, shrimp, mussels, fennel,	25
Boiled Maine Lobster 1 1/4 Maine Lobster, drawn butter	MKT	lobster-tomato broth, garlic bread	

Entrees (excluding pasta dishes and cioppino) are served with a choice of garlic mashed potatoes, French fries, or rice

Fried Favorites

Fried Scallops	28	Fri <mark>ed Clam</mark> Strips	21
Hand breaded sea scallops, French fries, coleslaw		Hand breaded clam strips, French fries, coleslaw	
Haddock & Chips	22	Fried Combo	27
Beer battered haddock, French fries, coleslaw		Select 2: shrimp, scallops, haddock, clam strips, French fries, coleslaw	
Whole Belly Clams	34	Fried Shrimp	21
Hand-breaded whole belly clams, French fries, colesla	W	Hand-breaded baby Atlantic shrimp, French fries, coles	slaw

Captain's Platter 34

Beer battered haddock, hand-breaded scallops, baby Atlantic shrimp, and clam strips, French fries, coleslaw

Substitute garlic mashed potatoes or rice 1 Extra plate charge 3

Please inform your server if you have any food allergies before you place your order. Many dishes can be prepared gluten free.

RARE - center cool and red MEDIUM RARE - center warm and red MEDIUM - center warm and pink

MEDIUM WELL - uniformly brown throughout

Consuming raw or undercooked food can cause food borne illnesses. We can accommodate up to 4 split checks per party