



Hot Starters

Mussels Rockefeller	\$12.95
~ One pound fresh PEI blue mussels sautéed with garlic, spinach, Swiss cheese, cream and Pernod	
Italian Style Mussel's	\$11.95
~ Spicy tomato broth and fresh basil	
Thai Style Mussels	\$11.95
~ Fresh lemon, lime, garlic, ginger, coconut milk, chile, cilantro and a splash of fish sauce	
Scallop "Poppers" (7)	\$9.95
~ Scallops wrapped in bacon and served with our homemade tangy BBQ sauce	
Crawfish-Shrimp N' Crab Bisque	\$6.95
~ Creamy with a little sherry	
Fried Calamari	\$8.95
~ Seasoned and served with a spicy red sauce and lemon	
Butternut Ravioli (6)	\$8.95
~ With brown butter, caramelized red onion jam, toasted pumpkin seeds and parmesan cheese - Large order makes a great vegetarian entrée for \$13.95	
Fried Green Tomatoes	\$5.95
~ Fresh buttermilk battered tomatoes with horseradish sauce -- or add crab remoulade for \$2.50	
Yellowtail Collar	\$11.95
~ For the true fish lover - char grilled with sea salt - served with citrus juice and soy	
Buffalo Calamari	\$9.95
~ fried squid drizzled with 2 spicy sauces, shaved celery and blue cheese crumbles	
Mary Anne's Grilled Wings	\$8.95
~ Marinated overnight, steamed then char-grilled with a sweet sour glaze	
Oyster Roast	dz \$16 or half \$9
~ roasty toasty half shell delights with garlic butter and parmesan	
Fresh New England Clam Chowder	\$7.95

Chilled Starters

The Full Bar	\$17.95
~ Six of each - clams, oysters and shrimp with lemon and all the sauces	
Ahi Tuna Tartare	\$12.95
~ Cubes of premium tuna layered with fresh avocado, sirachi-toasted sesame aioli and cucumber	
Smoked Fish Spread	\$6.95
~ Made here most every day from fresh smoked salmon, herbs, cheese, sour cream and spices - served with grilled bread and crackers - Add extra grilled bread for \$2	
Chickpea Hummus	\$6.95
~ Blended with toasted spices, garlic and lemon - served with grilled bread, olives, grated feta cheese and basil oil - Add extra grilled bread for \$2	
Caesar Salad	\$4.25
~ Made with fresh squeezed lemon and crushed garlic, tossed with romaine, grated cheese & croutons - Add anchovies \$1	
Lucky Pelican Salad	\$4.25
~ Field greens, cucumber, red onion, Roma tomato, goat cheese and our house balsamic-honey fresh herb vinaigrette	
The Greek Salad	\$4.25
~ Shaved feta over romaine, cucumbers, onion, tomato, pepperoncinis and olives	

Large Salads/Light Fare

Lucy's Shrimp Tacos	\$11.95
~ Grilled tortillas filled with lightly blackened shrimp, toasted pumpkin seeds, our special Baja sauce, shredded cabbage, tomato- add fresh avocado for \$1.75	
Ale Battered Hook and Line Cod	\$12.95
~ Fried crispy on a soft roll with home made tartar sauce, lettuce and tomato	

"Classic" Burger	\$8.95
~ brioche roll - lettuce, tomato, red onion Add Cheese \$0.50 - Add Blue Cheese \$2	
Bandit's BBQ Texas Brisket	\$10.95
~ toasted potato roll, pepper-jack cheese, onion rings & a side of sauce	
Leos Gulf Oyster Po Boy	\$12.95
~ crispy fried oysters with remoulade sauce (or ask for shrimp)	
Bailey's Cuban Panini	\$9.25
~ Our pressed sandwich classic - made only one way with pulled pork shoulder, ham, Swiss cheese, pickles, pepperoncini mayo, and mustard	
Our Cobb	\$11.95
~ Crunchy chicken, fresh avocado, tomato, onion, cucumber, bacon, cheese, egg, greens - with buttermilk blue cheese dressing	
Twenty Minutes to Fitness Salad	\$13.95
~ Fresh spinach with rare tuna, red onion, toasted walnuts, dried cranberries and a pomegranate vinaigrette--(schedule an extra workout and add blue cheese and bacon- \$3 extra)	
Seared Scallop Salad	\$14.95
~ Lightly blackened over arugula with aged sherry vinaigrette, toasted almonds, grape tomatoes and mango	

Entree's

Fish Market

~ The Frestest Seafood - listed every day on our chalk board Grilled with chardonnay lemon butter or for \$2 more - cast iron blackened with fire roasted red pepper sauce - served with bistro potatoes & house veg Or have your selection on your favorite salad for the price of the entrée - Cobb add \$3	
Bacon Wrapped Swordfish Marsala	add \$1.50
~ With portabella mushrooms, caramelized onions over bistro potatoes and today's vegetables	
Chicken Picatta	\$14.95
~ Over ribbon pasta, portabella mushrooms, lime and capers	
Roast Cod	add \$1.50
~ Cast iron seared then roasted with Asian style glaze - served over shredded gingered vegetable pancakes and tempura vegetables	
Roasted Salmon	add \$1.50
~ with a caramelized honey glaze, creamy mustard sauce, cous cous, onion straw and veggies	
Shellfish Puttanesca	\$17.95
~ Shrimp, clams and mussels in a spicy red sauce, capers, parmesan and olives over linguine	
The Out East Lobster Bake	Market
~ Half a Maine Lobster, hard shell clams, mussels, spicy sausage, fresh corn, fingerling potatoes and shell shrimp in a lobster broth with garlic bread	
Grilled Shrimp Veracruz	add \$1.50
~ Smoky and spicy tomato cream, cool pico de gallo, yellow rice, grilled zucchini and roasted garlic sour cream	
Steak of the Day	Market
~ A good deal on a great cut of steak - check for today's preparations	

Sea Shack

Salty's Ale Battered Fish & Chips	\$13.95
~ crisp cod with homemade tartar sauce, fries, slaw and lemon	
Dixie's "Ocean Burrito"	\$12.95
~ (made one way only) Spicy shrimp, fried cod, crawfish, corn salsa, cilantro, jack cheese, and our Jambalaya rice in a tortilla	
Buttermilk Fried Shrimp & Oyster Plate	\$18.95
~ fries, slaw and homemade tartar sauce	
1 1/4 pound Snow Crab	\$19.95
1 1/4 pound King	\$market