

GLUTEN-FREE







STEP ONE

choose a protein

<input type="checkbox"/> Daily Catch - grilled	9.99
<input type="checkbox"/> Salmon - teriyaki scallion	10.99
<input type="checkbox"/> White Fish - lemon broiled	9.99
<input type="checkbox"/> Cod - crispy	9.99
<input type="checkbox"/> Shrimp - <input type="checkbox"/> grilled - or - <input type="checkbox"/> crispy	11.99
<input type="checkbox"/> Tuna - yellowfin, seared rare	13.99
<input type="checkbox"/> Curry Fish Cakes - w/ginger aioli	10.99
<input type="checkbox"/> Chicken - <input type="checkbox"/> grilled - or - <input type="checkbox"/> cornflake crusted	8.99
<input type="checkbox"/> Veggie - <input type="checkbox"/> detox crunch - or - <input type="checkbox"/> spicy cauliflower	7.99

STEP TWO

choose a build

<input type="checkbox"/>  Powerbox
<input type="checkbox"/>  Veggiebox
<input type="checkbox"/>  Greens & Grains
<input type="checkbox"/>  Salad
<input type="checkbox"/>  Tacos
<input type="checkbox"/>  Sandwich

STEP THREE





choose sides

<input type="checkbox"/> classic tots - 2.5	<input type="checkbox"/> classic slaw - 2.5
<input type="checkbox"/> truffle-parm tots - 2.75	<input type="checkbox"/> lime-cilantro slaw - 2.5
<input type="checkbox"/> buffalo bleu tots - 2.75	<input type="checkbox"/> louisiana tang slaw - 2.5
<input type="checkbox"/> detox crunch - 2.75	<input type="checkbox"/> chowdah - mini 4 / reg 6
<input type="checkbox"/> spicy cauliflower - 2.75	<input type="checkbox"/> daily soup - mini 2.5 / reg 4

choose add-ons

<input type="checkbox"/> veggie blend add-on - 2.75
<input type="checkbox"/> grain blend add-on - 2.75
<input type="checkbox"/> garlic bread add-on - 1.5
<input type="checkbox"/> extra protein add-on - 6
<input type="checkbox"/> 3 crispy shrimp add-on - 4.5

BIG FISH

 <input type="checkbox"/> Lobster Roll - 24 Knuckle and claw, served warm in a toasted New England bun, with truffle-parm tots	 <input type="checkbox"/> Seasonal Special A creation inspired by our crew - see the daily board!
 <input type="checkbox"/> Dinner Plate - 17 A larger portion of your choice of protein and two sides (mark above), plus garlic bread	 <input type="checkbox"/> Fish & Chips - 14 Battered fish, served with french fries, classic slaw, tartar sauce, and a lemon wedge

BEVERAGES

<input type="checkbox"/> fountain drink
<input type="checkbox"/> iced tea / gingerade
<input type="checkbox"/> bottled beverage

BOOZE

<input type="checkbox"/> wine - glass or bottle
<input type="checkbox"/> beer - draft
<input type="checkbox"/> cocktail

DESSERT

<input type="checkbox"/> cookie
<input type="checkbox"/> local sweet treat

Gluten-free!

Let a crew member know so we can accommodate!

DAIRY-FREE


STEP ONE

choose a protein

<input type="checkbox"/> Daily Catch - grilled	9.99
<input type="checkbox"/> Salmon - teriyaki scallion	10.99
<input type="checkbox"/> White Fish - lemon broiled	9.99
<input type="checkbox"/> Cod - crispy	9.99
<input type="checkbox"/> Shrimp - <input type="checkbox"/> grilled - or - <input type="checkbox"/> crispy	11.99
<input type="checkbox"/> Tuna - yellowfin, seared rare	13.99
<input type="checkbox"/> Curry Fish Cakes - w/ginger aioli	10.99
<input type="checkbox"/> Chicken - <input type="checkbox"/> grilled - or - <input type="checkbox"/> cornflake crusted	8.99
<input type="checkbox"/> Veggie - <input type="checkbox"/> detox crunch - or - <input type="checkbox"/> spicy cauliflower	7.99

STEP TWO

choose a build

<input type="checkbox"/>  Powerbox
<input type="checkbox"/>  Veggiebox
<input type="checkbox"/>  Greens & Grains
<input type="checkbox"/>  Salad
<input type="checkbox"/>  Tacos
<input type="checkbox"/>  Sandwich

STEP THREE





choose sides

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<input type="checkbox"/> truffle-parm tots - 2.75	<input type="checkbox"/> lime-cilantro slaw - 2.5
<input type="checkbox"/> buffalo bleu tots - 2.75	<input type="checkbox"/> louisiana tang slaw - 2.5
<input type="checkbox"/> detox crunch - 2.75	<input type="checkbox"/> chowdah - mini 4 / reg 6
<input type="checkbox"/> spicy cauliflower - 2.75	<input type="checkbox"/> daily soup - mini 2.5 / reg 4

choose add-ons

<input type="checkbox"/> veggie blend add-on - 2.75
<input type="checkbox"/> grain blend add-on - 2.75
<input type="checkbox"/> garlic bread add-on - 1.5
<input type="checkbox"/> extra protein add-on - 6
<input type="checkbox"/> 3 crispy shrimp add-on - 4.5

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<input type="checkbox"/> bottled beverage

BOOZE

<input type="checkbox"/> wine - glass or bottle
<input type="checkbox"/> beer - draft
<input type="checkbox"/> cocktail

DESSERT

<input type="checkbox"/> cookie
<input type="checkbox"/> local sweet treat

Dairy-free!

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VEGETARIAN

STEP ONE

choose a protein

<input type="checkbox"/> Daily Catch - grilled	9.99
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BOOZE

<input type="checkbox"/> wine - glass or bottle
<input type="checkbox"/> beer - draft
<input type="checkbox"/> cocktail

DESSERT

<input type="checkbox"/> cookie
<input type="checkbox"/> local sweet treat

Vegetarian!

Let a crew member know so we can accommodate!

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BEVERAGES

<input type="checkbox"/> fountain drink
<input type="checkbox"/> iced tea / gingerade
<input type="checkbox"/> bottled beverage

BOOZE

<input type="checkbox"/> wine - glass or bottle
<input type="checkbox"/> beer - draft
<input type="checkbox"/> cocktail

DESSERT

<input type="checkbox"/> cookie
<input type="checkbox"/> local sweet treat

Vegan!

Let a crew member know so we can accommodate!

SHELLFISH-FREE

STEP ONE

choose a protein

<input type="checkbox"/> Daily Catch - grilled	9.99
<input type="checkbox"/> Salmon - teriyaki scallion	10.99
<input type="checkbox"/> White Fish - lemon broiled	9.99
<input type="checkbox"/> Cod - crispy	9.99
<input type="checkbox"/> Shrimp - <input type="checkbox"/> grilled - or - <input type="checkbox"/> crispy	11.99
<input type="checkbox"/> Tuna - yellowfin, seared rare	13.99
<input type="checkbox"/> Curry Fish Cakes - w/ginger aioli	10.99
<input type="checkbox"/> Chicken - <input type="checkbox"/> grilled - or - <input type="checkbox"/> cornflake crusted	8.99
<input type="checkbox"/> Veggie - <input type="checkbox"/> detox crunch - or - <input type="checkbox"/> spicy cauliflower	7.99

STEP TWO

choose a build

<input type="checkbox"/>  Powerbox
<input type="checkbox"/>  Veggiebox
<input type="checkbox"/>  Greens & Grains
<input type="checkbox"/>  Salad
<input type="checkbox"/>  Tacos
<input type="checkbox"/>  Sandwich





STEP THREE

choose sides

<input type="checkbox"/> classic tots - 2.5	<input type="checkbox"/> classic slaw - 2.5	<input type="checkbox"/> veggie blend add-on - 2.75
<input type="checkbox"/> truffle-parm tots - 2.75	<input type="checkbox"/> lime-cilantro slaw - 2.5	<input type="checkbox"/> grain blend add-on - 2.75
<input type="checkbox"/> buffalo bleu tots - 2.75	<input type="checkbox"/> louisiana tang slaw - 2.5	<input type="checkbox"/> garlic bread add-on - 1.5
<input type="checkbox"/> detox crunch - 2.75	<input type="checkbox"/> chowdah - mini 4 / reg 6	<input type="checkbox"/> extra protein add-on - 6
<input type="checkbox"/> spicy cauliflower - 2.75	<input type="checkbox"/> daily soup - mini 2.5 / reg 4	<input type="checkbox"/> 3 crispy shrimp add-on - 4.5

choose add-ons

BIG FISH

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BEVERAGES

<input type="checkbox"/> fountain drink
<input type="checkbox"/> iced tea / gingerade
<input type="checkbox"/> bottled beverage

BOOZE

<input type="checkbox"/> wine - glass or bottle
<input type="checkbox"/> beer - draft
<input type="checkbox"/> cocktail

DESSERT

<input type="checkbox"/> cookie
<input type="checkbox"/> local sweet treat

Shellfish-free

Let a crew member know so we can accommodate!