



# CAPE NEDDICK LOBSTER POUND

## GLUTEN FREE MENU

We do produce food products containing gluten in our kitchens. We do our best to prevent cross contamination whenever possible to allow a variety of gluten free items. Our housemade potato chips and french fries are fried in the same oil that is used for gluten products.

### APPETIZERS

**SHRIMP COCKTAIL 15**  
*Jumbo shrimp with cocktail sauce*

**MUSSELS 16**  
*Prepared in a garlic white wine sauce*

**STEAMED CLAMS MKT**  
*Served with drawn butter and broth*

**CRAB DIP 20**  
*A warm dip filled with Jonah crab, served with gluten free bread*

**CHICKEN WINGS 16**  
*Fried chicken bone-in wings served buffalo style OR tossed in a Maine Blueberry Barbecue sauce*

**FIRECRACKER SHRIMP 15.5**  
*Grilled shrimp tossed in a spicy sweet sauce, served with celery sticks and a choice of blue cheese or ranch dressing*

**OYSTERS\* 3.50 EACH / 38 DOZEN**

### SALAD

**CAESAR 12**  
*Romaine lettuce and shaved parmesan cheese, tossed in Caesar dressing*

**GARDEN 10**  
*Mixed greens, tomato, cucumber, red onion, and shredded cheese*

**HADDOCK TACO SALAD 19**  
*Blackened haddock served over mixed greens with pico de gallo, pickled cabbage, avocado purée and shredded cheese*

**ADD GRILLED CHICKEN 8 CRANBERRY  
WALNUT CHICKEN SALAD 8 GRILLED  
SHRIMP 12 GRILLED SALMON 12  
LOBSTER MKT**

### CHOWDER

**CLAM CHOWDER CUP 9 BOWL 12**  
*Traditional New England chowder like Pepper used to make*

### SANDWICHES

*Served with french fries or housemade seasoned potato chips. Coleslaw included upon request. Substitute either side with choice from sides for \$2*  
**Served on bed of lettuce or Gluten Free Bun (+\$1)**

**CRANBERRY WALNUT CHICKEN SALAD 15**  
*Chicken salad mixed with cranberries and walnuts with iceberg lettuce*

**CHEESEBURGER\* 16**  
*All-natural, 100% Angus chuck chargrilled burger with lettuce, cheese, tomato, pickle, and onion*

**"BEYOND" VEGGIE BURGER 15**  
*Beyond plant-based burger with lettuce, tomato, pickle, and onion*

**GRILLED HADDOCK 16**  
*Grilled haddock fillet with lettuce and tomato. Served with tartar sauce*

**TACOS 18**  
*Your choice of blackened haddock, salmon or shrimp with pickled cabbage, pico de gallo, cheese, lettuce, and avocado purée on corn tortillas. Served with lemon dill aioli*

**CRAB ROLL MKT**  
*Jonah crab mixed with mayo served over iceberg lettuce*

**HADDOCK RACHEL 16**  
*Blackened haddock fillet with coleslaw, swiss cheese and thousand island dressing on marble rye bread*

# LOBSTER ROLLS

Served with french fries or housemade seasoned potato chips. Coleslaw included upon request. Substitute either side with choice from sides for \$2  
Served on bed of lettuce or Gluten Free Bun (+\$1)

## MARKET PRICE

### MARTIN

Mixed with mayo and iceberg lettuce

### CAPE NEDDICK

Warm, mixed with butter

### SHORT SANDS

Mixed with cilantro lime aioli, and topped with red pepper pickled cabbage, pico de gallo, and cajun seasoning

### HARBORSIDE

Mixed with mayo and topped with bacon, lettuce, and tomato

### MOUNT AGGIE

Mixed with mayo and topped with melted butter served over iceberg lettuce

# DINNER BASKETS

Served with french fries or housemade seasoned potato chips. Coleslaw included upon request. Substitute either side with choice from sides for \$2

### SCALLOPS (L) MKT (D) MKT

Grilled day boat sea scallops served with tartar sauce

### SHRIMP (L) 14 (D) 19

Grilled shrimp served with cocktail sauce and tartar sauce

### HADDOCK (L) 17 (D) 24

Grilled local haddock, served with tartar sauce

### CHICKEN (L) 13 (D) 17

Grilled chicken served with honey mustard or BBQ sauce

### FISHERMAN'S CHOICE 27

Choice of two of your favorites from above (half portions)

\*Additional MKT for scallops

## SIDES

Potato Chips (4)

French Fries (5)

Coleslaw (3)

Mashed Potatoes (5)

Vegetable of the Day (5)

Basmati Rice (4)

Corn on the Cob (4)

Baked Beans (3)

Side Garden Salad (6)

Side Caesar Salad (6)

# LOBSTER DINNERS

Fresh Maine Lobster served the traditional way Steamed and served with drawn butter, corn on the cob and coleslaw

## MARKET PRICE

1 <sup>1</sup>/<sub>4</sub> LB | 1 <sup>1</sup>/<sub>2</sub> LB | TWIN LOBSTERS

Looking for something bigger? Ask your server!

### LAZY LOBSTER MKT

Let us do the work! Our chefs pick the meat from a freshly cooked, 1 1/2 pound lobster, saute it in butter and serve it with corn and slaw

# HARBORSIDE SPECIALS

### CATCH OF THE DAY SPECIAL MKT

Grilled fresh fish of the day served with citrus herb butter, basmati rice and asparagus. ASK YOUR SERVER

### SEAFOOD PASTA 28

Scallops and shrimp tossed in olive oil, garlic and white wine with tomato, basil, grated parmesan and asiago cheese served gluten free pasta

### HARBORSIDE CURRY

A mild curry and sweet coconut cream sauce served over basmati rice with your choice of LOBSTER (MKT) SAUTÉED VEGETABLES (18) SHRIMP (30) CHICKEN (26)

### BAKED HADDOCK 26

Haddock fillet topped with sherry, butter, onions & lobster cream sauce, served with asparagus and mashed potatoes

### FILET MIGNON\* 38

Hand cut, char-broiled filet mignon with a red wine demi-glace, grilled asparagus and garlic mashed potatoes

MAKE IT A SURF AND TURF: LOBSTER (MKT) SHRIMP (12)

### BARBECUE CHICKEN 24

Half chicken glazed with a wild Maine blueberry maple barbecue sauce. Served with garlic mashed potatoes and

### VEGETABLE PASTA 24

Sauteed mushrooms, broccoli, peppers, onions, garlic and fire-roasted tomatoes tossed with gluten free pasta, olive oil and parmesan cheese

\*Housemade Chips and French Fries are fried in the same oil as gluten products