



Lunch

Raw Bar

Oysters on the Half	
Mystic, CT	2 ⁵
East Beach, RI	3
Standish Shore, MA	3
<i>add a skosh of scotch 3</i>	

Tuna Tartare	15
<i>over a crispy wonton with wasabi</i>	
Jumbo Shrimp	3 ⁵
Little Neck Clams <i>six</i>	10
Scallop Ceviche	14

The Tower 45
6 Mystic oysters, 4 little necks, 5 jumbo shrimp, scallop ceviche

Captain's Tower 105
12 Mystic oysters, 6 little necks, 6 jumbo shrimp & 1 lb Alaskan king crab legs

Premium Tower 165
12 Mystic oysters, 6 little necks, 6 jumbo shrimp, 1 lb Alaskan king crab legs, ½ lb hand-picked lobster meat, scallop ceviche

Soups

New England Clam Chowder	6 / 8
Lobster Bisque	8 / 10
Seafood White Bean Chili	12
Oyster Stew	11

Hot Appetizers

Stuffed Poblano Pepper	15
<i>deep fried, shrimp, crab, lobster, leeks & cream cheese</i>	
Seafood Stuffed Potato Skins	14
Oysters Rockefeller	12
Fried Oysters	<i>creamy horseradish sauce</i> 15
Prosciutto Wrapped Sea Scallops	14
<i>white bean cumin salad</i>	
Clams Casino	11
Spicy Mediterranean Calamari	13
Spinach & Artichoke Dip	11
Tomato Basil PEI Mussels	13
<i>white wine, garlic, butter & clam broth served with garlic toast</i>	
Blackened Shrimp & Mexican Chorizo	12
<i>over creamy pepperjack grits</i>	

Salads

Garden Salad 7
artisan greens, tomatoes & carrots tossed with lemon vinaigrette

Arugula, Toasted Farro & Beet Salad 11
deconstructed with whipped feta, walnuts, baby carrots & orange smoked red chili vinaigrette

Wedge Salad 8
aji amarillo blue cheese dressing & crispy prosciutto

Wood Grilled Vegetable Salad 12
asparagus, squash, portabella mushroom, red pepper & spanish onions over mixed greens with roasted shallot vinaigrette & feta cheese

Salad Enhancers

3 Wood Grilled Jumbo Shrimp	10	Wood Grilled Faroe Island Salmon 5oz	11
Wood Grilled Chicken 5oz	6	Pan Seared Sea Scallops 4oz	13



Lunch

Fried Oyster Taquitos 16
breaded with blue corn flour, in white corn taquitos with remoulade, served with citrus slaw & yucca fries

Ground Steak Burger 12
wood grilled with vermont white cheddar, topped with sigsig sauce, lettuce & tomato, served with french fries

Wood Grilled Portabella Sandwich 11
baby spinach, roasted red peppers & swiss cheese, served with mixed green salad

Lobster Quesadilla 19
with pico de gallo, pepperjack cheese & spicy aioli, topped with avocado salsa

Pulled Pork 10⁵
in a spicy bbq style sauce, topped with slaw, served with onion rings

Vegetable Tacos 12
flour tortillas, eggplant, squash, red peppers, spanish onion, black bean, corn, avocado & a jalapeño cumin crema

Roasted Vegetable Polenta 14
baby carrots, fennel, mushrooms, shallots, asparagus, cherry tomatoes, butternut squash & baby arugula

Chicken Tostada 12
avocado puree, pepperjack cheese & southwest slaw, served with white bean, jicama & cumin salad

Seafood Ambrosia 18
shrimp, sea scallops, crab & dayboat cod topped with seafood stuffing, served with vegetables

Jumbo Shrimp & Sea Scallops 19
over vegetable and black bean farrotto

Seafood Fra Diavolo 19
shrimp, calamari, clams & monkfish in a spicy marinara sauce, tossed with linguine

Blue Crab Ravioli 17
wild mushrooms, asparagus, roasted cherry tomatoes in a lemon tarragon cream sauce

Jumbo Shrimp Scampi Risotto 19
roasted seasonal squash

Santa Fe Chicken 13
finished with pineapple & tomatillo sauce served over creamy poblano grits

Sliced Steak Salad 15
marinated with a soy, lime & korean chili, over mixed greens with carrots, cucumbers, tomatoes & watermelon radishes with ginger lime vinaigrette

Filet Mignon 5oz 26
port wine dijon, served with julienne vegetables & a poblano pepperjack twice baked potato

Thank you to our local fishermen & farmers who dedicate their livelihood providing the highest quality seafood, meats & produce.



Dinner

Raw Bar

Oysters on the Half	
Mystic, CT	2 ⁵
East Beach, RI	3
Standish Shore, MA	3
<i>add a skosh of scotch 3</i>	

Tuna Tartare	15
<i>over a crispy wonton with wasabi</i>	
Jumbo Shrimp	3 ⁵
Little Neck Clams <i>six</i>	10
Scallop Ceviche	14

The Tower 45
*6 Mystic oysters, 4 little necks, 5 jumbo shrimp,
scallop ceviche*

Captain's Tower 105
*12 Mystic oysters, 6 little necks, 6 jumbo shrimp
& 1 lb Alaskan king crab legs*

Premium Tower 165
*12 Mystic oysters, 6 little necks, 6 jumbo shrimp,
1 lb Alaskan king crab legs, ½ lb hand-picked
lobster meat, scallop ceviche*

Soups

New England Clam Chowder	6 / 8
Lobster Bisque	8 / 10
Seafood White Bean Chili	12
Oyster Stew	11

Hot Appetizers

Stuffed Poblano Pepper	15
<i>deep fried, shrimp, crab, lobster, leeks & cream cheese</i>	
Seafood Stuffed Potato Skins	14
Oysters Rockefeller	12
Fried Oysters <i>creamy horseradish sauce</i>	15
Prosciutto Wrapped Sea Scallops	14
<i>white bean cumin salad</i>	
Clams Casino	11
Spicy Mediterranean Calamari	13
Spinach & Artichoke Dip	11
Tomato Basil PEI Mussels	13
<i>white wine, garlic, butter & clam broth served with garlic toast</i>	
Blackened Shrimp & Mexican Chorizo	12
<i>over creamy pepperjack grits</i>	

Salads

Garden Salad 7
artisan greens, tomatoes & carrots tossed with lemon vinaigrette

Arugula, Toasted Farro & Beet Salad 11
*deconstructed with whipped feta, walnuts, baby carrots
& orange smoked red chili vinaigrette*

Wedge Salad 8
aji amarillo blue cheese dressing & crispy prosciutto

Wood Grilled Vegetable Salad 12
*asparagus, squash, portabella mushroom, red pepper & spanish onions
over mixed greens with roasted shallot vinaigrette & feta cheese*

Salad Enhancers

3 Wood Grilled Jumbo Shrimp	10	Wood Grilled Faroe Island Salmon 5oz	11
Wood Grilled Chicken 5oz	6	Pan Seared Sea Scallops 4oz	13



Dinner

Most items on our dinner menu can be presented naked

Searced Yellowfin Tuna 28
*hoison, ginger, soy glaze with
shiitake mushrooms, carrots,
edamame & coconut ginger rice*

Faroe Island Salmon 25
*honey lime sriracha served over
chinese black rice risotto with
wood grilled baby bok choy*

Jumbo Shrimp Scampi Risotto 25
roasted seasonal squash

Dayboat Cod Loin 25
*lemon butter sauce, wilted spinach, cannellini
beans, radicchio & whipped potatoes*

Native Monkfish 29
*applewood bacon wrapped, stuffed with
lobster, avocado & mozzarella, topped with
roasted tomato smoked red chili sauce
with roasted baby carrots*

Bouillabaisse 30
*mussels, shrimp, calamari,
salmon, swordfish & tuna
in a savory tomato stew*

Black Squid Ink Risotto 29
*wood grilled jumbo shrimp & sea scallops,
finished with fried artichokes & leeks*

S&P Seafood Pasta 27
*shrimp, sea scallops, calamari & mussels
with fresh basil & fettuccine in
white wine garlic sauce*

Pan Seared Scallop Pasta 28
*pancetta, roasted tomatoes & shallots
in lemon tarragon cream sauce,
with fettuccine*

Lobster Alfredo 35
tossed with linguine

Pork Tenderloin 22
*rustic rub & pineapple bbq sauce
topped with pineapple relish,
served with whipped potatoes*

Santa Fe Chicken 23
*pineapple & tomatillo sauce
served over creamy poblano grits*

Filet Mignon
5oz 26 8oz 42
*port wine dijon, served with
julienne vegetables & a poblano
pepperjack twice baked potato*

NY Strip 36
*12 oz with chipotle bourbon glaze,
served with wood grilled asparagus
& pecorino risotto croquettes*

Additions & Sides

Roasted Vegetable Risotto 8

Yucca Fries 5

Wood Grilled Baby Bok Choy 5

Wood Grilled Asparagus 9

Chinese Black Rice Risotto 8

Pepperjack Grits 5

*Thank you to our local fishermen & farmers who dedicate their livelihood
providing the highest quality seafood, meats & produce.*