

# S&P OYSTER

*Restaurant and Bar*

## GLUTEN-FREE MENU

served all day

### APPETIZERS

<b>Oysters on the Half</b>	PTM	<b>Jumbo Lump Crab</b>	21
<b>Little Necks 6</b>	12	<b>Tomato Basil Mussels</b>	13
<b>Jumbo Shrimp Cocktail</b>	3.50	white wine, butter, garlic, clam broth	
<b>Lobster Tarragon</b>	17	<b>Sea Scallop Ceviche</b>	14
<i>fresh tarragon, avocado salsa</i>			

### SALADS

<b>Garden Salad</b>	7	<b>Wedge Salad</b>	11
<i>artisan greens, carrots, cucumbers, tomatoes, lemon vinaigrette</i>		<i>aji amarillo blue cheese dressing</i>	
<b>Roasted Vegetable Salad</b>	14	<b>Rocket Salad</b>	10
<i>seasonal vegetables, roasted shallot vinaigrette, feta cheese</i>		<i>arugula, red grapes, jicama, avocado, goat cheese, toasted pecans, agave white balsamic vinaigrette</i>	

### ENTRÉES

<b>Dayboat Cod Loin</b>	26	<b>Chicken Vegetable Bowl</b>	23
<i>lemon butter pan sauce, wilted spinach shallots, radicchio, cannellini beans, whipped potatoes</i>		<i>kale, Seacoast mushrooms, onion, peppers, broccoli rabe, carrots, canilla rice, lemon tarragon</i>	
<b>Faroe Island Salmon</b>	27	<b>Pork Tenderloin</b>	24
<i>black rice corn tamale, Seacoast shiitake mushrooms, snow peas, carrots</i>		<i>rustic rub, pineapple bbq sauce, pineapple relish, whipped potatoes</i>	
<b>Jumbo Shrimp Scampi Risotto</b>	25	<b>Filet Mignon 5oz / 8oz</b>	27 / 42
<i>roasted seasonal squash</i>		<i>pan roasted, roasted broccoli rabe, poblano pepperjack, twice baked potato</i>	
<b>Pan Seared Sea Scallop</b>	28	<b>Bouillabaisse</b>	30
<i>Yuzu edamame purée, canilla rice</i>		<i>mussels, shrimp, calamari, salmon, swordfish, tuna, savory tomato stew</i>	

*Thoroughly cooking meats, poultry, seafood, shellfish and eggs reduces the risk of food borne illness.*

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## VEGAN MENU

served all day

<b>Garden Salad</b> <i>artisan greens, cucumbers, tomatoes, carrots, lemon vinaigrette</i>	7	<b>Roasted Vegetable Polenta</b> <i>roasted wild mushrooms, shallots, fennel, cherry tomatoes, asparagus, butternut squash, baby arugula</i>	14
<b>Roasted Vegetable Salad</b> <i>asparagus, yellow squash, eggplant, portabella mushroom, red pepper, onions, mixed greens, roasted shallot vinaigrette*</i>	14	<b>Vegetable Tacos</b> <i>flour tortilla, eggplant, yellow squash, red pepper, onion, black beans, corn, avocado</i>	12
<b>Rocket Salad</b> <i>arugula, red grapes, jicama, avocado, toasted pecans, agave white balsamic vinaigrette</i>	10	<b>Vegetable Pasta</b> <i>sundried tomatoes, artichokes, baby spinach, portabella, garganelli pasta, herb-infused olive oil</i>	20
<b>Tri-colored Quinoa, Farro &amp; Vegetable Bowl</b> <i>kale, broccoli rabe, carrots, Seacoast wild mushrooms, peppers, onion</i>	16	<b>Sautéed Vegetables over Canilla Rice</b> <i>kale, broccoli, asparagus, red pepper, carrots, onion</i>	15

### SIDES

<b>Oven Roasted Asparagus</b>	9	<b>Butternut Squash &amp; Sage</b>	6
<b>Roasted Broccoli Rabe</b>	7	<b>Citrus Slaw*</b>	5

*\* includes honey*