

Sea Ketch

APPETIZERS

STEAMERS

1 1/2 pounds of native Spinney Creek, ME shell-on steamed clams *market*



TOMATO CAPRESE

Sliced vine ripe tomato topped with fresh mozzarella and diced fresh basil, drizzled with olive oil and balsamic glaze 14.99

BACON & MAPLE CHICKEN

Maple marinated chicken wrapped with bacon drizzled with local New Hampshire Maple Syrup 14.99

FRESHLY SHUCKED LOCAL RAW OYSTERS

Available as 1/2 dozen or full dozen *market*

SESAME SEARED AHI TUNA

Served with a deep roasted sesame sauce 23.99

Gluten-free

LUNCH SANDWICHES

All sandwiches served on gluten free bun with choice of side.

TURKEY BREAST SANDWICH

Smoked deli turkey with lettuce, tomato, onion, pickles, and mayonnaise 16.99

LOBSTER SANDWICH

5 oz. native "hard shell" lobster meat tossed lightly with mayonnaise, diced celery, and romaine lettuce *market*

COLOSSAL LOBSTER SANDWICH

10 oz. of native "hard shell" lobster meat tossed lightly in mayonnaise and diced celery with romaine lettuce *market*

CHICKEN SALAD SANDWICH

Diced chicken lightly tossed in mayonnaise finished with lettuce, tomato, pickles, and onion 16.99

Consuming raw or undercooked meat, poultry, seafood, shellfish, or eggs may increase your risk of food born illness.

GLUTEN FREE LUNCH

Salads

Dressings: Ranch, Honey Mustard, Bleu Cheese, Balsamic Vinaigrette, Oil & Vinegar, Caesar, Lite Raspberry Vinaigrette, Golden Italian

GARDEN SALAD

Iceberg lettuce and romaine blend topped with tomato, cucumber and red onions 9.99

CAESAR SALAD

Traditional caesar salad tossed pecorino cheese 9.99

SESAME SEARED AHI TUNA SALAD

Sesame Seared Ahi Tuna served over mixed greens with a roasted sesame dressing 24.99

CAPRESE SALAD

Mixed greens topped with vine ripe tomatoes, fresh mozzarella, topped with basil, olive oil and balsamic glaze 18.99

ZESTY LEMON CHICKPEA SALAD

Chickpeas mixed with sundried tomatoes, carrots and scallions seasoned with parsley and oregano served over mixed greens 19.99

GREEK SALAD

Topped with feta, kalamata olives, and pepperoncini peppers with Greek dressing 18.99

Salad Toppings:

– 8 oz. sliced NY  **Certified Angus Beef®** Sirloin 14.99

– Grilled Chicken 7.99

– Grilled 5 oz. Swordfish *market*

– 5 oz. Lobster Salad *market*

– 10 oz. Lobster Salad *market*

– 8 Sautéed Shrimp 11.99

– Sesame Seared Ahi Tuna 15.99

– Chicken Salad 6.99

– 8 oz. Marinated Steak Tips 14.99

– 6 oz. Seared Salmon *market*

– Sliced Avocado 4.99





lunch entrees

*All entrées served with steamed vegetable and choice of side.
We use panko bread crumbs.*

LOBSTER IN THE ROUGH

1 lb. boiled "hard shell" lobster *market*

TWIN LOBSTER IN THE ROUGH

Two 1 lb. "hard shell" boiled lobster *market*

LOBSTER PIE

4 oz. of lobster medallions finished in a white wine cream sauce topped with gluten free panko bread crumbs *market*

ORANGE TERIYAKI SALMON

6 oz seared Atlantic salmon finished with a tangy orange teriyaki glaze 24.99

ATLANTIC SEA SCALLOPS

5 oz. Atlantic sea scallops baked in lemon juice and butter, topped with gluten free panko bread crumbs *market*

ATLANTIC SWORDFISH

6 oz. flame grilled Atlantic hand cut swordfish finished with a caper butter sauce *market*

BAKED HADDOCK

5 oz. baked Atlantic haddock finished in lemon & butter, topped with gluten free panko bread crumbs 21.99

BAKED HADDOCK MONTEREY

Atlantic haddock topped with monterey jack cheese and gluten free panko bread crumbs, basted with lemon and butter 23.99

CERTIFIED ANGUS BEEF NY SIRLOIN

8 oz.  **Certified Angus Beef**® hand-cut strip sirloin flame grilled 26.99

STEAK TIPS

10 oz. of marinated tips served with steamed vegetable and choice of side 23.99

GLUTEN FREE SIDES

DEMI GARDEN SALAD
DEMI CAESAR SALAD
STEAMED VEGETABLE
BABY BAKED POTATOES
GARLIC MASHED POTATOES
POTATO SALAD
COLE SLAW
CARROTS & CELERY



BURGERS & Chicken

Burgers are served on a gluten free bun with your choice of a side.

ADDITIONAL SIDES \$3.00 PER ITEM

KETCH BURGER

 **Certified Angus Beef**® burger with cheese, bacon, served with lettuce, sliced onion, tomato and mayonnaise 18.99

SOUTHWESTERN BURGER

 **Certified Angus Beef**® burger topped with Monterey Jack cheese, sliced avocado, chipotle mayonnaise and lettuce, tomato, onion 19.99

MUSHROOM & BACON BURGER

 **Certified Angus Beef**® burger topped with sauteed mushrooms and smoked bacon, served with cheese, lettuce, tomato, and onion 18.99

GRILLED CHICKEN PESTO SANDWICH

Topped with roasted red peppers, mozzarella cheese and finished with Italian pesto 18.99

DELUXE CHICKEN SANDWICH

Topped with Monterey Jack cheese and smoked bacon served with lettuce, tomato and sliced onion 18.99

SMOKE HOUSE CHICKEN SANDWICH

Topped with sautéed onions, Swiss cheese, and smoked bacon finished with Sweet Baby Ray's BBQ 18.99

BLACK BEAN VEGGIE BURGER

Southwestern black bean and assorted vegetable burger served with lettuce, tomato, and sliced onion 18.99

BEYOND BURGER

Plant based - Beyond burger served with lettuce, tomato, and sliced onion 18.99