

# Sun & Surf Restaurant

Family owned & operated since 1963

## Appetizers

Clam Chowder	Cup 9	Bowl 11	Steak n' Cheese Spring Rolls	16
Seafood Chowder	Cup 10	Bowl 12	Fried spring rolls stuffed with shaved steak, cheddar cheese, peppers, onions, sriracha aioli	
P.E.I. Mussels		19	Baked Artichoke Dip	15
Blue shell mussels, lemon-wine butter sauce, garlic, diced tomatoes, garlic bread			Artichoke hearts, baby spinach, parmesan and cheddar cheese, homemade tortilla chips	
Bacon Wrapped Scallops		21	Cheesy Garlic Bread	12
Fresh sea scallops, applewood smoked bacon, maple-shallot glaze			French baguette, mozzarella cheese, parmesan cheese, parsley, garlic, olive oil, marinara sauce	
Caprese Flatbread		15	Fried Clam Strips	14
Flatbread, sliced tomatoes, shredded Mozzarella, basil chiffonade, balsamic glaze			Fried Whole Belly Clams	MP
Chicken Tenders		14	Spicy Bam-Bam Shrimp	14
Five chicken tenders, chipotle BBQ sauce			Onion Rings	11

## Sandwiches

Fried Haddock Sandwich	17	Lobster Roll	35
Beer-battered fresh haddock filet, lettuce, bulkie roll		Maine lobster knuckle and claw meat, celery, mayo, lettuce, brioche roll	
Swordfish Sandwich	20	Fried Chicken Sandwich	16
Grilled fresh swordfish, lettuce, tomato, pineapple-mango salsa, bulkie roll		Fried breaded chicken breast, Nashville hot sauce, lettuce, coleslaw, bulkie roll	
Salmon Sandwich	19	Chicken Caesar Wrap	15
Grilled Cutler Cove salmon fillet, lettuce, tomato, pineapple-mango salsa, bulkie roll		Grilled chicken breast, romaine, parmesan, Caesar dressing, flour tortilla	
Surf Burger	17	Fried Whole Clam Roll	18
½ lb Angus burger, lettuce, tomato, bulkie roll		Hand-breaded whole belly clams	
add cheese 1    add bacon 3		Chicken Ranch Wrap	15
Cowboy Burger	19	Fried breaded chicken breast, lettuce, tomato, cucumber, ranch dressing, flour tortilla	
½ lb Black Angus burger, cheddar, lettuce, tomato, onion rings, homemade Jim Beam bourbon BBQ sauce			

Served with a choice of: French fries, chips, coleslaw; substitute for onion rings for 3

Gluten free bun 2.5

## Salads

Summer Salad	14	Caesar Salad	14
Mixed greens, strawberries, blueberries, toasted almonds, goat cheese, lemon poppy seed dressing		Romaine lettuce, parmesan cheese, croutons, Caesar dressing	
Caribbean Salad	14	South Western Salad	14
Mixed greens, pineapple chunks, mandarin oranges, roasted corn, toasted pepitas, hot honey mustard dressing		Mixed greens, roasted corn and black bean salsa, tortilla crisps, chipotle ranch dressing	

Salad adds:

chicken 7    shrimp (4) 10    salmon 11    swordfish 13    fried haddock 10

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## Entrees



Broiled Haddock	25	Broiled Combo	32
Fresh haddock, lemon-wine butter sauce, sherried bread crumbs		Haddock, scallops, lemon-wine butter sauce, sherried bread crumbs add shrimp 2.50	
Pan Seared Sea Scallops	33	P.E.I. Mussels	25
Fresh pan seared sea scallops, pork lardons, bourbon-pomegranate glaze, sweet potato puree		Blue shell mussels, lemon-wine butter sauce, garlic, tomatoes, linguini, garlic bread	
Chicken n' Waffles	26	Baked Stuffed Haddock	29
Fried breaded sous vide chicken breasts, roasted corn and black bean salsa, Belgian waffle, house made hot honey		Fresh haddock, lemon-wine butter sauce, seafood stuffing, hollandaise	
Cioppino	27	Lobster Ravioli	34
Swordfish, salmon, scallops, shrimp, mussels, fennel, lobster-tomato broth, garlic crostini		Maine lobster ravioli, vodka pink sauce, aged Parmigiano-Reggiano cheese	
Cutler Cove Salmon	29	Tortellini Alfredo	24
Grilled Maine salmon, maple-walnut glaze		Three cheese tortellini, creamy alfredo sauce, aged Parmigiano-Reggiano cheese add chicken 7 add shrimp (4) 10	
Steak Tips	33	Veggie Rice Bowl	22
Marinated steak tips, homemade BBQ sauce		Sautéed vegetable medley, long grain steamed rice, homemade Teriyaki sauce, toasted sesame seeds	
Boiled Maine Lobster	MP		
1 ¼ Maine Lobster, drawn butter, lemon wedge			

Entrees (excluding pasta, sea scallops, cioppino, chicken n' waffles) are served with a choice of garlic mashed potatoes, French fries, or rice; substitute for onion rings 3

## Fried Favorites

Fried Scallops	33	Fried Clam Strips	24
Hand-breaded sea scallops, French fries, coleslaw		Hand-breaded clam strips, French fries, coleslaw	
Haddock & Chips	25	Fried Combo	33
Beer battered haddock, French fries, coleslaw		Select unlike two: sea scallops, haddock, whole belly clams, small shrimp, clam strips; French fries, coleslaw	
Whole Belly Clams	MP	Fried Small Shrimp	24
Hand-breaded whole belly clams, French fries, coleslaw		Hand-breaded baby Atlantic shrimp, French fries, coleslaw	

### Captain's Platter 51

Beer battered haddock, hand-breaded sea scallops, baby Atlantic shrimp, and clam strips; French fries, coleslaw

Substitute garlic mashed potatoes or rice 1 Extra plate charge 3

Please inform your server if you have any food allergies before you place your order. Many dishes can be prepared gluten free. Consuming raw or undercooked food, may increase your risk of foodborne illnesses, especially if you have certain medical conditions

RARE – center cool and red MEDIUM RARE – center warm and red MEDIUM – center warm and pink

MEDIUM WELL – little to no pink in a middle WELL DONE – uniformly brown throughout

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