



RESTAURANT • LOUNGE

# LUNCH

## FOR THE TABLE

### Bang Bang Cauliflower

Sweet & Spicy Roasted Cauliflower  
Stilton + Scallions + Bang Bang Sauce  
Toasted Coconut + Ranch Drizzle 13 **GF V**

### Lobster & Artichoke Dip

Four Cheese Blend with Artichoke Hearts  
Spinach & Roasted Pimento + Vegetable  
Batonettes + Pita Chips 18 **GF**

### Oysters Rockefeller

Lobster + Artichoke & Spinach Stuffed  
Toasted Bread Crumbs 4 for 18

### Greek Trio

Spice-Whipped Feta + Red Pepper Hummus  
Roasted Eggplant Caponata + Pita Chips 13

### THE ORIGINAL SEAGLASS

### JUMBO LUMP CRAB CAKE

Circa 2009. 5 oz Pan Seared Old Bay  
Seasoned Maryland Style Jumbo Lump  
Crab Meat + Tropical Mango Salsa  
Bibb Lettuce Cup + Chipotle Aioli 19

### Classic Style Mussels

Chablis + Lemon + Parsley + Garlic + Butter 13 **GF**

### Buffalo Chicken Dip

Roasted Chicken + Bleu & Cream Cheese  
Blend + Hot Sauce + Celery & Carrot Batons  
Crisp Pita Chips 13

### Clams Casino

Pimento + Parmesan + Bacon + Parsley Butter  
6 for 12

## CHILLED SHELLFISH

### \*Black Tiger Shrimp Cocktail

Fresh Colossal Shrimp (5) + Cocktail Sauce  
Lemon 18

### Cape Cod Oysters

Cocktail Sauce + Horseradish + Ginger  
Mignonette 6 for 18

### \*Wellfleet Littleneck Clams

Cocktail Sauce + Horseradish + Mignonette  
6 for 10

*\*Served raw or undercooked.  
Consuming raw or undercooked  
meats, poultry, seafood, shellfish or  
eggs may increase your risk of food-  
borne illness, especially if you have  
certain medical conditions. If unsure  
of your risk, consult a physician.  
Please inform your server of any die-  
tary or health restrictions. Before  
placing your order, please inform  
your server if a person in your party  
has a food allergy.*

**GF** — can be prepared Gluten Free  
**V** — Vegetarian

## SUMMER POWER BOWLS

### Put the Lime In The Coconut

Roasted Pineapple + Toasted Coconut + Cashew Nuts + Shaved  
Cabbage & Carrots + Chopped Iceberg + Honey-Lime Vinaigrette 15  
*Chef's Recommended Pairing ~ Blackened Tiger Shrimp*

### Red + White & Blue

Watermelon + Cucumber + Blueberries + Feta + Baby Spinach  
Pistachio Nuts + White Balsamic Vinaigrette 15  
*Chef's Recommended Pairing ~ Straight-Up Grilled Chicken*

### SEAGLASS SIGNATURE TUNA POKE BOWL

**\*Rare Ahi Tuna + Iceberg + Edamame + Daikon + Avocado  
Carrot + Cucumber + Seaweed Salad + Sriracha Mayo  
Crushed Wasabi Peas 18**

### Beet Carpaccio

Shaved Yellow & Gold Beet + Lemon-Herb Ricotta + Crushed Pistachios  
Baby Arugula + Campari Vinaigrette 15  
*Chef's Recommended Pairing ~ Lemon-Pepper Salmon*

### Tex Mex

Citrus Greens + Street Corn + Avocado + Black Beans + Pico de Gallo  
Black Olives + Honey-Lime Vinaigrette 15 **GF V**  
*Chef's Recommended Pairing ~ Fajita Spiced Steak Tips*

### BOWL ADD ON'S

**Swordfish Tips 11 GF**  
**Rare Ahi Tuna 11 GF**  
**Grilled Atlantic Salmon 11 GF**  
**Black Tiger Shrimp 10 GF**  
**Pan Seared U10 Scallops 11 GF**  
**Sirloin Steak Tips 10 GF**  
**Grilled Chicken 6 GF**

### SPICE IT UP

**Straight Up Salt & Pepper GF**  
**Blackened GF**  
**Sesame Encrusted**  
**Fajita Spice GF**  
**Lemon Pepper GF**  
**Togarashi**  
**Bronzed**

## TRADITIONAL SALADS

### Burrata Caprese

Heirloom Tomatoes + Basil Pesto + Toasted Pine Nuts + Balsamic + EVOO 13 **GF**

### Chopped BLT Salad

Iceberg + Apple Smoked Bacon + Heirloom Tomatoes + Bleu Cheese  
Creamy Ranch 10 **GF**

### Boston Bibb Salad

Candied Walnuts + Stilton Blue + Dried Figs + Red Wine Vinaigrette 10 **GF V**

### Classic or Grilled Caesar

Hearts of Romaine + Garlic Croutons + Traditional House-Made Dressing  
White Anchovies 9

### Garden Salad

Mixed Baby Lettuces + Assortment of Seasonal Vegetables  
Choice of Dressing 7/9 **GF V**

## CHOWDER & SOUPS

### New England Clam Chowder

Surf Clams + Hickory Bacon + Baby Red Potatoes + Sweet Cream 7/9

### French Onion

Vidalia & Bermuda Onions + Rich Bouillon + Toasted Croûte  
Swiss Cheese 8

### Maine Lobster Stew

Lobster Meat + Rich Lobster Broth + Cream + Milk + Paprika  
Touch of Sherry 16 **GF**



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## LOBSTER!

### Lobster Scampi

Plum Tomato + Shallots + White Wine  
Parsley + Crushed Garlic + Butter  
Linguine 29

### Lobster Mac 'N' Cheese

Maine Lobster + Four Cheese Mornay  
Sauce + Cavatappi + Toasted Bread  
Crumbs 25

### TASTE OF NEW ENGLAND TRIO

*Seaglass Guest Favorite!*

#### Petite Lobster Roll

Cup of Creamy Clam Chowder  
Traditional Steamed Mussels 25

### Lobster Tacos

Maine Lobster + Black Bean, Corn &  
Tomato Salsa + Avocado + Iceberg  
Chipotle Aioli 24

### New England Style Lobster Rolls

Classic 5 oz Maine Lobster + Light Mayo  
Butter Lettuce + Toasted Torpedo Roll

**Classic 5 oz 22**

**Grande 8 oz 28**

*Served with potato chips + dill pickle  
Add clam chowder 7*

## SIDES

Roasted Asparagus 6

Sautéed Spinach 4

Chef's Summer Roasted Vegetable 5

Herb-Roasted Baby Potatoes 6

Mashed Potatoes 4

Mac 'N' Cheese 5

Cape Cod Kettle Cooked Chips 2

## WRAPS, ROLLS & CLUBS

*All sandwiches served with choice of one side.*

### Jumbo Lump Crab Cake "BLT"

5 oz Old Bay Seasoned Crab Cake + Caper Remoulade + Green Leaf Lettuce  
Vine Ripe Tomato + Hickory Bacon + Toasted Brioche Bun 22

### Fresh North Atlantic Haddock Sandwich

Broiled or Blackened + Traditional Remoulade + Bibb Lettuce + Pico de Gallo  
Toasted Potato Roll 19

### SEAGLASS LUNCH BOX TRIO 13

- Cup of Chowder or Onion Soup
- Half Sandwich Choice: Turkey Club, BLT or Chicken Caesar Wrap
- Select one side

### Fajita-Spiced Steak Wrap

Black Bean & Roasted Corn Salsa + Iceberg + Lettuce + Pepper Jack Cheddar  
Flour Tortilla 14

### Roast Turkey Club

Shaved Turkey Breast + Apple Smoked Bacon + Bibb Lettuce & Tomato  
Mayo + Toasted Club Bread 13

### Grilled Chicken Caesar Wrap

Chopped Romaine + House-Made Caesar + Parmesan + Flour Tortilla 13

## BURGERS

### \*Prime 8 oz Black Angus Burger

Choice of Swiss, American or Cheddar + Potato Roll 16

### The Beyond Meatless Burger

100% Plant-Based + Vermont Cheddar + Caramelized Onions + Roasted  
Mushrooms + Lettuce & Tomato + Sriracha Ketchup + Potato Roll 15

*Add mushrooms, caramelized onions, avocado or hickory smoked bacon 2 ea*

## SIGNATURE ENTRÉES

### Chili Pesto Salmon

Sweet Potato + Black Bean & Roasted Corn Hash + Grilled Shishito  
Pepper & Basil Pesto 27 **GF**

### Pan Seared Haddock Florentine

Saute of Baby Spinach + Roasted Tomato + Artichokes + Almonds  
Goat Cheese + Balsamic-Pomegranate Drizzle 28 **GF**

### Shrimp Scampi

Plum Tomatoes + Shallots + White Wine + Parsley + Crushed Garlic + Butter  
Linguine 23

### Chicken Cordon Bleu

Dijon Basted Chicken Breasts + Prosciutto di Parma + Fontina + Spinach & Garlic  
Tortelloni + Broccoli Rabe + Shallots + Sage Butter Sauce 22

### Seared U10 Sea Scallops

Lobster, Tomato & Mushroom Risotto + Shaved Asparagus + Parmesan  
Truffle Oil + Baby Arugula 27 **GF**

### New England Baked Haddock

Herb & Butter Bread Crumb Topping + Mashed Potatoes + Macédoine of  
Carrots & Gold Beets 24