



# THE SHADMOOR

SEAFOOD RESTAURANT & COCKTAIL BAR



## LUNCH MENU

MONDAY-FRIDAY 11AM-4PM

### FROM THE GARDEN

#### LIGHT HOUSE SALAD 19

Organic romaine hearts, tomatoes, cucumbers, red onions, bell pepper, kalamata olives, grilled halloumi cheese, dill vinaigrette

#### THE SHADMOOR SALAD 24

Organic tomato, cucumbers, red pepper, red onions, chickpeas, radish, kalamata olives, avocado, feta cheese, balsamic vinaigrette

#### NEW AGE CAESAR SALAD 20

Crisp romaine hearts, aged parmesan, cherry tomatoes, croutons, caesar dressing

#### POACHED PEAR SALAD 20

Red wine poached pear, baby arugula, dried cranberry, pickled onions, pecans, shaved parmesan, balsamic dressing

#### BEET SALAD 19

Marinated beets, organic mixed greens, toasted walnuts, orange segments, goat cheese, tarragon dressing

ADD GRILLED  
CHICKEN 12, SHRIMP 16  
SALMON 14, OCTOPUS 17

### SIDES 11

#### GRILLED VEGETABLES

Zucchini, yellow squash, eggplant, roasted red peppers

#### SAUTEED BROCCOLI, CAULIFLOWER, CARROTS

#### SAUTEED SPINACH

#### CARAMELIZED BRUSSELS SPROUTS

#### LEMON POTATOS

#### OREGANO FRENCH FRIES

#### TRUFFLE PARMESAN FRIES 13

#### BLUE POINT OYSTERS

Cocktail, mignonette sauce

1/2 Dozen 24  Dozen 48

#### LITTLE NECK CLAMS

Cocktail, mignonette sauce

1/2 Dozen 18  Dozen 36


#### SEAFOOD TOWER 160

Two lobster tails, two snow crab legs, 4oz of crab meat, 6 poached shrimp, dozen mussels, dozen oysters, dozen clams, Cocktail, mignonette sauce

#### SHRIMP COCKTAIL 22

4 cold poached shrimp, cocktail sauce

### FOR THE TABLE

Served with toasted pita & vegetables 

#### ROASTED RED BELL PEPPER 17

#### HUMMUS

Chickpeas puree, roasted red peppers, tahini, olives, lemon juice, garlic, EVOO

#### MTK FAVA DIP

Yellow split peas, onions, celery, carrots, EVOO

### MAIN COURSE

#### GRILLED BRANZINO 33

Sweet white fish, choice of side, freshly caught, lemon caper sauce

#### GRILLED FAROE SALMON 33

Brussels sprouts, caramelized onions, dried cranberries, oranges segments, Dijon mustard sauce

#### FISH & CHIPS 30

Cod tempura, rainbow coleslaw; celery, carrots, green apples, cabbage, red onions, red wine vinegar, french fries, tartar sauce

#### PEI MUSSELS 30

Choice of steamed white wine sauce, tomato basil OR baked provencal sauce, croutons, french fries OR salad

#### OMELETTE 15

Three eggs, choice of onions, mushrooms, tomatoes, Swiss cheese french fries OR salad

ADD: MOZZARELLA, FETA, HAM, BACON, SAUSAGE, TURKEY BACON 4

     
DAIRY GLUTEN NUTS SHELLFISH

### APPETIZERS

#### NEW ENGLAND CLAM CHOWDER 13

#### LOBSTER BISQUE 15

ADD SHRIMP 10, CRAB MEAT 13, LOBSTER MEAT 16

#### TUNA ON CRACK 21

Sushi grade tuna, guacamole, cucumbers, sesame seeds, tortilla chips, chipotle aioli, soy sauce

#### GRILLED OCTOPUS 23

Fava puree, grape tomatoes, capers, pickled onions

#### CALAMARI 19

Grilled with fresh lemon juice, oregano, parsley, over baby arugula, citrus sauce OR fried to golden perfection, herb aioli, marinara sauce

#### SHADMOOR MEATBALLS 20

Fine lamb and beef mixed, fresh herbs, tomato sauce, mozzarella

#### CAST IRON SKILLET SHRIMP 23

Parsley, butter, garlic, lemon, white wine sauce, crostini

#### CLAMS OREGANATA 20

Baked 6 little neck clams, breadcrumbs, garlic, parsley, oregano, EVOO

### BURGERS & WRAPS

Served with french fries OR organic field green salad

#### MONTAUK WRAP 20

Grilled chicken breast, romaine lettuce, avocado, caramelized onions, blue cheese, chipotle mayo

#### AVOCADO TOAST 19


Toasted sourdough bread, homemade guacamole, poached eggs, chili flakes

#### SALMON BURGER 19

Faroe Salmon patty, tomato, onions, lettuce, old bay seasoning, tartar sauce

#### SURF BURGER 24

Grass fed beef, tomatoes, pickles, caramelized onions, mayo-lemon Dijon mustard

ADD CHEESE 3.50 BACON 3.50  
AVOCADO 4.00 

#### GARDEN BURGER 18

Organic red quinoa, green lentils, oats, onions, tomatoes, pumpkin seeds, tatar sauce