



THE SHADMOOR

SEAFOOD RESTAURANT & COCKTAIL BAR



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 tomatoes, cucumbers, red peppers, red onions, chickpeas, radish, kalamata olives, avocado, feta cheese, balsamic vinaigrette

LOBSTER SALAD 34

5 oz fresh lobster, organic romaine hearts, avocado, mango, red bell peppers, citrus dressing

WATERMELON SALAD 20

Seedless watermelon, cucumber, goat cheese, pine nuts, strawberry dressing

FARRO ARUGULA SALAD 19

Farro grains, arugula, apples, golden raisins, roasted peppers, kalamata olives, cucumbers, toasted walnuts, citrus vinaigrette

BEET SALAD 20

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

NEW AGE CAESAR SALAD 18

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

ADD
CHICKEN 12, SHRIMP 16
SALMON 14, OCTOPUS 17

SIDES 11

GRILLED VEGETABLES

Zucchini, yellow squash, eggplant, roasted peppers, truffle balsamic glaze

SAUTEED SPINACH

SAUTEED BROCCOLI, CARROTS & CAULIFLOWER,

CARAMELIZED BRUSSELS SPROUTS

Cranberries, orange segments, onions

MASHED POTATOES

OREGANO FRENCH FRIES

PARMESAN TRUFFLE FRIES

LUNCH MENU

MONDAY-FRIDAY 12AM-4PM

RAW BAR

BLUE POINT OYSTERS

Cocktail sauce, mignonette
1/2 Dozen 24 Dozen 48

LITTLE NECK CLAMS

Cocktail sauce, mignonette
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 sauce, mignonette

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

TZATZIKI DIP 14

Greek yogurt, fresh dill, cucumbers, mint, lemon juice, garlic, EVOO

MTK FAVA DIP 14

Yellow split peas, onions, celery, carrots, saffron, EVOO

MAIN COURSE

GRILLED BRANZINO 34

Freshly caught, sweet, flaky white fish, lemon caper sauce, choice of side

GRILLED FAROE SALMON 34

Caramelized brussels sprouts, onions, orange segments, dried cranberries, lime tarragon sauce

FISH & CHIPS 31

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

PEI MUSSELS 30

Choice of steamed white wine sauce, tomato basil or chipotle chorizo, croutons, french fries OR salad

OMLETTE 15

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

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

DAIRY GLUTEN NUTS SHELLFISH

APPETIZERS

GAZPACHO SOUP 13

LOBSTER BISQUE 15

ADD SHRIMP 10, CRAB MEAT 13, LOBSTER 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, parsley oil, baby arugula, citrus sauce

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, tzatziki nest, truffle balsamic glaze

CAST IRON SKILLET SHRIMP 23

Parsley, butter, garlic, lemon, white wine sauce

BURGERS & WRAPS

Served with french fries OR organic field green salad

MONTAUK WRAP 20

Grilled chicken breast, romaine lettuce, avocado, caramelized onions, blue cheese, tomato-basil wrap, chipotle mayo

AVOCADO TOAST 19

Two poached eggs, homemade guacamole, chili flakes, toasted sourdough bread

SALMON BURGER 19

Scottish salmon patty, tomato, onions, lettuce, old bay seasoning, tartar sauce

SURF BURGER 24

Grass fed beef, tomato, pickles, caramelized onions, mayo-lemon dijon mustard

ADD CHEESE 4 BACON 4 AVOCADO 4.00

GARDEN BURGER 18

Organic red quinoa, green lentils, oats, onions, tomatoes, paprika, pumpkin seed, chipotle mayo

LOBSTER ROLL 30

5 oz fresh lobster meat from Maine, toasted brioche, chopped celery, lemon dill mayo sauce or melted butter