



Your lunch at *Jeff's Maine Seafood* is freshly prepared by our chefs using local, farm direct produce when possible, and is always made to order

Starters

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| Bacon Wrapped Scallops
drizzled with Vermont maple syrup | 18 |
| P.E.I. Mussels
simmered in white wine, garlic and a touch of cream with scallions | 16 |
| Escargot
baked with garlic butter, Cabot cheddar cheese and served with garlic bread | 15 |
| Shrimp Cocktail
seven chilled shrimp served with cocktail sauce and a lemon wedge | 14 |
| Buffalo or BBQ Chicken Bites
fresh and tender hand-cut chicken tossed in spicy Buffalo or <i>Richard's Vermont Made BBQ</i> sauce served with bleu cheese or ranch | 14 |
| Crab Cakes
made in house and served with a mango jalapeno tartar sauce | 14 |
| Calamari
rings dredged in seasoned flour, fried and served with red pepper aioli or marinara sauce | 15 |
| Artichoke and Parmesan Dip
with house cut and baked pita chips (add Crab Meat 3) | 12 |
| Sweet Potato Fries
served with maple mustard sauce for dipping | 11 |
| Hand Cut French Fries | 7 |

Soups

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| Jeff's Clam Chowder | cup 7 bowl 10 |
| Soup du Jour | cup 5 bowl 7 |

Salads

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| Jeff's Chef
shrimp, chicken, hard-boiled egg, shredded Cabot cheddar, tomato, carrot, red onion and croutons on greens | 18 |
| Spinach
baby spinach, artichoke hearts, marinated tomatoes, chopped pecans and MAPLEBROOK farm feta cheese | 17 |
| BLT
warm bacon, Cabot cheddar, greens, roasted marinated tomatoes and croutons | 15 |
| Caesar
romaine lettuce, shredded Parmesan, tossed in our house made Caesar dressing with croutons and a lemon wedge (<i>Add: anchovies 2</i>) | 12 |
| Garden Salad
greens, tomato, carrot, red onion and croutons | 12 |

Add to any salad

- grilled/chilled chicken 8
- grilled salmon 10
- grilled/chilled shrimp 9

a 20% gratuity may be added for parties of six or more and to all coupons

Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions

Sandwiches

served with a choice of french fries, cole slaw or pasta salad

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| Boissoneault Farms Burger
half pound burger served with lettuce, tomato, red onion and your choice of Cabot Cheddar, Boucher Blue, or swiss (<i>Add: caramelized onions, sautéed mushrooms or bacon 1.50</i>)
<i>Try our Black Bean burger or grilled chicken</i> | 18 |
| Jeff's Club
crab salad, turkey, bacon, lettuce, tomato, red onion | 18 |

South of the Border

served with sour cream, house made salsa, and guacamole

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| Quesadilla
chicken or shrimp, seasoned onions and peppers, pico de gallo, black beans and Cabot cheddar | 18 |
| Burrito
chicken or shrimp, rice, black beans, tomato, pico de gallo and Cabot cheddar | 18 |
| Fish Tacos (salmon, haddock or shrimp) | 18 |

crab salad, celery, bacon, lettuce, tomato, red onion, mayo served on three layers of toasted bread

Crab Salad Sandwich 16

our classic crab salad, lettuce, tomato, onion served on a choice of bread

Lobster Roll Market Price

Maine lobster, celery, mayo, salt and pepper, served on a griddled New England style roll

Blackened Chicken 17

blackened chicken, bacon, cheddar, lettuce, tomato, roasted red pepper aioli served on a brioche bun

Crab Cake Sandwich 16

crab cakes, lettuce, tomato, onion, mango jalapeno sauce on a brioche bun

Reuben 16

pastrami, swiss cheese, Flack Farms sauerkraut, special sauce on rye served panini style

Turkey Panini 16

McKenzie turkey, Cabot cheddar, bacon and maple mustard sauce

BLT 15

loads of bacon, lots of tomato, mayo and greens served on toasted bread

Fried Fish 16

crispy fried haddock, lettuce and tomato, mango jalapeno tartar sauce wrapped in a flour tortilla or on a brioche bun

Buffalo Chicken Wrap 16

crispy buffalo chicken, cheddar cheese, lettuce, tomato and onion with blue cheese or ranch dressing

served in a warm flour tortilla with lime black bean salad, mango salsa, cheddar cheese, shredded lettuce and cilantro lime crema

Seafood and Pasta

Fried Sea Scallops 29

Fried Haddock or Shrimp 23

served with french fries, cole slaw and tartar sauce

Baked Haddock 23

haddock fillet, house seasonings, bread crumbs and roasted garlic lemon aioli and choice of side

Baked Stuffed Shrimp 24

stuffed with crabmeat and topped with a roasted garlic lemon aioli

Grilled Salmon 23

Grilled Swordfish or Tuna 24

served with your choice of roasted red pepper aioli, roasted garlic lemon aioli, or mango jalapeno tartar sauce and choice of side
Try it blackened!

Seafood Stew 25

Bouillabaise or cajun

Shrimp or Chicken Scampi 22

sautéed with white wine, lemon and garlic butter

Lobster Mac & Cheese Market Price

lobster meat in a house cheddar cheese sauce with penne pasta and topped with bread crumbs

Share   