



Lunch Menu

Starters

Lobster Bisque **\$9.00**

P.E.I. Mussels **\$10.00**

your choice of fra diavolo, dijon broth, pesto cream

Baked Clams **\$ 8.00**

lemon butter au jus

Crab Cakes **\$12.00**

black bean and tropical fruit salsa, roasted pepper coulis

Calamari Fritti **\$10.00**

rustic tomato sauce

Stuffed Mozzarella Roulade **\$10.00**

prosciutto, roasted red peppers, basil white bean salad, balsamic vinaigrette

Raw Bar & Seafood

Pine Island Oysters *serving of (6), topped with tomato
cucumber salsa verde* **\$12.00**
one dozen **\$18.00**

Little Necks

*serving of (8), with Wasabi cocktail
sauce* **\$12.00**

one dozen **\$16.00**

Shellfish Martini *with jumbo shrimp over mesclun
greens & guacamole* **P/A**

Jumbo Shrimp Cocktail **\$12.00**

bloody mary cocktail sauce

Salads

105 Harbor Salad **\$10.00**

*chopped cucumber, feta cheese, tomatoes, roasted
peppers, chick peas, lemon herb vinaigrette*

Grilled Chicken **\$13.00**

Grilled Shrimp **\$15.00**

Classic Caesar **\$10.00**

*crispy hearts of romaine lettuce, foccacia croutons,
roasted peppers.*

Grilled Chicken **\$13.00**

Grilled Shrimp **\$15.00**

Autumn Salad **\$12.00**

*baby argula & watercress, smoked chicken, pancetta,
candied pecans, cranraisins, blue cheese, champagne
vinaigrette*

**Thai Calamari
Salad** **\$13.00**

*watercress & napa cabbage, julienne peppers, crispy
wontons, Thai vinaigrette*

Wraps & Sandwiches

Wood Grilled Hamburger/Cheeseburger **\$11.00**

on a brioche, garlic parsley pom fries

Cheese \$1.00 Extra

Grilled Steak Sandwich **\$16.00**

*sourdough baguette, tomato, red onion, romaine
lettuce, red pepper remoulade, garlic parsley pom fries*

Wood Grilled Chicken Wrap **\$12.00**

honey barbeque sauce, melted mozzarella, applewood bacon, mesculine greens, sweet potato fries

Crab Cake Wrap **\$16.00**

romaine lettuce, red onion, tomato, chipolte tartar sauce, sweet potato fries

Chicken Parmigiana Sandwich **\$14.00**

sourdough baguette, melted mozzarella, tomato sauce, garlic spinach, pesto capellini

Pastas

Farmer's Pasta **\$12.00**

whole wheat penne, seasonal vegetables, rustic tomato sauce

Rigatoni Regata **\$13.00**

pesto cream, smoked chicken, fresh mozzarella, wilted spinach

Seafood Rigatoni Ala Vodka **\$16.00**

shrimp & crab, sun dried tomato cream sauce, mezzi rigatoni

Lobster Ravioli **\$16.00**

sundried tomatoes, peas, mushrooms, lobster sauce

Louisiana Jambalaya **\$18.00**

gulf shrimp, scallops, crab, smoked chicken, andouille sausage in spicy tomato creole scented risotto

Complete Price Fix Lunch \$20.00

**Choice Of One Appetizer, One Entrée & Fresh
Dessert With Coffee Or Tea**

Appetizers

Entrees

Mixed Field Green Salad

Oven Roasted Atlantic Salmon

Rigatoni A'La Vodka

Chicken Parmesian

Soup of The Day

Veal Marsala

Baked Clams

Medallions of Filet Mignon

Gratuuity Of 20% Is Added To Groups Of 6 Or More