

EST.  1988

MITCHELL'S FISH MARKET

SEAFOOD RESTAURANT & BAR

Appetizers

- Pan Roasted Wild Blue Mussels** white wine, garlic, tomatoes..... 8.95
Request no croutons.
- New Orleans Voodoo BBQ Shrimp** bacon wrapped, sticky rice 8.95
- Seared Hawaiian Ahi Tuna*** sushi rice, apricot ale sauce 10.50
Request no sauces or crackers.
- Steamed "Little Neck" Clams** butter, white wine, garlic 9.95
Request no croutons.
- Jumbo Lump Crabmeat Cocktail** crab Louie sauce 11.50

On the Half Shell

All oysters and clams are gluten free. Request no crackers.

- Today's Oyster Selections*** - 4 oysters per order
- Blue Point** - Long Island Sound, Connecticut 7.95
- Salutation** - Prince Edward Island, Canada 8.25
- Hurricane Harbor** - Prince Edward Island, Canada 8.50
- Olympic Miyagi** - Puget Sound, Washington 8.95
- Oyster Samplers** Large 2 of each... 15.95 Small 1 of each 8.50
- "Classic" Oysters Rockefeller** spinach, bacon, béarnaise 11.95
- Louisiana Style Charbroiled Oysters** bayou cajun butter and baguette .. 13.95
Request no baguette

Salads

All of our dressings are gluten free.

- "Titanic" Wedge of Iceberg**
1000 Island, tomato, egg, bacon 5.75
- The Market's Famous House Salad**
Carrots, cucumbers, cherry tomatoes, dates, pine nuts,
poppy seed vinaigrette 6.25
- Our Classic Caesar**
Romaine lettuce, parmesan, garlic croutons 5.95
Request no croutons.
- Spinach Salad**
Granny Smith apples, red onion, bacon, goat cheese, spiced pecans,
bleu cheese dressing 6.50
- Chicken Caesar**
Our classic caesar with grilled marinated chicken breast 9.95
Fresh grilled salmon or spicy grilled shrimp 10.95
Request no croutons.
- Blackened Salmon Spinach Salad**
Georgia pecans, red onion, Granny Smith apples, gorgonzola cheese 12.95
- Pulled Chicken Salad**
Chopped egg, red onion, white cheddar, parmesan ranch,
garlic toast 10.95
Request no toast.
- Grilled Harpoon Shrimp Salad**
Bacon, egg, red onion, blue cheese, sweet and sour dressing 11.95
- Buffalo Shrimp Caesar**
Spicy buffalo style shrimp, blue cheese caesar salad, chopped celery 11.50
Request grilled shrimp

Desserts

- Vanilla Bean Creme Brulée**
Fresh strawberries, orange shortbread 5.95
Request no shortbread.
- Sorbet**
Fresh strawberries 4.95

This menu and all of the information on it is provided by Mitchell's Fish Market, in cooperation with the Gluten Intolerance Group (GIG), as a service to our guests. Mitchell's Fish Market and GIG assume no responsibility for its use and any resulting liability or consequential damages is denied. Cynthia Kupper, a Registered Dietician with GIG, prepared this information (which has not been verified by Mitchell's Fish Market.) Guests are encouraged to consider this information in light of their individual requirements and needs. GIG extends our sincere appreciation to Cameron Mitchell Restaurants for being proactive by making it easier for persons with gluten intolerances to enjoy dining out.

**Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illness. Please inform your server of any food allergies.*

Gluten Free Menu

TODAY'S WEATHER: SANTIAGO, CHILE 70° SUNNY • KODIAK, ALASKA 50° FOGGY
KEY WEST, FLORIDA 88° CLOUDY • KONA, HAWAII 87° SUNNY • GEORGE'S BANK 79°

Today's Fresh Catch

Flown in fresh daily, hand cut and filleted on-site in our temperature controlled seafood cutting room.

Shang Hai *our signature preparation:* steamed with ginger and scallions, served with sticky rice, spinach, and rice wine soy sauce
Request no rice wine soy sauce.

Simply Grilled or Broiled served with scallion mashed potatoes, sweet shallot butter and market vegetables

Blackened with etouffée sauce, shrimp and andouille jambalaya rice, green beans and mushrooms and cane syrup
Request no etouffée sauce.

Tropical Tilapia Costa Rica 16.95	Rainbow Trout Boise, Idaho 15.95
Pacific Cod Kodiak, Alaska 16.95	Mahi Mahi Gold Coast, Florida 19.95
Atlantic Salmon* Santiago, Chile 19.95	Amberjack Tarpon Springs, Florida 19.95
Mutton Snapper Key West, Florida 19.95	Sea Scallops George's Bank 21.50
Red Grouper Madeira Beach, Florida 23.50	Yellowfin Tuna* Kona, Hawaii 23.95
Florida Flounder Key West, Florida 16.95	Chilean Sea Bass Lima, Peru 28.95

Chef Specialties

- "Fisherman Style" Seafood Stew**
Savory tomato broth with George's Bank sea scallops, jumbo shrimp, wild blue mussels, Little Neck clams and potatoes, topped with crispy fried calamari 18.95
Request no fried calamari
- "House Specialty" Cedar Plank Salmon***
Balsamic eggplant, roasted vegetables, asparagus, portabella relish, goat cheese 19.95
- Garlic Broiled Shrimp**
Scallion mashed potatoes, market vegetables 17.95
Request no flour in the preparation.
- Lemon-Pepper Grilled Chicken**
Green beans and mushrooms, sea salt baked potato 16.95
Request no sauce

MFM Combination Platters

- Shang Hai Seafood Sampler**
Fresh Atlantic salmon, scallops and shrimp, sticky rice, spinach,
rice wine soy sauce 21.95
Request no rice wine sauce.
- The Fish Market Trio**
Blackened Tilapia, Cedar Plank Atlantic salmon, Shang Hai
sea scallops, shrimp and andouille jambalaya rice, asparagus 23.95
Request no etouffée sauce or rice wine sauce.

Steaks & Shellfish

Char-broiled at 1200°, served with a sea salt baked potato and asparagus

- Steak & Shrimp** 10 oz. Flat Iron steak smothered with shrimp scampi 24.50
Request no sauce and no flour on shrimp
- Filet Mignon** "Our Finest" 8 oz. filet, béarnaise sauce 28.95
- New York Strip** 14 oz. hand cut, béarnaise sauce 29.95
- Cold Water Rock Lobster Tail**
6 oz. Australian lobster tail 25.50
- Live Maine Lobster** Steamed & cracked per pound/ 26.95
- Alaskan Red King Crab Legs**
Lemon & drawn butter per pound/ 28.95

Extras

- Your choice added to any steak or fish
- Oscar Style** smothered with crab and hollandaise 4.95
- 1/2 lb. Alaskan Red King Crab Legs** 14.50
- 6 oz. Cold Water Rock Lobster Tail.** 22.50