FISH ANY FRESHER WOULD STILL BE IN THE OCEAN

EST. 1998

MITCHELL'S FISH MARKET

SEAFOOD RESTAURANT & BAR

Gluten Free Menu

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 12.95

"Classic" Oysters Rockefeller spinach, bacon, béarnaise..... 11.95

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..... 7.50

Salutation - Prince Edward Island, Canada 7.95

Hurricane Harbor - Prince Edward Island, Canada 8.25

Olympic Miyagi - Puget Sound, Washington 8.95

Oyster Samplers **Large** 2 of each... 14.95 **Small** 1 of each ... 7.95

Virginia Top Neck Clams* 1/2 dozen..... 7.50

Mitchell's Raw Bar Sampler* ..... per person/ 9.95
Alaskan King crab, colossal shrimp, oyster, clam
Request no shrimp.

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

Spinach Salad Granny Smith apples, red onion, goat cheese, spiced pecans, maple-bacon vinaigrette 6.75

Our Classic Caesar
Romaine lettuce, parmesan, garlic croutons 5.95
Request no croutons.

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 BLT
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

Desserts

Vanilla Bean Creme Brulee
Fresh strawberries, orange shortbread 5.50
Request no shortbread.

Lemon Sorbet
Fresh strawberries.....4.95

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

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.

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 etouffee sauce, shrimp and andouille jambalaya rice, green beans and mushrooms and cane syrup
Request no etouffee sauce.

Atlantic Salmon
Santiago, Chile

Whitefish
Lake Superior

Pacific Cod
Kodiak, Alaska

Chilean Sea Bass
South Georgia Island

Mahi Mahi
Gold Coast, Florida

Pacific Halibut
Skagway, Alaska

Rainbow Trout
Boise, Idaho

Yellow Perch
Lake Erie

Sea Scallops
George's Bank

Swordfish
Nantucket, Massachusetts

Tropical Tilapia
Costa Rica

Yellowfin Tuna
Kona, Hawaii

Fresh fish selections change daily based on seasonality and availability.
Call us for today's fresh fish listing.

Chef Specialties

San Francisco Cioppino
Fresh Atlantic salmon, Alaskan King crab, shrimp, Mahi-mahi, wild blue mussels, spicy tomato broth 17.50

"House Specialty" Cedar Plank Salmon*
Balsamic eggplant, roasted vegetables, asparagus, portabella relish, goat cheese..... 20.95

Garlic Broiled Shrimp
Scallion mashed potatoes, market vegetables..... 17.95
Request no flour in the preparation.

Lemon-Pepper Grilled Chicken
Green beans and mushrooms, scallion mashed potatoes, white wine garlic sauce 16.95

MFM Combination Platters

Shang Hai Seafood Sampler
Fresh Atlantic salmon, scallops and shrimp, sticky rice, spinach, rice wine soy sauce..... 20.95
Request no rice wine sauce.

The Fish Market Trio
Blackened Mahi-mahi, cedar-roasted Atlantic salmon, Shang Hai sea scallops, shrimp and andouille jambalaya rice, asparagus..... 23.95
Request no etouffee sauce or rice wine sauce.

Steaks & Shellfish

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

Steak & Shrimp 10 oz. sirloin smothered with shrimp scampi 22.95

Bacon Wrapped Twin Filets Blue cheese and shallot crusted 24.95

Filet Mignon "Our Finest" 8 oz. filet, béarnaise sauce..... 27.95

New York Strip 14 oz. hand cut, béarnaise sauce..... 28.95

Cold Water Rock Lobster Tail
6 oz. South African lobster tail 21.50

Live Maine Lobster Steamed & cracked .....per pound/ 22.95

Alaskan Red King Crab Legs
Lemon & drawn butter.....per pound/ 29.95

Extras

Your choice added to any steak or fish

Oscar Style smothered with crab and hollandaise 4.95

Bleu Cheese and Shallot Crusted..... 3.95

1/2 lb. Alaskan Red King Crab Legs 14.95

6 oz. Cold Water Rock Lobster Tail..... 19.95