

Village Fish Market

Restaurant & Lounge

SPECIAL DIETARY REQUIREMENTS MENU

Gluten Free

♥ Heart Healthy

Low Carb

Low Fat

Low Calorie

Nick and Sue Randall have spent many hours researching the following diets in order to provide the most accurate information possible. All information is provided to the best of our knowledge and is intended as a guide only. Please advise Nick or Sue if you have any concerns relating to the provided information.

www.village-fish-market.com

GLUTEN FREE DIETS

GREAT BEGINNINGS

PLEASE SPECIFY THAT YOU ARE ORDERING FROM THE GLUTEN FREE MENU SO THAT YOUR SERVER CAN ENSURE YOU RECEIVE THE GLUTEN FREE CRACKERS AND BREADS ETC

JUMBO SHRIMP COCKTAIL

Chilled Gulf shrimp, horseradish laced cocktail sauce 7 for \$12⁵⁰

MAINE LOBSTER COCKTAIL

Our famous Maine lobster salad garnished with a jumbo cocktail shrimp \$18²⁵

OYSTERS ON THE HALF SHELL***

Shucked to order - Ameri-pure oysters, guaranteed safe \$10⁷⁵ half dozen \$17²⁵ full dozen

MUSSELS

Fresh Blue Mussels served your choice of: sautéed in garlic & white wine OR add marinara. Served with Gluten Free garlic bread \$10⁵⁰

LITTLENECK CLAMS*

Hard shell clams served steamed with garlic, white wine & herbs. Served with Gluten Free garlic bread. \$11⁵⁰

PEEL 'N' EAT SHRIMP

We do the easy part - you get to shell 'em - served by the half pound \$12⁵⁰ or a full pound \$21⁵⁰

GREENS

MEDITERRANEAN SALAD APPETIZER

Mixed greens topped with tomato, kalamata olives, red onion and feta cheese \$5⁹⁵

CHEF'S SALAD APPETIZER

Fresh mixed greens, tomato, cucumber and red onion topped with shredded mexican blend cheese \$5⁹⁵

CAESAR SALAD APPETIZER

Crisp romaine lettuce with our creamy Caesar dressing \$5⁹⁵

CHOICE OF SIDES

Rice Pilaf

Coleslaw

Steamed Zucchini

Apple Sauce

Steamed Broccoli

Mini Chef's Salad

Fries (cooked in a fryer that might have been used for breaded items)

Vegetable of the Day (check if today's veg is gluten free)

BAPS

Baps are served with your choice of side

FISH BAP

Mild Atlantic cod broiled, bronzed or blackened served on a Gluten Free bap \$10⁵⁰

FRESH RED GROUPER BAP

Hand cut filet served broiled, bronzed or blackened on a Gluten Free bap \$14⁷⁵

SWAI BAP

Swai filet served broiled, bronzed or blackened on a Gluten Free bap \$10

HADDOCK BAP

Atlantic haddock, served skin on and then broiled, bronzed or blackened on a Gluten Free bap \$11⁵⁰

TUNA SALAD BAP

Homemade, tuna salad served on a Gluten Free bap \$10⁷⁵

LOBSTER SALAD BAP

Luscious Maine lobster salad served on a Gluten Free bap \$17²⁵

CHICKEN BAP

Bronzed, blackened or broiled chicken breast served on a Gluten Free bap \$10

BEEF BURGER BAP*

Half pound burger, flame broiled to your liking and served on a Gluten Free bap add mozzarella or mexican blend cheese ^{75c} \$9⁷⁵

PASTAS

Served with Gluten Free garlic bread

FUSILLI PASTA

Alfredo—homemade classic Alfredo sauce

Palermo—mushrooms and zucchini tossed in marinara

Scampi—creamy garlic butter

*Choose Maine Lobster \$24⁵⁰, Gulf Shrimp \$16⁵⁰
Shrimp and Scallop \$16⁵⁰ or Chicken \$13⁵⁰*

***CONSUMER INFORMATION: There is a risk associated with consuming raw oysters. If you have chronic illness of the liver, stomach or blood, or have immune disorders, you are at greater risk of serious illness from raw oysters, and should eat oysters fully cooked.

PLEASE SPECIFY THAT YOU ARE ORDERING FROM THE GLUTEN FREE MENU SO THAT YOUR SERVER CAN ENSURE YOU RECEIVE THE GLUTEN FREE PRODUCTS



BOSTON SCROD

Atlantic cod fried, broiled, bronzed or blackened \$10⁵⁰ or \$16

SWAI

By popular demand we have added swai to our menu, try it fried, broiled, bronzed or blackened \$10 or \$15⁵⁰

GROUPEL

Gulf grouper filets served fried, blackened, broiled, or bronzed \$14⁷⁵ or \$23⁷⁵

HADDOCK

Delicate flaky Atlantic haddock filet served skin on and then fried or broiled \$11⁵⁰ or \$17⁵⁰

YELLOWFIN TUNA*

Sushi grade tuna steak—broiled, bronzed, blackened or with Thai chili glaze. Best served rare. \$13 or \$21

SALMON

Farm raised Atlantic salmon served broiled, bronzed, blackened \$12⁵⁰ or \$19⁵⁰

BAY SCALLOPS

Genuine bay scallops served broiled \$11⁵⁰ \$17⁵⁰

SEA SCALLOPS

Large Atlantic sea scallops served broiled or bronzed \$13⁵⁰ \$21⁵⁰

SHRIMP & SCALLOP SCAMPI

Gulf shrimp & bay scallops sautéed in garlic butter cream sauce \$11⁵⁰ \$17⁵⁰

GULF SHRIMP

Large Gulf shrimp broiled or bronzed, choose six or twelve \$11⁵⁰ \$17⁵⁰

CHICKEN BREAST

Butterflied chicken breast served fried, broiled, bronzed or blackened \$10⁵⁰ \$15⁵⁰

MAINE LOBSTER

Fresh Maine lobster, steamed, or baked with shrimp, scallops and lobster. Served with drawn butter. Market Priced, when available

KING CRAB

Alaskan King crab legs. steamed & served with drawn butter \$33

REDBRIDGE BEER - Bottle \$3.98

Angry Orchard Draft - 10oz \$3.04 20oz \$4.91

BIG SALADS

THE ADMIRALS SALAD

A bed of lettuce, served with tomato, cucumber & coleslaw topped with your choice of:

Maine Lobster Salad \$22⁵⁰. **Tuna Salad**, \$12⁷⁵

with Gluten Free multi-grain crackers

CHEF'S SALAD

Fresh mixed greens, tomato, cucumber and red onion topped with shredded mexican blend cheese \$9⁷⁵

MEDITERRANEAN

Mixed greens topped with tomato, kalamata olives and red onion topped with feta cheese \$9⁷⁵

CAESAR SALAD

Crisp romaine lettuce tossed in our creamy Caesar dressing \$9⁷⁵

ADD:

Shrimp Cocktail & Bacon \$18 **Bronzed Tuna*** \$16

Bronzed Salmon \$14²⁵

Chicken - Blackened, Bronzed, Broiled \$13⁵⁰

Dressings: French, Thousand Island, Honey Mustard, Italian, Oil and Vinegar, Fat Free Italian, Fat Free Raspberry Vinaigrette

DESSERTS

Gluten Free Reese's Peanut Butter Pie - Need we say more?? \$5⁷⁵

Gluten Free Key Lime Pie - Our version of the classic \$5⁷⁵

All steaks and entrees are served with your choice of two sides.

Entrées with two prices are available in our smaller lunch size portion or our larger dinner size serving



GRILLED SIRLOIN STEAK*

Ten ounce sirloin strip steak, grilled to order \$20⁷⁵
1/2 steak \$12⁷⁵

STEAK BOCA GRANDE*

Ten ounce sirloin strip, grilled to order with sautéed onions, mushrooms & peppers \$22²⁵ 1/2 steak \$14⁷⁵

SURF & TURF*

Ten ounce sirloin strip, grilled to order & served with shrimp scampi \$24²⁵ \$27⁵⁰

FILET MIGNON*

A succulent, tender 9oz hand cut tenderloin filet, grilled to order \$24

TENDERLOIN TIPS*

Broiled with mushrooms, onions & peppers \$15²⁵ \$23²⁵

BUTCHER'S BLOCK
Reserve
ANGUS BEEF

*These items can be cooked to your preference. Please see warning statement on last page of this menu.

CALORIE COUNTING

Try to stay under 500 calories per meal

APPETIZERS

PEEL 'N' EAT SHRIMP 320

We do the easy part—you get to shell them! Served by the half pound with our horseradish laced cocktail sauce \$12⁵⁰

JUMBO SHRIMP COCKTAIL 200

Chilled Gulf shrimp served with our horseradish laced cocktail sauce, 7 for \$12⁵⁰

HOUSE SALAD 51

Fresh mixed greens, tomato, cucumber and red onion (ask for 'no cheese, no croutons') \$5⁴⁵ with croutons 103

Dressings: Fat Free Italian 20, Fat Free Raspberry Vinaigrette 45

THE BIG HOUSE SALAD 102

Fresh mixed greens, tomato, cucumber and red onion (ask for 'no cheese, no croutons') \$9²⁵ with croutons add 104 to all totals

ADD:

'healthy broiled' salmon 334 \$13⁷⁵, tuna 257 \$15⁵⁰
shrimp cocktail 252 \$16⁷⁵
'healthy broiled' chicken 288 \$13

SANDWICHES

FISH SANDWICH

Atlantic cod 'healthy broiled' 332, bronzed, blackened 452 in a Kaiser roll, 'healthy broiled' 272, bronzed, blackened 392 in our healthier option wheat roll \$10⁵⁰

SWAI SANDWICH

Gulf grouper filet 'healthy broiled' 344, bronzed, blackened 464 in a Kaiser roll, 'healthy broiled' 284, bronzed, blackened 404 in our healthier option multigrain roll \$10

FRESH GULF RED GROUPER SANDWICH

Hand cut filet 'healthy broiled' 344, bronzed, blackened 464 in a Kaiser roll, 'healthy broiled' 284, bronzed, blackened 404 in our healthier option multigrain roll \$14⁷⁵

HADDOCK SANDWICH

Atlantic haddock filet served 'healthy broiled' 336, bronzed, blackened 456 in a Kaiser roll, 'healthy broiled' 276, bronzed, blackened 396 in our healthier option multigrain roll \$11⁵⁰

CHICKEN SANDWICH

Butterflied chicken breast 'healthy broiled' with garlic seasoning on a Kaiser roll 426, 'healthy broiled' 364, bronzed, blackened 484 in our healthier option multigrain roll \$10

PASTA MARINARA 405

A dish of pasta with marinara sauce. Choose linguine, fettucine or whole wheat angel hair. Just to stop that pasta craving!!! \$7²⁵ Ask for 'no garlic bread and no cheese'

PASTA

ENTRÉES

Entrées with two prices are our smaller lunch size portion and our larger dinner size portion

Entrees are served with your choice of two sides:

Steamed zucchini 25	Coleslaw 193
Veggie of the day (varies)	Sliced tomato 15
Mini house salad with	Apple sauce 70
garlic croutons 52 'no croutons' 25	Edamame Salad 142
Rice Pilaf 180	Steamed Broccoli 50

BOSTON SCROD

Atlantic cod 'healthy broiled' 92, 161
Bronzed, blackened 212, 401 \$10⁵⁰ or \$16

SWAI

Swai filet 'healthy broiled' 106, 182
Bronzed, blackened 226, 422 \$9⁹⁵ or \$14⁹⁵

FRESH GULF RED GROUPER

Hand cut filet 'healthy broiled' 106, 182
Bronzed, blackened 226, 422 \$14⁷⁵ or \$23⁷⁵

HADDOCK

Delicate haddock filet served 'healthy broiled' 96, 168
Bronzed, blackened 216, 408 \$11⁵⁰ or \$17⁵⁰

YELLOWFIN TUNA*

Sushi grade tuna steak 'healthy broiled' 155, 310
Bronzed or blackened—lunch size only 275 \$13 or \$21

SALMON

Farm raised Atlantic salmon served 'healthy broiled' 232, 406
Bronzed or blackened—lunch size only 452 \$12⁵⁰ or \$19⁵⁰

BAY SCALLOPS

Genuine bay scallops served 'healthy broiled' 124, 217
\$11⁵⁰ \$17⁵⁰

SEA SCALLOPS

Large Atlantic sea scallops served 'healthy broiled' 124, 217
Bronzed 244, 457 \$15⁵⁰ \$21⁵⁰

GULF SHRIMP

Large Gulf shrimp 'healthy broiled' 120, 240
Choose six or twelve \$11⁵⁰ \$17⁵⁰

MAINE LOBSTER when available

Fresh steamed Maine Lobster, ask for 'no butter' MP 100

ALASKAN KING CRAB

Steamed Alaskan King Crab legs, ask for 'no butter' 120 \$33

CHICKEN BREAST

Served seasoned with herbs and garlic then
'healthy broiled' 186, 372
Bronzed, blackened—lunch size only 306 \$10 or \$15⁵⁰

*WARNING - Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

LOW CARB DIETS like ATKINS and SOUTH

APPETIZERS

JUMBO SHRIMP COCKTAIL

Chilled Gulf shrimp served with our creamy horseradish sauce, 7 for \$12⁵⁰

MAINE LOBSTER COCKTAIL

Our famous Maine lobster salad garnished with a jumbo cocktail shrimp \$18²⁵

PEEL 'N' EAT SHRIMP

We do the easy part—you get to shell them! Served by the half pound with our creamy horseradish sauce \$12⁰⁰

CAESAR SALAD

Crisp romaine lettuce, parmesan cheese and our creamy Caesar dressing (ask for 'no croutons') \$5⁹⁵

GREEK SALAD

Mixed greens topped with tomato, feta cheese, kalamata olives & red onion \$5⁹⁵

HOUSE SALAD

Fresh mixed greens, tomato, cucumber red onion, with shredded pepper jack and cheddar (ask for 'no croutons') \$5⁹⁵

Entrees are served with your choice of two of the following: steamed zucchini, steamed broccoli, veggie of the day (check with server if low carb today) or mini house salad (ask for 'no croutons').

CHICKEN BREAST

Served broiled, bronzed or blackened \$10 or \$15⁵⁰

NAKED HOT DOG

An all beef hot dog—minus the bun, served topped with sautéed onions \$7

BURGER PATTY*

Half pound burger, flame broiled to your liking \$7⁷⁵
With cheese add ^{75c}

Or try it loaded with sautéed onions, mushrooms, peppers and mozzarella cheese \$10

MEAT

GRILLED SIRLOIN STEAK*

Ten ounce sirloin strip steak, grilled to order \$20⁷⁵ 1/2 steak \$12⁷⁵

STEAK BOCA GRANDE*

Ten ounce sirloin strip, grilled to order with sautéed onions, mushrooms & peppers \$22²⁵ 1/2 steak \$14⁷⁵

SURF & TURF*

Ten ounce sirloin strip, or 9oz filet, grilled to order & served with shrimp scampi \$24²⁵ \$27⁰⁰

FILET MIGNON*

A succulent, tender 9oz hand cut tenderloin filet, grilled to order \$24



BUTCHER'S BLOCK
Reserve.
ANGUS BEEF

SEAFOOD SALAD PLATTERS

A bed of lettuce, served with tomato, cucumber & coleslaw topped with your choice of: **Maine Lobster Salad** \$22⁰⁰. **Tuna Salad** \$12⁷⁵

CAESAR SALAD

Crisp romaine lettuce tossed in creamy Caesar dressing with garlic croutons & parmesan cheese \$9⁷⁵

GREEK SALAD

Mixed greens topped with tomato, feta cheese, kalamata olives & red onion \$9⁷⁵

ADD:

Shrimp Cocktail & Bacon \$18⁰⁰ Bronzed Tuna* \$16⁰⁰ Bronzed Salmon \$14²⁵ Chicken - Blackened, Bronzed, Broiled \$13⁵⁰

Dressings: French, Blue Cheese, Italian, Ranch, Oil and Vinegar, Fat Free Italian, Fat Free Balsamic Vinaigrette

FINFISH & SHELLFISH

BOSTON SCROD

Atlantic cod broiled \$10⁵⁰ or \$16

SWAI

Swai filets served blackened, broiled, or bronzed \$10 or \$15⁵⁰

GULF RED GROUPER

Fresh hand cut filets served blackened, broiled, or bronzed \$14⁷⁵ or \$23⁷⁵

HADDOCK

Delicate flaky Atlantic haddock filet served broiled \$11⁵⁰ or \$17⁵⁰

YELLOWFIN TUNA*

Sushi grade tuna steak—broiled, bronzed or blackened. Best served rare. \$13 or \$21

SALMON

Farm raised Atlantic salmon served broiled, bronzed, blackened \$12⁵⁰ or \$19⁵⁰

BAY SCALLOPS

Genuine bay scallops served broiled \$11⁵⁰ \$17⁵⁰

SEA SCALLOPS

Large Atlantic sea scallops served broiled or bronzed \$13⁵⁰ \$21⁵⁰

GULF SHRIMP

Large Gulf shrimp, lightly broiled in garlic oil. Choose six or twelve \$11⁵⁰ \$17⁵⁰

MAINE LOBSTER

Fresh Maine Lobster, steamed and served with drawn butter. Market Priced, when available.

ALASKAN KING CRAB

Steamed Alaskan King Crab legs served with drawn butter. \$33

*These items can be cooked to your preference. Please see warning statement on last page of this menu.